

LEADERSHIP DEVELOPMENT TRAINING FOR YOUNG WOMEN IN GOA, INDIA

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BACKGROUND

- Location: Goa, India
- Partnered with Rahab's Rope, a non-governmental organization that works with women and children at-risk or affected by the commercial sex trade.
- The focus was creating, implementing, and evaluating a leadership development training for young women that increased their leadership abilities and could be used in the future.
- The young women were engaged in programs at a stitching center, a place where they could learn sewing and other viable skills as an alternative to the sex trade.
- The training was piloted on a group of thirteen girls, ages 15-26, and evaluated to see how it would work in other locations in Goa and India.



TRAININGS

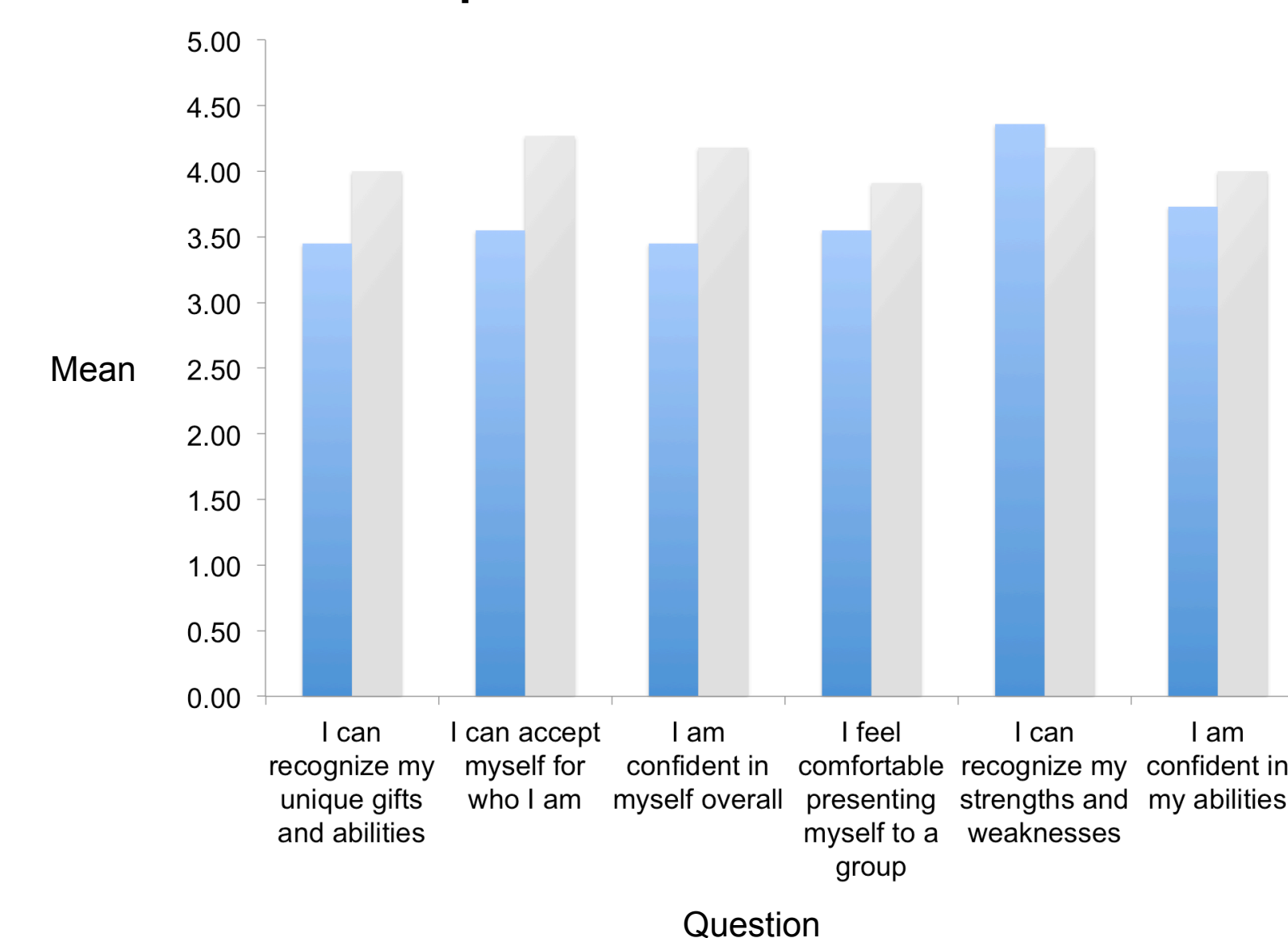
- Six once-weekly leadership training sessions.
- Sessions lasted one hour to an hour and twenty minutes.
- Each session had a different focus, allowing the participants to get a good foundation of leadership.
- Training sessions consisted of icebreakers, brief lectures, participatory activities, and discussions.



