That Takes Ovaries and Leading a Bold Life
Expanded Empowerment Programs/Trainings for Women & Girls, offered to NGOs & Nonprofits

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WHO WE ARE
• TTO is the primary project of Ark Theater, an NGO based in the U.S. and active around the globe.
• Our "That Takes Ovaries" and "Leading a Bold Life" workshops for women/girls' empowerment have been offered to 100s of gatherings in urban and rural Africa, Asia, Latin America, Europe, Australia, North Amer.
• Our empowerment model combines story-sharing, drama therapy and the arts and activism to raise participant self-esteem and leadership skills so they will be all-around confident, risk-taking females.

WHAT WE OFFER NGOs
• **Empowerment events & workshops:** Fun, celebratory, deeply personal, participatory (1 hr-1 month).
• **Training of Trainers (ToT):** Our replicable model can be used long after we leave.
• **Dramatic plays:** We collect local women/girls' true stories of courage, including victories overcoming gender-based obstacles. We then turn these inspirational stories into a play that workshop participants perform for the larger community.
• **Participants:** General, or focused for specific populations (e.g. females who've been sexually assaulted, prostituted or those at risk). Also, ToT offered for teachers, social workers, grassroots community leaders, etc.

DESCRIPTION OF OUR WORKSHOPS
• Our workshops bring together women and girls to celebrate their courage by relaying real-life stories of times they were bold, often in their fight against sexism, discrimination and sexual assault.
• This simple but important act of sharing affirms the storyteller's confidence and determination to keep taking risks in her life, personally and politically.
• Our workshops have a transformative effect on people's lives long after they are over; participants are motivated to take more risks, such as stepping through the fear of public speaking to speak out for their needs.
• Men and boys can join in and proudly share stories of the courageous deeds of mothers, wives, daughters.
• We facilitate discussions for action plans: Sustainable, long-term change to be initiated by participants.

EXAMPLES OF OUR WORK
• **India:** Brought by NGO Apne Aap to work in their urban/rural centers in red light and slum districts with sex trafficked/prostituted women and children. Plus, Training of Trainers (ToT) for community leaders.
• **Guyana, South America:** Brought by NGO Partners of the Americas (funded by US Dept of Labor) to work with vulnerable adolescent girls. Plus ToT programs for social workers and teachers from Guyana.
• **Training Manuals:** Created two detailed manuals for training others in our approach.

OUTCOMES
• Participants celebrate being women and girls.
• Spaces are created where women and girls' experiences and lives are heard and respected.
• Participants learn to speak up through our step-by-step process of telling stories of their own courage.
• Participants learn to take steps to act as bold, confident risk-takers for personal and social change.
• Participants learn how to speak out to higher authorities about their needs.
• Participants learn to not accept limits imposed on them by a sexist society.
• Women and girls' leadership and activism are developed.
• Participants begin the process of overcoming trauma through the use of drama therapy and storytelling.
• Participant-led, dramatic theatrical performances raise community awareness of significant issues (e.g. assault and sex trafficking), educating the public and authorities, such as judges and police.
• At a Training of Trainers (ToT), trainers are taught to impart the outcomes listed above.

PRAISE: THE U.S. STATE DEPT'S J-TIP (SEX TRAFFICKING) STAFF CALLED OUR MODEL:
• "Highly effective, low cost and easily replicable by staff in the field."

Please view our website and promo video at: www.ThatTakesOvaries.org