



*Young Women's*

*Leadership*



*Program*

# Young Women's Leadership Program

**Purpose/Goal:** To provide young women with leadership and mentoring skills. At the same time, helping them build self confidence and gain the necessary skills to become active members in their community.

**Objectives:**

- Portray positive role models, who will support and inspire other young women.
- To develop the skills, knowledge and attitude of young women to be effective leaders.
- Opportunities to develop as a team and share knowledge.
- Provide a creative outlet for women to express feelings and emotions through drama, dance and creative arts.
- To learn the importance of team work and individual achievements.

**Timeline:**

Week 1- 7/4/10	-Introduction into Leadership and Communication
Week 2- 12/4/10	-Continued leadership and arts activity collage making
Week 3- 19/4/10	-Relaxation through finger painting and belly dancing
Week 4- 28/4/10	-Belly dancing relaxation techniques continued
Week 5 – 3/5/10	Break
Week 6- 10/5/10	- Confidence building through drama and acting
Week 7- 10/5/10	- Craft and creative expression through Jewellery making and box decorating
Week 8- 17/5/10	-Team building and self expression through quilt making
Week 9- 31/5/10	-Debrief, evaluation and end of celebration party

# Scheduled weeks



## *Week 1 - Leadership & Communication*

We dedicated the first workshop to introductions as well as learning about leadership and communication skills. However, due to bad weather on the day as well as some confusion among the participants, we had no attendees and had to shuffle to workshop schedule around.



## *Week 2 - Leadership & Communication + Creative Expression*

This was our first official workshop. We combined the workshop on leadership and communication with creative expression, where we did collage making and reflected on our personalities as a way to get to know one another.



## *Week 3 - Relaxation Alternatives*

Finger painting and belly dancing were the chosen activities for the relaxation alternatives workshop in week 3. A facilitator from Global Gypsy Dance Company taught the belly dancing class.



## *Week 4 - Belly Dancing*

Due to the success of last weeks' workshop, we decided to run another belly dancing class.



## *Week 5 - Break (Anzac Day Public Holiday)*



## *Week 6 - Confidence Building*

We had a highly successful and stimulating drama class conducted by a facilitator from Powerhouse Youth Theatre.



## *Week 7 - Craft & Creative Expression*

A workshop on jewellery making and jewellery box decoration.



## *Week 8 - Quilt Making*

Working together as a team to make a quilt that will be displayed at the MRC to commemorate the Young Woman's Leadership Group of 2010.



## *Week 9 - Goodbye Party + Debrief*

A goodbye party for all the young women was held, with entertainment, team building games, and open discussions regarding the whole leadership program.

# Words of Wisdom

## *Shabnam-*

The Young women's leadership program aimed at building self confidence, resilience and empowerment amongst young women in the Liverpool LGA. The program focused on key areas; leadership and mentoring, confidence and empowerment, self expression and public speaking, managing stress and relaxation, team building and group work skills. The program achieved this through a therapeutic arts method of role playing, practical activities, drama, dance and art. This started as a pilot program and due to its positive feedback and success aims to continue to provide future programs for young women. A special thank you to all participants and volunteers who helped make the young women's leadership a success in many ways.

## *Emmy-*

The word 'inspiration' is powerful in itself. To be inspired evolves taking chances and trying new things. Both inspiration and dedication made this project possible. Nina and I wanted to facilitate this program since our early days of LYC. This project has been an idea and a goal that has been lingering for way too long... We decided before we depart LYC, we needed to leave by establishing the project we feel so passionate about the 'Women's Leadership Program'. We finally achieved our goal with the help of Shabnam (MRC Youth Worker) and Sladjana. Although we were a small team of four, we achieved a lot during the two months.

