



## **Youth Ambassador Program**

### **Session 9: Promote Gender Equality & Empower Women (part 2)**

## Table of Contents:

### SDG 5: Achieve gender equality and empower all women and girls.

➤ Inspirational Quotes	p. 3
➤ Session Overview: Purpose, Payoff, Process	p. 4
➤ Section 1: Featured SDG-Sustainable Development Goal	p. 5
○ Inquiry into SDG 5: Future (Solution)	p. 5
○ SDG Hero: Karambu L. Ringera, PhD	p. 6
○ Must See Videos	p. 8
➤ Section 2: Hero's Journey Stage 9—The Reward	p. 9
➤ Section 3: Leadership Modality: The Self-FULL Woman	p. 11
➤ Section 4: Action Plan/Homework	p. 13
➤ Section 5: Resources (books, videos, websites)	p. 14

## Inspirational Quote for the Month:



*“Ensuring gender equality and empowering women in all respects are desirable objectives in themselves –are required to combat poverty, hunger and disease and to ensure sustainable development.*

*The limited progress in empowering women and achieving gender equality is a pervasive shortcoming equality that extends beyond the goal itself”*

~Sha Zukang

“Pretend that every single person you meet has a sign around his or her neck that says, ‘Make me feel important.’ Not only will you succeed in sales, you will succeed in life.”

~Mary Kay Ash

## Session Nine Overview (Purpose, Payoff, and Process)



**Purpose:** Our ninth session is about exploring the future (solution) related to SDG 5: **Achieve gender equality and empower all women and girls**. We will meet the amazing Dr. Karambu L. Ringera. We will learn how to transform from being “selfish, selfless, in order to become more self-FULL”. We will also revel in the “Reward” stage of our Hero’s journey.

**Payoff:** The payoff is being inspired to play a bigger role in the solution of female empowerment. We’ll learn how to be “Self-FULL” (able to find the win/win) in every situation.

**Process:** This session will cover the following:

- Introductions
  - The Youth Ambassador of the month, and primary teammates
  - Read inspirational quotes
- Inquiry into SDG 5: Achieve gender equality and empower all women and girls
  - Future (Solution)
- Explanation and discussion of Hero’s Journey Stage 9: The Reward
- Sharing leadership modality: Self-FULL Woman
- Action Plan/Homework
- Resources

## Inquiry into SDG 5:

Achieve gender equality and empower all women and girls.



The following are questions to research and present during our live session. For those following along, these are the questions for the students to answer for their written and oral reports:

### Part #3: The Future (aka the Solution)

Describe a future when gender equality and female empowerment are thriving worldwide:

Standing in the future, report on what you imagine took place to achieve female empowerment and gender equality:

- What **happened**?
- What was the **tipping point**?
- Where in the world did this solution make the **most significant** impact?
- What **role did you play** in this happening?
- Who was most **positively impacted** by this change?
- What are your **personal feelings/thoughts** about being a part of this change?

## SDG Hero: Karambu L. Ringera, PhD



Kenya's Leading Women's and Children's Rights Advocate Dr. Karambu Ringera grew up in Kenya where, time and again, she witnessed women and children in their community suffering terribly from a shameless lack of regard for their basic human rights.

She saw women who were beaten nightly by their husbands and women who were left to die alone like dogs covered with ants and maggots because their brothers refused to take them back in after their husbands took second wives and evicted them from their matrimonial homes.

Others who were allowed to stay when their husbands brought second wives home to roost succumbed to the HIV/AIDS that came home with them. All of their children were left with no one to look after them.

The plight of these women and children baptized Dr. Karambu into the work she does today as the President and Founder of International Peace Initiatives (IPI).

"Why women?" I often ask myself. I have never seen a man as vulnerable as so many of the women I have encountered in my life. I decided early on to educate myself and find a way to work with women to strengthen their capacity to better take care of themselves and their children."