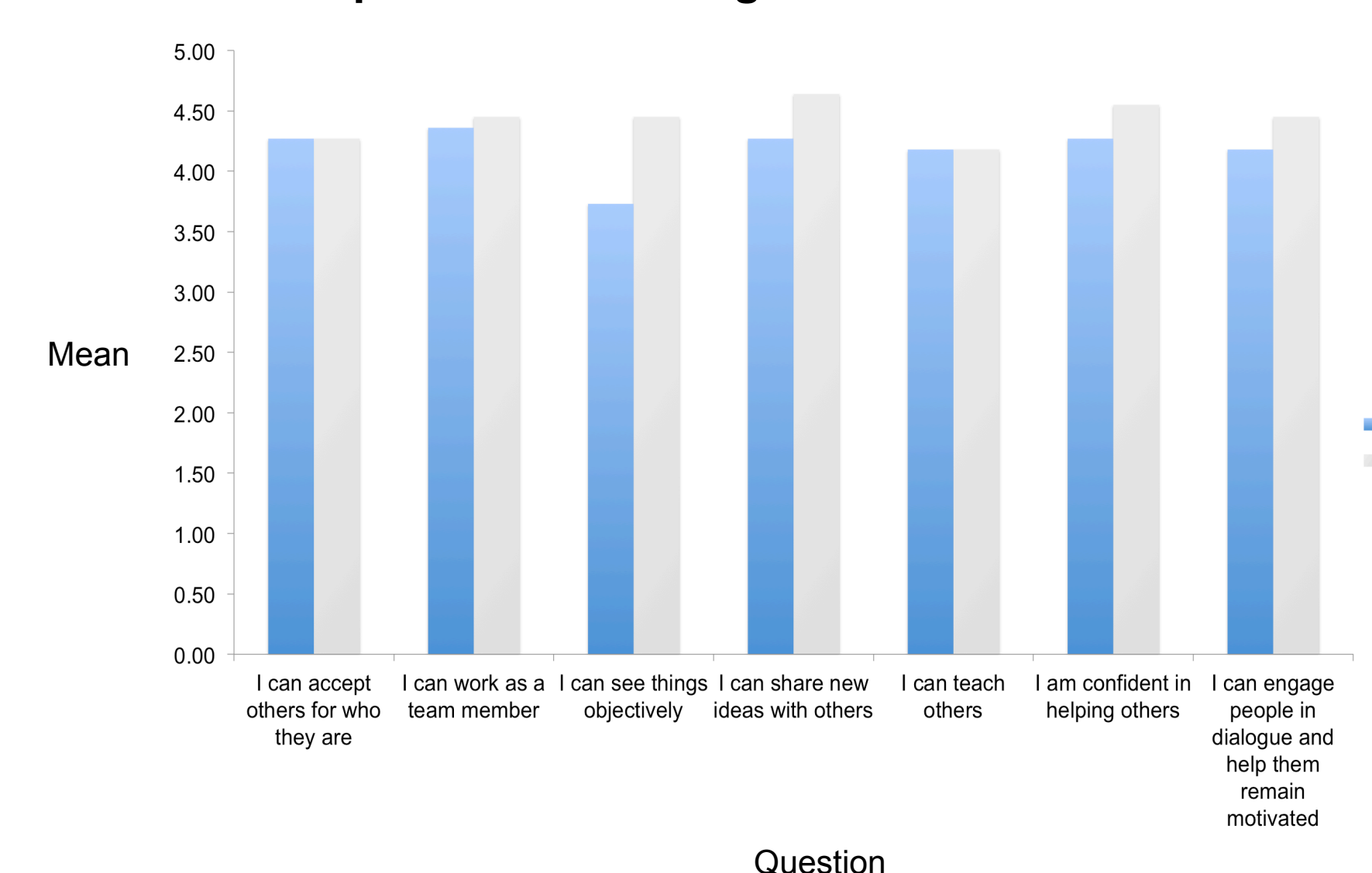
Session Topics

RESULTS

