SO

session outcomes.

Each session allows the women to participate in an experiential and interactive activity and have the opportunity to socially interact and connect with participants and facilitators.

worth.

SESSION 1: I AM VALUABLE
By the end of this session, each woman will be able to:
Gain an understanding of the concept of value
Identify what she personally values and why
Develop an awareness of personal value

SESSION 2: I AM ONE-OF-A-KIND
By the end of this session, each woman will be able to:
Recognise the value of being one-of-a-kind
Distinguish the difference between uniqueness and comparison

SESSION 3: I AM WONDERFULLY MADE
By the end of this session, each woman will be able to:
Have an understanding of the Worth concept
Identify ways to value herself

strength.

SESSION 4: I HAVE THE POWER OF CHOICE
By the end of this session, each woman will be able to:
Explore and understand that she is born with feelings
Demonstrate skills required to enhance the power of choice

SESSION 5: MY DECISIONS DETERMINE MY DESTINATION
By the end of this session, each woman will be able to:
Apply and practise decision-making and problem-solving skills
Recognise the value of respect and convictions

SESSION 6: I HAVE RESILIENCE
By the end of this session, each woman will be able to:
Recognise the value of developing resilience

purpose.
SESSION 7: MY POTENTIAL IS LIMITLESS
By the end of this session, each woman will be able to:
Recognise the value of a positive environment for her potential to grow
Identify ways to build her confidence

SESSION 8: MY LIFE HAS PURPOSE
By the end of this session, each woman will be able to:
Identify personal desires
Develop an understanding that she has something to contribute

shine.
SESSION 9: SHINE!
By the end of this session, each woman will be able to:
Describe what she has learnt

It is important to reinforce the foundational concepts throughout the sessions, to reveal the truth that the life of every individual woman counts and that she has intrinsic value.

SHINEWOMEN