

THE WOMEN'S LIBERATION COLLECTIVE

IMPACT REPORT 2021-2022



Our Vision

A world where women are liberated from male violence and control.

Our Mission

We will equip, train and educate women, so that they can take back ownership of their lives from male abusers. We will also work in wider society, to prevent abuse.

Our Activities

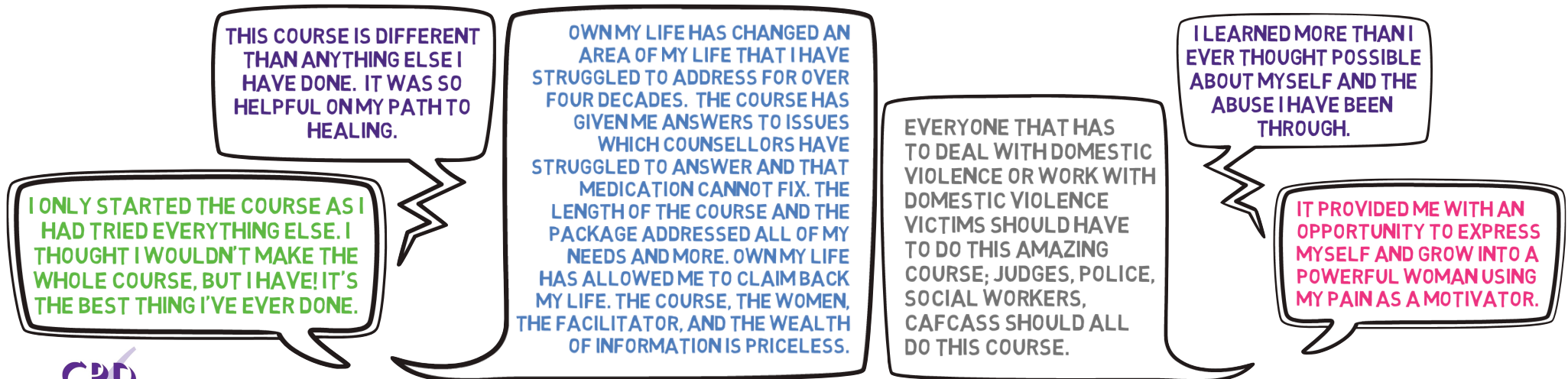
Through the Own My Life course we support organisations and practitioners to enable women to regain ownership of their lives when they have been subjected to abuse by men. We provide a suite of multimedia resources including short videos, structured discussions, group and individual activities, and a comprehensive learning journal. Our content explains complex concepts about trauma and abuse in easy to understand audiovisual clips, along with videos which evidence how popular culture reinforces or perpetuates sexism, rape culture, violence, misogyny, disrespect in relationships and abusive behaviour. In this report period we have achieved the following:

10	Online training events delivered.	205	Practitioners trained to facilitate the Own My Life Course	55	Organisations trained across United Kingdom and Ireland.
97	Practitioners attended Zoom Coaching sessions	2555	Journals provided for women accessing courses with local services, in person or online	475	Women (at least) have started online courses

What practitioners say about attending the Own My Life Course training



What women say about participating in the Own My Life course



What difference do we make?

Practitioners tell us that our CPD accredited training - and facilitating Own My Life courses with women - are transformational for their practice. Many practitioners highlight how the training not only equips them to run the course with women, but affects every area of their work and personal life. These fresh perspectives in practitioners' knowledge empowers them to support women into transformation, using the tools we provide and the skills women develop as part of Own My Life learning.

88% of practitioners who attend Own My Life course training say that the course increased their knowledge **"very much"**, **100%** described the training as **"excellent"** or **"good"**, and **77%** described the training as **"exceeding expectations"**. This feedback helps us to continually develop our provision in order to better meet the needs of local services who offer support to women who have been subjected to abuse.

Providing resources for online as well as in-person delivery means that services can meet the needs of women who live in rural areas, are disabled or have caring responsibilities and might otherwise find it difficult to access in-person provision. The positive changes following our training, reflects on those who have been subjected to abuse; an increase in skills, knowledge, and providing reflective spaces for practitioners to consider the context that the women they're working alongside are living within, means that they are able to better support women to flourish as they begin to regain ownership of their lives.

What have we learned?

As a small, evolving charity, we are continually learning and developing as our profile grows. Our Evaluation Station, which provides a direct link between our charity and the women attending Own My Life courses in local areas, shows us the depth of joy present in women's lives following the Own My Life course; they tell us that the course is **"as much fun and liberating as it was informative and healing"** and that **"the tools I received were like a jigsaw; now that I have the knowledge I can piece the pieces together to get me through my journey in life"**. This Evaluation Station link with women attending the Own My Life course in local services helps to keep us grounded and motivated to continue to do the work that we do.

The impact of the COVID-19 pandemic required us to innovate and we have continued to develop our work in this area during 2021-2022, allowing us to deliver training which meets the needs of services and minimises disruption to direct service delivery whilst staff teams increase their knowledge and skills to enable women's liberation and healing.

How can your organisation be part of women's journeys in taking back ownership of their lives?

If your organisation commissions courses for women who have been subjected to abuse, we can show you the benefits of facilitating the Own My Life course as a supplement to your current, commissioned service provision, or as a replacement to a named programme, based on the evidence available in our Evaluation Station which has been built with three years of data from women directly accessing the Own My Life Course online or in-person, within local services across the UK, Ireland and Isle of Man.

We recommend that courses for women are facilitated by two practitioners but we only require one of them to have attended the Own My Life training. The online training takes place over five days, at a cost of £550 per attendee. Discounts are available for block bookings and staff teams can be spread across multiple training sessions to minimise disruption to service delivery.

If your organisation does not provide or commission groups for women who have been subjected to abuse, you can join [Own My Life: Discovery](#) to enhance your current provision, increasing the effectiveness of trauma-informed and trauma-responsive working in your organisation. This can be used to support the professional development of your staff teams, enhance your training offer, and to build literacy about trauma and recovery in all of your work with women.

FIND OUT MORE ABOUT THE OWN MY LIFE COURSE AND BOOK TRAINING [HERE](#)

FIND OUT MORE ABOUT OWN MY LIFE: DISCOVERY [HERE](#)

W: www.ownmylifecourse.org

T: 07928 031 580

E: info@ownmylifecourse.org