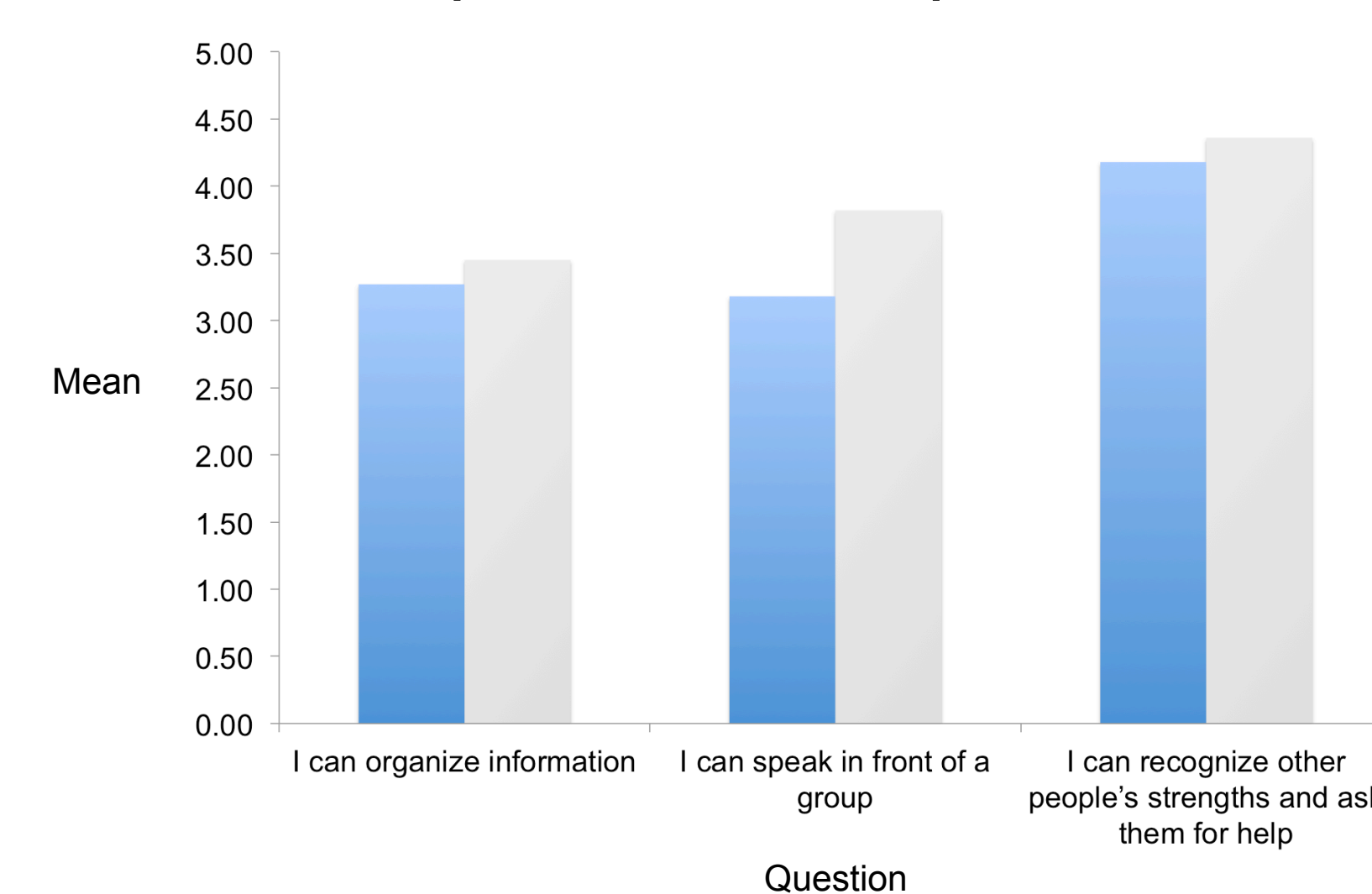
Means of Responses to Self-Esteem Related Questions