# DR. KARAMBU RINGERA

Founder of International Peace Initiatives:  
Empowering Women + Creating  
New Models for Sustainability in Africa

Interview: Ocean Pleasant

20

IPI is a Kenya-based organization dedicated to supporting and funding initiatives that mitigate the effects of war, disease, poverty and discrimination, with a special emphasis on transforming the lives of disenfranchised women and children. Through IPI, Dr. Karambu works with grassroots women's groups, orphanages and community organizers in Kenya to design and implement models that will effectively strengthen communities' ability to transform conflicts into possibilities for social change and sustainable peace.

On an international level, she is an intercultural communication expert who has facilitated various peace forums in Kenya, the United States, South Africa and India.

Dr. Karambu's expertise and work align beautifully with the CHIME IN, whose goal is to create a platform for those who desire a world where violence, poverty and disease no longer exist and to give voice to those who have none.

## Must See Video Related to Female Empowerment



### Precious Human Life

<https://www.youtube.com/watch?v=6QfYQCuMywQ>

This music video is the first single and music video from the One Village Music Project, a youth program of the Amala Foundation. Precious Human Life is now available on iTunes and other online music outlets. For more information, please visit

[www.amalafoundation.org/youth-programs/one-village-music-project](http://www.amalafoundation.org/youth-programs/one-village-music-project)



## Hero's Journey Stage 9: The Reward & How it Relates to the Youth Ambassador Program



Here is the moment you've been waiting for...the moment you've worked so hard for...the moment when you can finally exhale. You have properly faced, embraced, ached, and replaced your deepest fear in the supreme ordeal so you can now claim your disowned power.

You turned your F.E.A.R. into F.U.E.L. by asking your difficult situation:

- “What gift do you have for me?”
- “What is your good intent?”
- “How is this situation making me stronger/brighter/bigger, more resourceful?”

By doing this you have allowed what you thought was going to annihilate you, to actually liberate you.

Now that aspect of power is no longer locked in a dungeon...it is yours...and it is back...with a vengeance (in a good way!)

Breathe as you integrate this power, strength, beauty, wildness, fierce love, and passion back into your heart and soul. *Don't leave home without it.* Remember, a crisis is a horrible thing to waste.

Consider that every situation in your life—from the seemingly benign to the over the top dramatic—is encoded with soul juice and power for you, should you choose to accept it.

Sometimes we are able to receive the gift of the challenge while still inside the situation. Other times we receive the gift/reward upon reflection once time has passed. The bottom line is, if you're looking for the gift/reward you'll find it.



Contemplate the following questions:

- Can you identify the gift(s) you've received from your journey thus far?
- How have these gifts benefited you?
- How might these gifts benefit other people?
- Is there a gift lingering in your most recent "ordeal" that you still have yet to retrieve?

## Leadership Modality: Selfish, Selfless & Self-FULL

(Contributed by Suzanne Rock Stierle, <http://www.reweavingthetapestry.com>)



Within every one are three aspects:

1. Selfish
2. Selfless
3. Self-FULL

It's important to understand the difference between the three so there can be awareness and choices.

**Selfish:** A Selfish man or woman focuses only on themselves and their needs. They often don't have awareness of how their actions and words impact others. However, they are overly aware of how others impact them. They tend to want to do things alone. They don't ask for help or support because they think they can do it better. They don't take into account other people in their decision making process and as a result they lose friends and alienate. They don't consider other's needs or the impact of their actions.

**The time of life** when the Selfish archetype is most prevalent is in their teenage years. Think about it, it's important for a teenager to be focused on themselves and their needs. They are trying to figure out their identity and who they are in the world separate from their family of origin. They often don't listen to the advice of their parents because they think they know better. They don't want to be told what to do and often disregard others. This is a time when a young person begins to question the value systems of their family and society and strives to form their own opinions. It is a time of great confusion and upheaval because they have thrown away the old values and have not completely formed the new ones.

**Advantages:** A Selfish person is learning how to take care of themselves in the world. They take action on their own behalf. They speak up for themselves. They don't withhold communication because they're worried about what others will do or say.



**Selfless:** A Selfless person is one whose world revolves around others. They tend to neglect their own needs – even basic needs like sleep and self-care. The Selfless person often overextends themselves with projects, work, and children. They have a hard time valuing their work and often volunteer instead of getting paid. They have a hard time saying no when someone asks them for help. They don't usually ask for help or support and then become resentful when no one is there for them. They expect

people to mind-read what they need. They can tend to be a bit of a martyr.

