

# THE WOMEN'S LIBERATION COLLECTIVE

## IMPACT REPORT 2022-2023



### 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.

<b>8</b>	Online 5 day training events for practitioners delivered between April 2022 and March 2023.	<b>58</b>	Organisations trained.
<b>161</b>	Practitioners trained to facilitate the Own My Life course.	<b>2863</b>	Journals provided for women accessing courses with local services, in person or online.
<b>62</b>	Practitioners attended Zoom Coaching sessions.	<b>511</b>	Women (at least) have started online Own My Life courses run by organisations we have trained.

## What practitioners say about attending the Own My Life Course training

ALL PROFESSIONALS WORKING IN THE DOMESTIC ABUSE FIELD SHOULD BE DOING THIS COURSE AS IT IS AN EXCELLENT OPPORTUNITY TO LEARN ABOUT HOW TO SUPPORT VULNERABLE WOMEN WHO HAVE BEEN SUBJECTED TO ABUSE.

IT'S THE BEST TRAINING I'VE EVER BEEN ON IN ALMOST 30 YEARS IN THE SECTOR.

THE TRAINING HAS MADE ME REFLECT ON BOTH MY DAILY LIFE AND WORK PRACTICE; EG. COMMENTS WE MAKE, WORDS WE SAY, NOT SEEING ALL ANGLES OF THINGS AND LOOKING AT THE BIGGER PICTURE.

IT'S A WEALTH OF RESOURCES, GREAT TOPICS THAT CAN BE DONE IN A GROUP OR 1-2-1.

MY ROLE IS COMMUNITY ENGAGEMENT WITH MULTIPLE AGENCIES AND THERE IS SO MUCH CONTENT FROM THIS COURSE THAT CAN BE PASSED TO OTHERS.

AMAZING RESOURCES! SO SIMPLE BUT WITHOUT 'DUMBING' ANYTHING DOWN, INCREDIBLY ACCESSIBLE AND ABOVE ALL, FUN!

VERY INFORMATIVE, GIVES YOU A HUGE CONFIDENCE BOOST IN YOUR JOB ROLE.

IT'S MUCH MORE ENJOYABLE THAN NORMAL COURSES.

EXCELLENT. EASY TO FOLLOW AND UNDERSTAND. THE WOMANUAL IS MY NEW BIBLE

IT IS LIFE-CHANGING!

IT'S BLOODY MAGNIFICENT!

## What difference do we make?

Practitioners tell us that this 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 empowers them to support women into transformation, using the tools we provide and the skills women develop as part of the Own My Life learning.

Offering the 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 otherwise might 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 their local area, shows us the depth of joy and transformation present in women's lives following the Own My Life course; one of our course participants Amanda, shared the story of how she credits the Own My Life course with preventing her being imprisoned, following a prosecution for activities she had been coerced into by her abusive partner. Amanda said *"You gave me the tools and confidence to face the situation...the judge recognised that I had turned my life around"*. You can read the full details of Amanda's story [here](#).

Taking time to consolidate and develop our internal systems has given us a greater foundation for growth whilst we remain committed to ensuring that our resources are joyful and liberating both for practitioners facilitating the course and women participating. As we grow and develop, we are strengthening our relationships with organisations providing services to women in the Criminal Justice System, including drug and alcohol services, as we know there is a significant cross-over with women who have been subjected to abuse who are disproportionately represented in criminal justice, addiction and recovery services. This enables us to support organisations who are working with women whilst their staff teams increase their knowledge and skills to enable women's liberation and healing.

## What women say about participating in the Own My Life course

THE JOURNAL PRINT AND PAPER QUALITY WAS EXCELLENT (NOT LIKE OTHER COURSE HANDOUTS) SO IT MEANS THE JOURNAL IS RESPECTED, HAS MEANING AND LONGEVITY.

THAT IS THE BEST GIFT YOU CAN GIVE TO WOMEN. A GIFT OF HEALING, A GIFT OF BEING HEARD, A GIFT OF BUILDING CONFIDENCE.

OWN MY LIFE GIVES WOMEN ANOTHER CHANCE TO ENJOY LIFE WITHOUT CONSTANT FEAR AND CONFUSION.

OWN MY LIFE TEACHES WOMAN THAT THEY AREN'T GOING CRAZY AND THAT OTHERS DO BELIEVE THEM.

OWN MY LIFE CHANGED MINE AND MY CHILD'S LIFE.

