

## ReachTheSky: WOMEN'S CAPACITY AND CONFIDENCE BUILDING PROGRAM



DBSV has concluded 8 weeks **ReachTheSky: Confidence and Capacity Building Program** for Nepalese women had run for 8 weeks, starting from February 2<sup>nd</sup> week 2018. The expression of interest was openly collected from face book Google form. There were total of 31 women participated in the program with average attendance of 22 every week. The session was facilitated by Catherine Simmonds, Confidence and Capacity Building Specialist.

### **OBJECTIVE OF THE PROGRAM**

To bring Nepalese women together in the group to enhance their capacity and confidence to deal with the situation that is challenging to them to be able to reach and react to their dreamed goal.

The secondary goal of the program was to promote women's participation and leadership in social and cultural sphere of Nepalese communities in Victoria.

### **ACTIVITIES |Program**

8 weeks 2 hours sessions was conducted at the Glenroy, Uniting Church hall by Catherine Simonds. She guided the group in the way that, women are in fact the experts of their own

experience and by engaging their body, voice and mind in the act of expression builds their confidence.

The Program was focused on improving women's capacity and confidence to voice their own rights, to become assertive, to speak in the group, to be able to contribute positively in their own life, family and community and ultimately to showcase the women leadership. Every week session were very innovative, used many small group activities through games, tips and role-plays and stories to make it easy for women to adapt into our daily lifestyle. It has incorporated an integrated approach to 'challenging the discomfort by getting out of comfort zone'.

Catherine demonstrated, various activities to use body, voice and mind to approach those discomfort. She has demonstrated these broad theme while doing activities with the group. **"fear- it-but do it anyway". "fake - until you make it". 'listen to your body and mind.'** **'go after your dream'. 'connect-to-your- intuition.'** **'Inter-connections and strength.'** **'collective voice and hidden power.'** **'Accept and move.'** **'Rehearsal for life'.** **'Get up and speak'.** **'Change from within'.** **'Be open and move around.'** **'Trust your gut'.** **'Bring out the essence ' etc.**

#### PHOTOS OF THE ACTIVITIES WITH CAPTION (2-4 PHOTOS

Catherine doing activities to use body, voice and mind



Catherine doing activities to use body, voice and mind



### **OUTPUT/OUTCOME AND IMPACT OF THE PROGRAM**

There were total of 31 women participated in the program with average attendance of 22 every week.

Reflection from participants

#### **Reflections from participants**

- Relaxed/Less guilty/Hopeful/Less worry/Reboots quickly/Move on.
- Daring for change /Criticism don't stop me/ Welcoming drastic change.
- Reluctancy fading away/ encouraged ownself/Ready for change/ Being in group-Made feel good-Energetic.
- More confidence at work /social activities.
- Thought –Come frequently-"How to say no"-Already implemented "Creating Space for myself"  
"Won't fall apart"-If I say no.
- Couldn't do what she wanted, "but recognized".
- Started to say no –"My son say that, don't go to training you started to say no".
- Rehearsing for life.
- Enhance self confidence –"How to accept the real me"
- How to be "more assertive"-Build confidence to fight for own rights
- Want to be myself, as long as it's not harm to others.
- "I can do this"/"I want to keep my motto to continue""to be independent."

**SOURCE (BUDGET, VOLUNTEER CONTRIBUTION)**

Moreland City Council; Community Grant Program

Volunteer time contribution : 40 hours

**RECOMMENDATIONS FOR DBSV AND DONOR FOR FUTURE PROGRAM**

- To replicate this program to other group of women in different LGA

**Gallery**



I do not have good photo, please add from the DBSV face book.

Thank you