

. What was your experience training LEMHSTERS?

I truly enjoyed the 10 days I spent with the 2022 cohort of LEMHsters. Once we were past the early days of breaking the ice and building trust, bonds were formed and connections made and this made facilitating the workshops easier and easier every day. My primary goal was to inspire the LEMHSTERS to see themselves as leaders even the quietest and shyest ones in the group. I used various methods to achieve this, videos, self-reflection exercises, circle times, role plays to mention but a few. It is always important to use various methods when training because what does work for one participant may work for another. One thing that I think was most effective was sharing my story with them in different ways. This allowed them to see themselves in me and know that whatever I could do they can do or even surpass. The topics that were enjoyed the most were Human Rights and Women's Rights as well as Women's Sexual and Reproductive Health Rights. The least enjoyed session in my opinion was on Governance and Democracy. After this session I went out of my way to find how I can make it more engaging and enjoyable. The session that surprised me the most was on Young Women and Intersectionality because I was hesitant to lead it since it was my first time to do so. But what I hoped they learnt above everything was the very first session on leadership which I think is very important as it allows them envision themselves as leaders and to know that leadership is a set of skills that anybody can learn and embody

2. Do you think the LEMHs programme will assist in making girls and young women participate in leadership and public life?

I definitely think it's an important stepping stone in getting young women to participate in leadership and public life. I recently got a message that warmed my heart from one of the quieter LEMHSTERS saying that she had planned a meeting and spoke in front of a group of strangers and that she was very proud of herself as she could never have done such before the training. Bethel Kahiya, LEHMs 2022, told me that while she was implementing her YELL initiative, which follows the LEHMs training, she surprised herself my speaking confidently in front of a group of twenty people whom she had mobilized. She said, "The training really worked and I am proud of myself," A lot of things have improved in me. I am really now a different person. So once the leadership seed has been sown, the next thing is it will sprout and what we needed to do is to nurture it to keep it so that it thrives.

3. How do you see the LEMHs programme moving forward?

I see the LEMHs program expanding by allowing LEHMSTERS to choose their areas of focus eg political leadership and activism, environment activism, social media activism and them getting basic support in their projects. This can be done through allowing former LEHMs from previous years to work together in group and advance their advocacy and activity. Working together in groups towards a common goal is a powerful tool that young women don't often use enough. When young women learn to work together

like a snippet of the Praying the Devil back to Hell video of women in Liberia; they can move mountains and enter into spaces that they have been shut out of before.

#### 4. What should we add to the programme?

I feel like the ICT workshop could be expanded to cover a number of digital skills that are useful for young women.

The Citizen Journalism workshop can also include social media content creation and basic photography skills learning

There should be some aspects of career guidance to the LEMHs project. There was one particular LEHMster who I felt is struggling with career choices

You can also add basic business leadership. There were at least two LEHMsters that were already running their small businesses. In a country where jobs are hard to come by, this could be very helpful.

Communication and conflict management. This is very crucial.

Confidence Building, Self Esteem plus Body positivity. In chatting to some of the LEHMs you could tell some were struggling with body positivity issues.

Perhaps you could also add a session on Mental Health, as I know one LEHM was struggling with mental health issues

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