**The time of life** where the Selfless archetype is most prevalent is in the mid-years 25-45. Think about a mom, dad or entrepreneur. They need to be focused on their kids or their clients. They are interested in providing space for others to grow and develop. They spend so much time caring for others that they often neglect themselves. They don't spend time doing things they love. They can either overeat or forget to eat. They forget to go to the gym, dress nice, or even brush their hair.

**Advantages:** A Selfless person is a stand for others and will go out of their way to help. They will be there for friends, family and co-workers through the good and bad.

**Self-FULL:** A Self-FULL person is a one who knows themselves well. They know what their needs are and how to get them met. They are also aware and compassionate about the needs of others. They have the ability to be the observer in situations – they come from a place of compassion and non-judgment. They aren't ruled by their emotions. They see their emotions as an indicator that a need of their's is either being met or not being met. A Self-FULL person is confident and full of joy. They are accepting of others and themselves. They are full of vitality. They accept themselves fully and live life on life's terms. They understand that there are seasons in life and that after every winter there is a spring—an opportunity to start new, to be reborn, to start with a clean slate. They are skilled at self-empathy and empathy for others. They know how to ask for support and make clear requests. They have people in their lives who love, support and believe in them. They have a purpose and vision for their life. They know that vulnerability and authenticity are the keys to intimacy and confidence. They are truthful, honest, trustworthy, loyal, courageous, and compassionate. They walk their talk and live by the values they hold dear. Their life is about BALANCE and SUSTAINABILITY.

## Action Plan/Homework



Practice observing your selfish, selfless, and self-FULL aspects.

In every challenging situation you find yourself in ask the question, “*What is the win/win for all involved?*”

➤ **Vlog** (video blog) your experience with the program. Upload a minimum of one post per week to our [Facebook](#) group. And [YouTube](#) channel.

**In your vlog you might share about...**

- Insights about the “selfish”, “selfless” or “self-FULL” aspects of you
- Your challenges, ahas, breakdowns, breakthroughs with your project
- How you are inspired by Karambu L. Ringera
- Someone inspiring from your group (and what they did)
- A noteworthy experience from the community you are serving

### **Alternative posts:**

- Photos
- Blogs
- Relevant links
- Commenting on other Ambassador’s posts
  - *Remember, you are sharing your story with the world. Your engagement encourages other to get involved.*

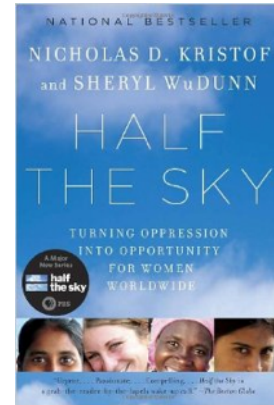
### ➤ **Resource section:**

- Watch the videos
- Scan the websites
- Read the books

## Resources:

### Books:

- **Book: Half the Sky**  
by Nicholas Kristof and Sheryl WuDunn  
<http://tinyurl.com/o72e3hn>



### Websites:

- **Let Girls Lead:**  
<http://www.huffingtonpost.com/let-girls-lead/>
- **Fostering A Change**  
<http://www.fosteringachange.org/>
- **Reweaving the Tapestry**  
[www.ReweavingTheTapestry.com](http://www.ReweavingTheTapestry.com)
- [www.Unicef.org/gender/index.html](http://www.Unicef.org/gender/index.html)
- **Because I'm a Girl**  
<http://www.planusa.org/becauseiamagirl/?gclid=CIz02J3n1cECFY17fgodQ08ATg#>
- **International Day of the Girl**  
<http://www.planusa.org/content3112112>

### Videos:

- **Fostering A Change**  
<http://www.youtube.com/watch?v=HoV9qfioaYA#t=107>
- **Amala Foundation Summit video:**  
<https://vimeo.com/98159053> & <https://vimeo.com/88590822>
- **Precious Human Life:**  
<https://www.youtube.com/watch?v=6QfYQCuMywQ>