

WOMEN EMPOWERMENT

BECOME AWARE | HEAL | CHANGE

Woman empowerment is the assertion of woman in the patriarchy

How does it affect woman

What is the patriarchy

**BECOME
ME
AWARE**

Is the process in
which woman **GAIN**
power and **CONTROL**
over their own lives
and acquire the ability
to make choices

WOMEN EMPOWERMENT

How are we influenced by the patriarchy ?

Internalization of disadvantage ?

Impact in your behavior

**Action
towards
awareness**

Paradigms

Up bringing

Internalization
in my
narrative

HEALING
PROCESS

Sisterhood

**WOMEN
TO
WOMEN**

**How are my
relationship
with other
woman?**

EXAMPLE



**ASSIGNMENT OF GUILT
AFFAIR RECOVERY**

“We can man players
and woman SLUTS
and home-wreckers
over the exact same
behavior ”

Dr. Astrid

INDIVIDUALLY
CHANGE
COLLECTIVELY

THE ADVANTAGE
OF THE
INTERNATIONAL
COMMUNITY

WOMEN
EMPOWERMENT
AND FEMININE

MYTHS

FEMINISM AND
WOMEN
EMPOWERMENT

NETWORKING
AND GIRL
POWER

ACTIONS TOWARD CHANGE

In which stage of
your life did you
felt worse and
why?

What would you
like to change?

In which stage of your life did
you feel better about yourself
and why?

How are
you now?



“

***BEHIND EVERY SUCCESSFUL WOMEN IS A TRIBE OF OTHER
SUCCESSFUL WOMEN WHO HAVE HER BACK***

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