THIS COURSE IS ESSENTIAL FOR WOMAN WITH AN ABUSIVE PARTNER, TO RECOGNISE THE POSITION THEY AND THEIR CHILDREN ARE IN, TO START A NEW LIFE WITH THE TOOLS THEY NEED.

THIS COURSE HAS CHANGED MY LIFE. IT HELPED ME TO IDENTIFY THOSE BEHAVIOURS IN MY HUSBAND THAT FELT ABUSIVE TO ME BUT I DIDN'T \*KNOW\* WHY THEY FELT ABUSIVE. WHEN I UNDERSTOOD FOR THE FIRST TIME IN MY LIFE ALL THE LITTLE INSIDIOUS BEHAVIOURS THAT MADE ME FEEL BAD ABOUT MYSELF OR ASHAMED OF MY BODY OR ISOLATED AND CONTROLLED. IT WAS LIKE A PRISONER BEING LET OUT OF PRISON.

THIS COURSE SHOULD BE INTEGRATED IN THE HR TRAININGS OF ALL COMPANIES SINCE THERE ARE A LOT OF WOMEN THAT MAY BE IN THE ABUSIVE RELATIONSHIPS AND WOULD NOT KNOW WHERE TO START TO EVEN START MAKING A CHANGE.

THIS COURSE CHANGED THE WAY I VIEW MYSELF, IT RAISED MY CONFIDENCE IN MYSELF AND HELPED ME TO FEEL GOOD ENOUGH TO TRUST MYSELF, APPLY FOR A JOB I HAD NO PREVIOUS EXPERIENCE IN AND MAKE HEALTHY DECISIONS FOR MYSELF.

THE COURSE SHOWS THAT SOMEONE ACTUALLY CARES ABOUT ME WHICH IS SOMETHING I NEEDED WHEN I FELT LIKE NO ONE ELSE DID. IT GAVE ME A REASON TO CARE ABOUT MYSELF.

I DIDN'T UNDERSTAND ANYTHING BEFORE OWN MY LIFE, BUT NOW I DO AND I FEEL LIKE I CAN MOVE FORWARD.

THERE ARE THOUSANDS OF WOMEN SUFFERING ABUSE FROM THEIR PARTNERS AFFECTING THEIR CHILDREN TOO. THIS COURSE PROVIDES A SAFE ENVIRONMENT WHERE THEY CAN FACILITATE THE HELP THEY NEED TO REBUILD THEIR LIVES AND GAIN THE STRENGTH NEEDED TO CHANGE THEIR LIVES FOR THE BETTER!

OWN MY LIFE WORKS AS BUILDING BLOCKS FOR US TO LOOK BACK AT OUR EXPERIENCES FOR OURSELVES IN A SAFE AND TRUSTED ENVIRONMENT. WE ALL SIT BETTER AT THE END OF THE 12 WEEKS; WE WALK AWAY AS A GROUP - A FAMILY ALMOST.

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

**If your organisation provides groups for women** who have been subjected to abuse, you could provide the Own My Life Course as part of your service delivery; whether you're providing domestic or sexual violence services, children's social care, drug and alcohol services, within parenting programmes, in support for women involved in the criminal justice system, as part of your housing or health provision or even as an employer - anywhere you're working with women who may have been subjected to abuse at any time in their lives. We'll provide everything that you need to enable you to deliver the course in person or online. If you're commissioned to deliver a named course for women, we can support you to work alongside your commissioners to recognise the benefits of facilitating the Own My Life course as a supplement to your current provision, or as a replacement to a named programme, based on the evidence available in our Evaluation Station.

We recommend that courses for women are facilitated by two practitioners but we only require one of them to have attended the CPD accredited Own My Life training. The online training takes place online over five days, at a cost of £550 per attendee. Discounts are available for block bookings and you can spread your staff teams across multiple training sessions to minimise disruption to your services and training your teams also gives you access to a suite of resources to support the facilitation of the Own My Life course in your organisation.

**If your organisation does not provide groups for women** who have been subjected to abuse, you can sign up to be part of Own My Life: Discovery to enhance your current provision, increasing the effectiveness of trauma-informed and trauma-responsive working in your organisation. This accredited learning platform can be used to support the professional development of your staff teams, enhance your training delivery, and 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](http://www.ownmylifecourse.org)

T: 07928 031 580

E: [info@ownmylifecourse.org](mailto:info@ownmylifecourse.org)

[ownmylifecourse.org](http://ownmylifecourse.org)

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