



# REPORT: PILOT PROJECT OF VISIONARIA NETWORK'S "EMPOWERMENT COURSE"

## ABOUT VISIONARIA NETWORK

Visionaria Network is a non-profit organization whose mission is to help women and girls empower themselves, their communities, and their careers. Visionaria Network conducts programs to heighten aspirations, raise self-esteem and create new opportunities for young women through community design projects and school-based curricula.

## REPORT CONTEXT

In the In July and August 2016, Visionaria Network conducted a 4-week Facilitator Training Program (FTP) for 12 educators in the Cusco region of Peru. The ToT program includes 6-days of in-person training, as well as 4 weeks of homework and practice assignments. Of the 12 trained facilitators, 5 work with a public school (COAR), and 1 works with a private school (Ausangate). This report explores the results from a pre and post survey of a pilot program in both schools integrating the Visionaria curriculum for approximately 200 students over approximately three months.

## SUMMARY OF FINDINGS

*Overall, there was a 6.4% increase for both boys and girls in their sense of empowerment, measured by scales assessing (1) their relationship with themselves (personal awareness and affection) and (2) their sense of personal power / agency.*

Interestingly, across the board, girls have lower scores than boys regarding how they view themselves, including their self-confidence and belief in their abilities. Regarding their relationship with themselves, girls' biggest change was a 12% decrease in feeling that they "aren't good for anything", although their average self-assigned scores still lagged behind boys'. The one metric – related to their relationship with themselves – that girls' surpassed boys at by the end of the program, is having a positive attitude about themselves (girls increased from 4.16 to 4.33, whereas boys ended at 4.29).

The largest changes were seen in participants sense of personal power and agency. Participants reported a 10% increase in their sense of personal power and agency following participation in the Visionaria program.

On the following two pages, results from both categories of empowerment are explored. Select questions from each category are outlined. Results are on a 1-5 basis, with 1 being very low / not at all, and 5 being very high / very much so.

## 1. Empowerment – Increase in Personal Awareness & Affection

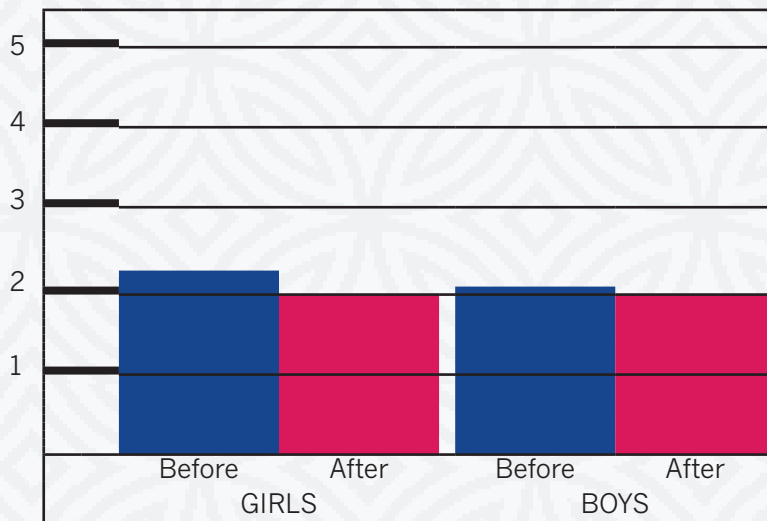
In regards to their relationship with themselves, there was an overall 3% increase, with girls having a higher increase of 5%. 33% of girls felt an increase in their relationship with themselves.

### Participants increase personal awareness and affection (self-esteem)

“It’s easy for me to identify my personal strengths”: 4% average increase  
- 6% increase for Girls.

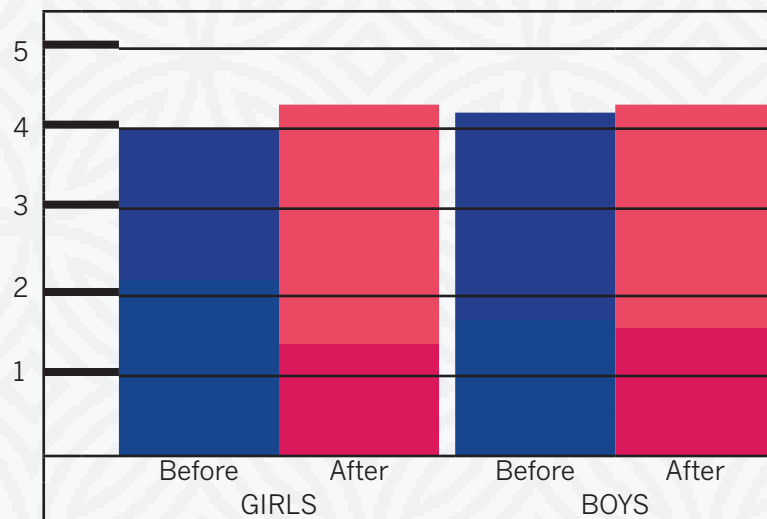
“Sometimes I think that I’m not good for anything”: 9% average decrease  
- 12% decrease for girls  
- 5% decrease for boys; however, boys start out thinking better of themselves and have a higher self esteem.

