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.

RESULTS

QUALITIES OF LEADERS

• Self-esteem
• Body Image
• Goals and Dreams

“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.

“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.

“I can organize information.”

RECOMMENDATIONS

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

FINANCIAL SUPPORT

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

ACKNOWLEDGMENTS

Special thanks to the UF MDP program, the Rahab’s Rope staff, and my committee members: Dr. Muthusami Kumaran, Dr. Renata Serra, and Dr. Angie Lindsey.