

## **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](http://www.ThatTakesOvaries.org)