Figure 1. Decrease in participants thinking, “Sometimes I’m not good for anything.”



“I feel that I have various positive/good qualities”: 4% increase  
- 6% increase for Girls.

Figure 2. Increase in participants feeling, “I have various positive/good qualities.”



## 2. Empowerment – Increase in Personal Power

In regards to their sense of personal power, participants had a combined 10% increase, with boys having a 12% increase, higher than girls. 41% of boys experienced a rise in their sense of personal power, while 34% of girls noted a rise in their personal power.

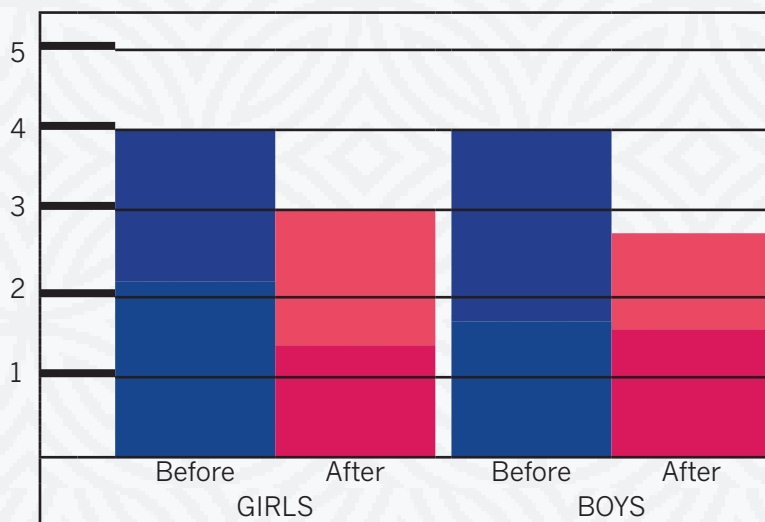
### Participants increase personal power (agency).

She/he increases her/his self-confidence through effective management of self-limiting fears

“I feel that I have fears that keeps me from advancing”: 25% average decrease

- 23% decrease for girls
- 28% decrease for boys

Figure 3. Decrease in participants feeling, “I have fears that keep me from advancing.”

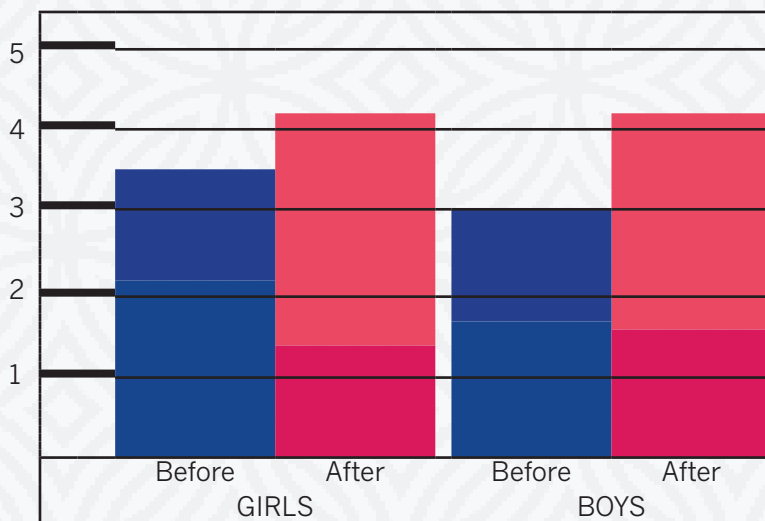


She/he increases her/his excitement and optimism about the future, related to education

“I am excited about my future study and learning prospects”: 27% average increase

- 19% increase for girls
- 39% increase for boys

Figure 4. Increase in participants feeling, “Excited about my future study and learning prospects”



## WHAT ARE STUDENTS & TEACHERS SAYING?

“I don’t believe there was a single Visionaria-related activity I didn’t like.”

- Student, 2016 pilot

“Principally, the [Visionaria Network training program and curriculum] has helped me in themes of empowerment and motivates me to teach with this example.”

- Teacher, 2016 pilot

“I have learned how to arrive at people, how to teach them, how to talk to them. I feel that I have the capacity to approach more people, I have much confidence in myself now.”

- Teacher, 2016 pilot

“[Visionaria Network allows educators] to join a world of new learning.”

- Teacher, 2016 pilot

## LESSONS LEARNED & AREAS FOR IMPROVEMENT

1. The material and curriculum has enabled teachers to develop a more effective relation with their students.
2. Simplify and streamline curriculum.
3. Dynamic activities are loved by the participants and teachers, these should continue to be emphasized
4. Not all teachers were able to support students in conducting projects. Simplify this process and streamline it for scaling.

### Contact & Follow Visionaria Network

Website: [VisionariaNetwork.org](http://VisionariaNetwork.org)

Email: [VisionariaNetwork@gmail.com](mailto:VisionariaNetwork@gmail.com)

Twitter: [@Visionaria\\_Net](https://twitter.com/Visionaria_Net)

Facebook: [Facebook.com/VisionariaNetwork](https://www.facebook.com/VisionariaNetwork)



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