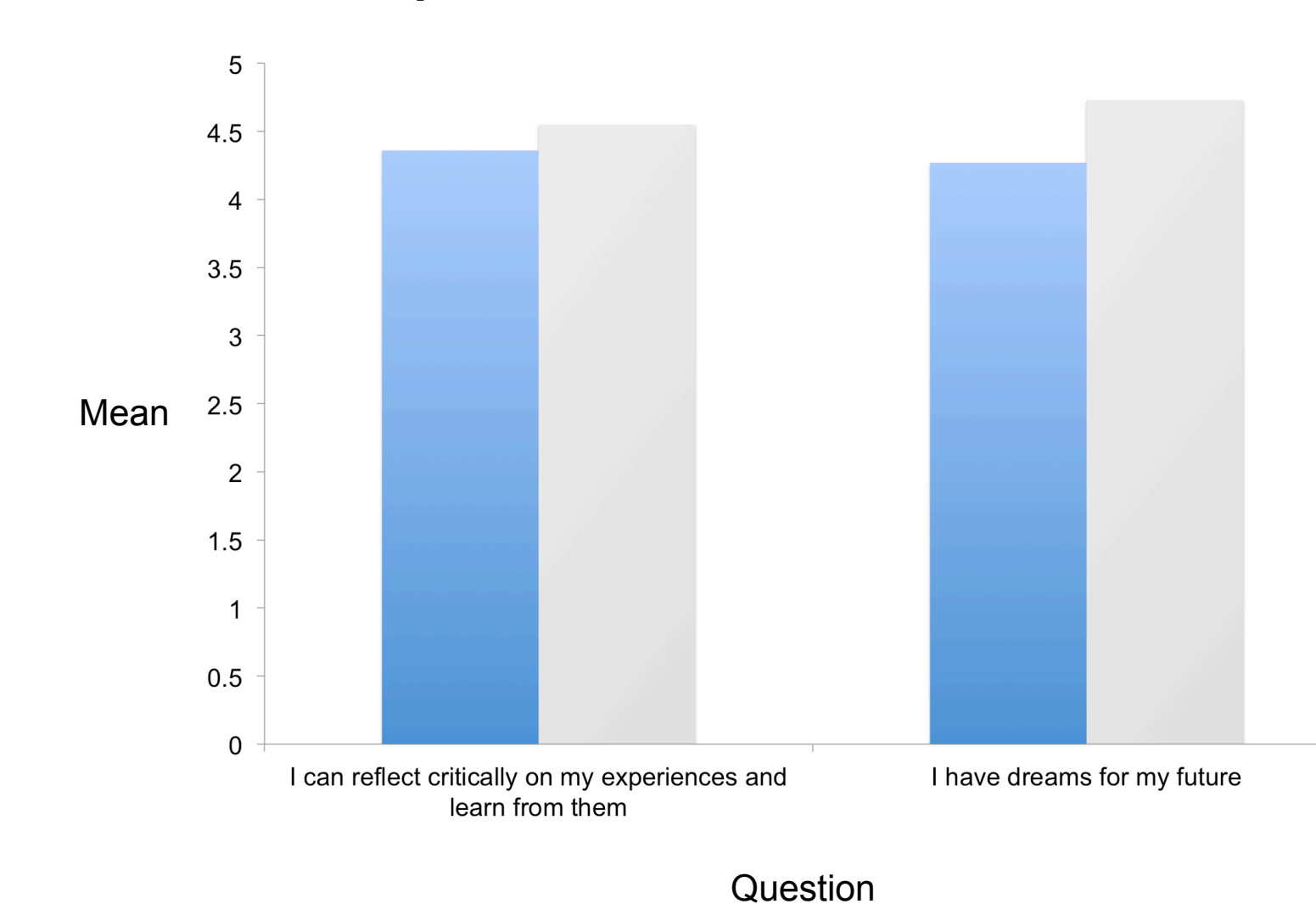
Means of Responses to Working with Others Related Questions



Means of Responses to Leadership Related Questions



Means of Responses to Goals and Dreams Related Questions



Graphs show results from pre- and post- training assessment surveys, N=11

“I have changed as a result of this training.” –Sunita, age 20

- Overall, data shows participants' leadership and related skills increased.
- Participants believe the knowledge acquired is beneficial and applicable to other areas of their lives.
- Participants expressed more hope about their lives as training progressed.

“Other people need to learn this”-Lakshmi, age 26

- Participants believed that not only was it helpful to them, but that others would benefit from this type of training.
- Participants said they would use the skills in helping others, leadership roles, and working in a group.
- Participants made requests for more training, both for them and others.



CONCLUSIONS

Rahab's Rope Leadership Programs

- Rahab's Rope should implement this type of training in other locations
- Follow-up with participants

Further Research

- More research should be carried out to explore if leadership development can be an effective strategy to reduce sex trafficking.

Invest in Youth Leadership

- Leadership training makes a positive impact on the lives of young people
- Governments, schools, and organizations should invest in youth programs

RECOMMENDATIONS

Recommendations for leadership trainings:

- Build trust with the participants before teaching
- Involve participants in the creation process
- Incorporate different learning styles
- Create a place where participants feel safe sharing
- Constantly adapt
- Context is key
- Groups less than 12 worked best

ACKNOWLEDGMENTS

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