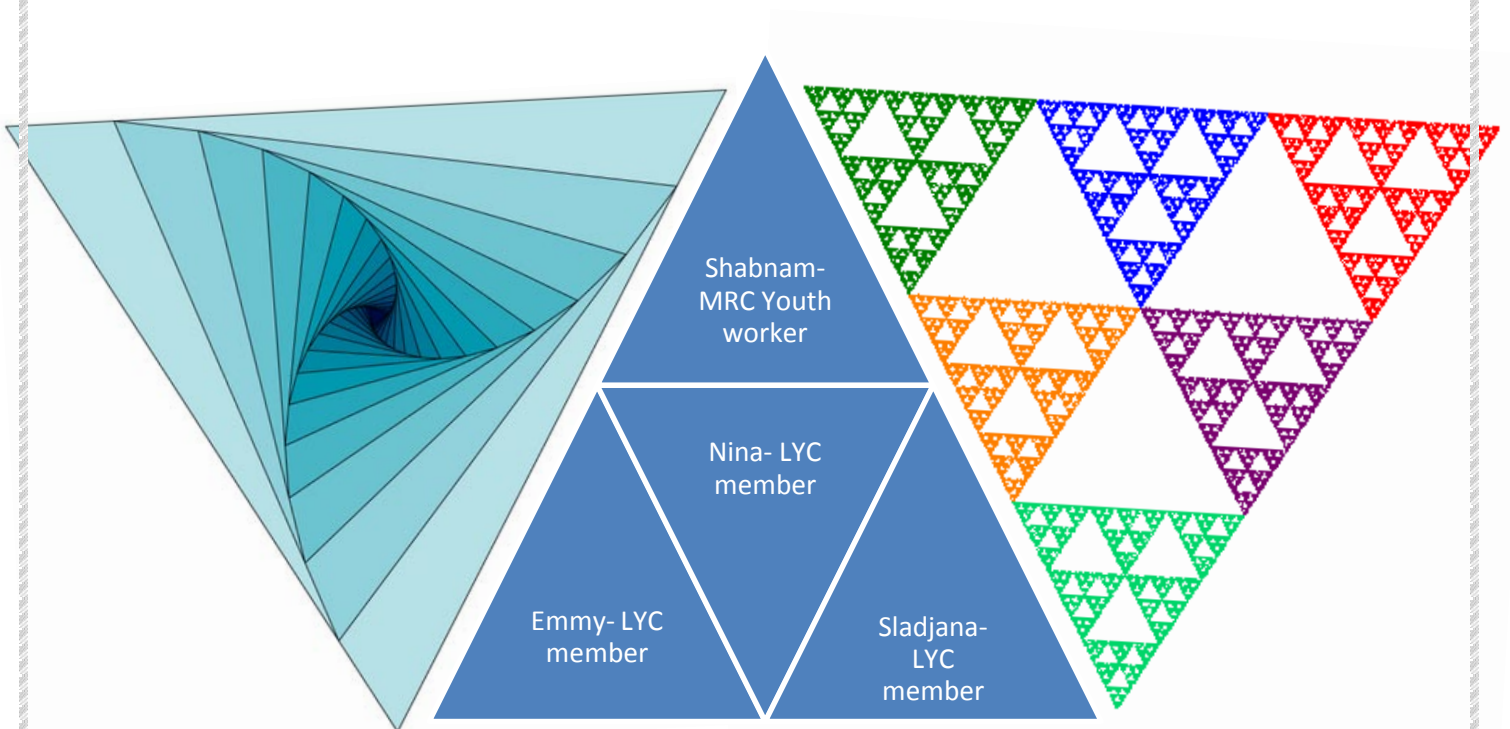
## *Nina-*

The Idea of The young women's leadership program was to encourage girls to express t themselves openly, feel good about themselves and to realise that they to had potential. Rather than just being the facilitators of the workshops, we tried to include ourselves in the program and interact with the girls in order to make them feel comfortable. We ended up establishing great relationships and understanding with all of them it was highly rewarding to see a group of wonderful young women flourish as individuals and realise their potential. I found this experience very enjoyable and rewarding. It is definitely something we should consider repeating in the future.

## *Sladjana-*

Young Woman's Leadership Program was a wonderful opportunity for young women in our community to come together, meet friends and have a lot of fun together. It was a stimulating and empowering experience in an informal environment where the girls could express themselves freely, learn new things, meet other girls, develop new skills, improve their confidence and creativity and build their self-esteem. It was highly rewarding to see a group of wonderful young women flourish as individuals and realise their potential.

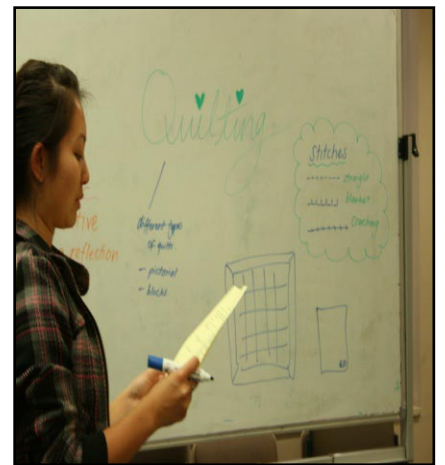
# Facilitators

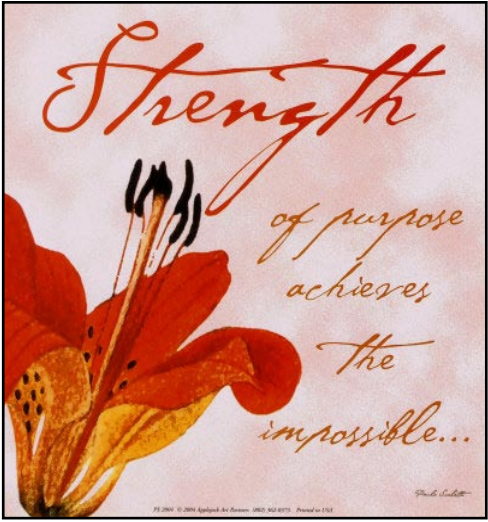


# *Facilitators & Participants*



# Photographs







## Farwell Note

*To all the Young Women that attended the workshops, we hope you got the opportunity to learn or experience something new. We wish you all the best in your endeavours.*

*Good luck and hope to work to together*

*soon...*

*Love from: Shabnam, Emmy, Nina & Sladjana.*

# Contact Listings

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