

## EmpowHer!: A Workshop Series Empowering Women Living With Non- Communicable Diseases (NCDs)

# Project Summary

## Introduction

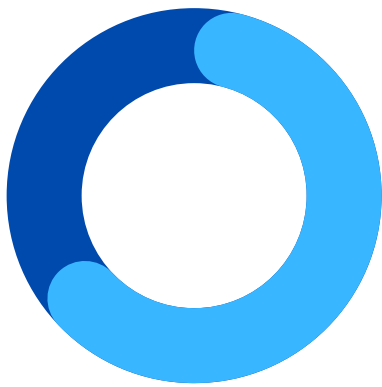
The EmpowHer Project aimed to empower women living with non-communicable diseases (NCDs) through a series of capacity-building workshops. These workshops covered financial wellbeing, business and work-related skills training, entrepreneurship, IT training, workplace-related NCD self-management, and NCD self-advocacy.

## Key Statistics

- **15 Workshops:** A total of 15 workshops were conducted.
- **52 Participants:** 52 women attended at least one workshop.
- **Dual Locations:** Sessions were offered in both St. Kitts and Nevis.



## Participant Feedback



Feedback from participants across all workshops was overwhelmingly positive. Every respondent who completed a feedback form expressed either being very satisfied or satisfied with the workshops. Furthermore, participants confirmed their likelihood or strong likelihood of applying what they learned in their daily lives. The workshops had a lasting impact, enhancing participants' confidence in managing the specific areas covered.

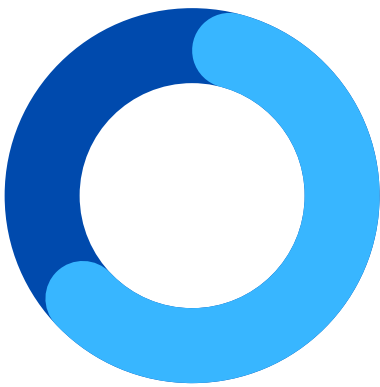
## Solution

Given the overwhelmingly positive feedback and participants' high likelihood of applying what they learned, a structured follow-up program would ensure sustained impact and further enhance participants' confidence and skills.





## Insight: Continued Demand



Participants expressed a strong interest in exploring more topics and expanding the scope of the project. There is a clear desire for the continuation of the project to address the evolving needs of the target audience.

## Recommendation

### Expand Workshop Offerings

- Increase the number and variety of workshops to cover additional topics relevant to women's needs.
- Consider participant feedback to identify new areas of interest and need.





## Insight: Accessibility, Time, and Flexibility

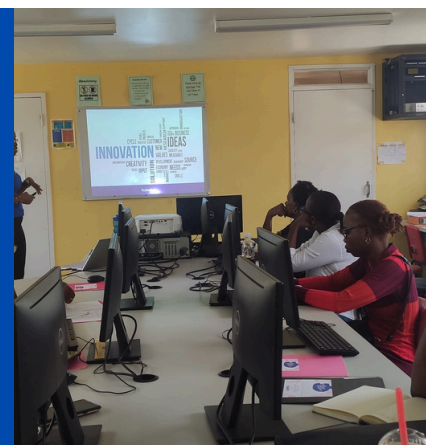


Workshops need to be scheduled at convenient times and at accessible locations to ensure maximum participation. Participants requested longer sessions to delve deeper into topics. Expanding the reach beyond Basseterre is crucial for accessibility. The success in Nevis demonstrated the value of branching out.

## Recommendation

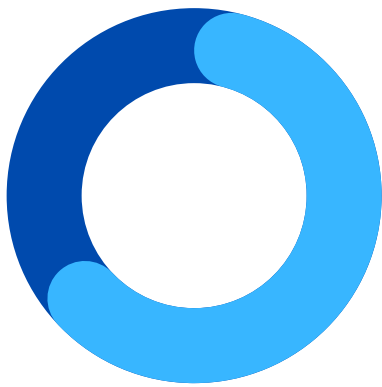
### Improve Accessibility and Scheduling

- Schedule workshops at times that are convenient for a larger number of participants.
- Offer workshops in multiple locations throughout the Federation to ensure accessibility for all women.





## Insight: A Holistic Approach Is Needed



A holistic approach is essential to support women living with NCDs effectively. The pilot project indicated that women's health programming should integrate all aspects of health and well-being.

## Recommendation

An expanded women's health programme is required covering a longer period and incorporating a comprehensive range of topics and support.





## Insight: A Federal Women's Health Policy is Needed



The project underscored the necessity for a comprehensive and holistic women's health policy in St. Kitts and Nevis that would address the lack of gender-responsive health services, programming and support.

## Recommendation

Develop and implement a federal women's health policy. The policy should encompass physical, mental, spiritual, social, financial, environmental, and intellectual health.

