What enabled the increase in wellbeing?

**Enablers: what made EmpowHER work?**

- A safe space to share
  - Relaxed atmosphere
- Same gender group
- Small group size
- Flexible curriculum
- Strong youth worker relationships (building trust long before the first session)
What enabled the YW&G to challenge and change limiting perceptions?

- Long term programme – it takes time!
- Social learning - Exploring topics of women’s rights and stereotyping
- “I can do this” experiences – accessible social action opportunities
- A safe space to share and challenge limiting perceptions

What supported YW&G to identify and lead change?

- Being part of something bigger
- Exposure to relatable role models “people like me can lead”
- Opportunities – to lead, to speak, to achieve
What was driving improvements in social cohesion?

- Learning - deepening community understanding through social learning
- Meeting new people – spending time with peers, role models and members of the community
- Social action – opportunities to engage with community (works both ways!)

What are the enablers to creating long-term, youth-led social action habits?

- Spark something – deliver sessions that enable YW&G to identify causes they feel passionate about
- Dare to be different - encourage non-mainstream social action
- Build belief - increase confidence through challenging limiting perceptions
- Get going - instill positive feelings through quick, accessible social action early on
- Time to develop - build a social action skillset, get more ambitious!
- So what’s next? Harness the enthusiasm and connect to social action in your local area

Enablers: what made EmpowHER work?