

## **EDUCATE, EQUIP AND EMPOWER 230 WOMEN AND GIRLS**

The Educate, Equip & Empower (EEE) project continues its mission to address poverty, enhance the retention, enrollment, and completion of girls' education, facilitate networking and mentoring opportunities between female students and women professionals globally, and provide access to various opportunities for women and girls in Nigeria.

### **March 2023 – May 2023 Update**

Over the past quarter, EWEI Online has conducted a number of activities within the online community to promote horizontal learning, exchange and mentorship.

A significant focus of the quarter was on discussing and normalizing menstruation. The discussions included topics such as maintaining self-care during menstruation, understanding ovulation before and after menstruation, tracking the menstrual cycle, dietary guidelines during menstruation, and sharing personal experiences related to menstruation and ovulation. These discussions aimed to provide vital information and support to women and girls regarding reproductive health.

This set of visuals provides an in-depth analysis of the topics and relevant sub-topics that were discussed between the months of March and May 2023. Each visual contains pertinent information and is designed to help viewers gain a greater understanding of the topics discussed during this period.

**EWEL Online**  
Private group · 270 members

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- Community Chats**  
3 chat suggestions for your group
- Admin Assist**  
1 action, 1 criteria
- Member requests**  
0 new today
- Badge requests**  
0 new today

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**Rachel Ogonna** is with **Sally Yakubu** and **5 others**.  
Admin Top Contributor · May 24, 2023 · 🌸

🌸 **Embrace Self-Care During Menstruation!** 🌸  
Ladies, it's time to prioritise self-care during that time of the month!  
🌸 Here are some essential tips to help you maintain and take care of yourself during menstruation:

- 1 Listen to Your Body:** Pay attention to your body's signals. Rest when you're feeling fatigued, eat nourishing foods, and stay hydrated to keep your energy levels up.
- 2 Comfort is Key:** Opt for comfortable clothing and underwear that provide adequate support. Don't hesitate to indulge in cozy pajamas or that extra-soft blanket to help you relax and feel at ease.
- 3 Stay Active:** Engage in gentle exercises like yoga, stretching, or walking to alleviate cramps and boost your mood. Moving your body releases endorphins and helps with menstrual discomfort.
- 4 Pamper Yourself:** Treat yourself to a soothing bath with your favourite essential oils. A warm soak can relieve muscle tension and promote relaxation, giving you the self-care you deserve.
- 5 Hygiene Matters:** Maintain good hygiene by changing your sanitary products regularly. Choose options that suit your needs, whether it's pads, tampons, menstrual cups, or period panties. Find what works best for you!
- 6 Embrace Heat Therapy:** Apply a heating pad or use a hot water bottle to alleviate cramps. The warmth can provide comforting relief and reduce muscle tension, making your period a little easier to manage.
- 7 Prioritise Sleep:** Getting enough rest is crucial during menstruation. Aim for quality sleep by creating a relaxing bedtime routine, ensuring a cool and quiet sleeping environment.
- 8 Self-Compassion:** Remember, your body is doing incredible work each month. Be kind to yourself, embrace self-compassion, and practice self-love. You're a warrior!

🌸 Take care of yourself, embrace self-care, and make your menstrual experience as comfortable and empowering as possible. Share these tips with your fellow ladies and let's support each other through this natural phase of womanhood. Together, we've got this!

[#SelfCare](#) [#MenstruationMatters](#) [#PeriodPositive](#) [#EmpoweredWomen](#) [#SelfLove](#) [#WellnessJourney](#)



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**About**

EWEL Online is an online chat platform and community for horizontal Learning, Exchange and Mentorship for young women and professionals.

- Private**  
Only members can see who's in the group and what they post.
- Visible**  
Anyone can find this group.

[Learn more](#)

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**Admin** Top Contributor · May 28, 2023 ·

At least 500 million girls and women don't have what they need to manage their period, whether sanitary pads or access to a clean toilet 🚽. Lacking access to menstrual health supplies has profound consequences for women's wellbeing and physical health. 🌸

We need combined efforts to ensure no one is left behind because of a natural process like menstruation. It should be a normal conversation that a girl or woman gets to say that she is on her period and get the best support ... See more



**EWEI Online**

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[Sally Yakubu, Phatimah Husayn and 4 others](#)

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**Jemimah Jonathan** Moderator · Top Contributor · May 24, 2023 ·

Menstrual Hygiene Day takes place on 28 May every year. It's a chance to highlight the importance of menstrual care, and raise awareness about the issues faced by those who don't have access to sanitary products.

This years topic is centered on "Making Menstruation a normal part of our life"

Some ladies hate to see their period ... See more



**EWEI Online**

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[You, Sally Yakubu, Jemimah Jonathan and 2 others](#)

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[Learn more](#)

Saturday, 20 April 2024

## International Women's Day Celebration

The project actively participated in celebrating International Women's Day, engaging the online community through posts and discussions. Women shared pictures and celebrated the achievements and contributions of women worldwide. This celebration served as a platform to acknowledge the importance of gender equality and women's empowerment.

The image displays two screenshots of a Facebook group page for 'EWEI Online', a private group with 270 members. The left sidebar shows navigation options: Chats, Community home, Overview, and Admin tools. The main content area shows a post by Rachel Ogbonna, Admin and Top Contributor, dated March 8, 2023. The post features a group photo of women and a man, with the text: 'EMPOWERING WOMEN FOR EXCELLENCE INITIATIVE (EWEI)'. Below the photo, it says: 'Together we can work collectively to impact positive change. Together we can all help forge an equal world. Let's all embrace equity today, and always. Happy International Women's Day'. To the right of the post is an 'About' section for the group, stating: 'EWEI Online is an online chat platform and community for horizontal Learning, Exchange and Mentorship for young women and professionals.' It also lists 'Private' (Only members can see who's in the group and what they post.) and 'Visible' (Anyone can find this group.) settings, with a 'Learn more' button. The second screenshot shows a post by Rachel Ogbonna, dated March 17, 2023. The post features a portrait of a smiling woman and the text: 'We all have the right to be free from sexual harassment in public spaces. So let's join forces to create an environment of respect and safety for everyone. To report cases of Harassment and Abuse. Call 08003934000 Toll-Free'. Logos for 'AWDF' and 'WE FOR THEM' are visible, along with the hashtag #WeForThem.

## Opportunities Shared

Internship opportunities were shared with the EWEI community as part of the GFP Incubator program. This program focuses on training women in monitoring and evaluation, equipping them with valuable skills and knowledge to contribute effectively to various sectors. By sharing these opportunities, the project aims to empower women and girls with access to professional development opportunities and enhance their prospects for economic empowerment and career advancement.

The screenshot shows a WhatsApp group chat interface for 'EWEI Online', a private group with 270 members. The chat history displays a post from Rachel Ogbonna, an Admin and Top Contributor, dated April 20, 2023. The post is titled 'EWEI-GYDI MEA Incubator Programme' and includes a detailed advertisement for an internship. The advertisement text is as follows:

**EMPOWERING WOMEN FOR EXCELLENCE INITIATIVE (EWEI)**  
For Professional and Organizational Development

**EWEI-GYDI MEA Incubator Programme**

According to [charityvillage.com](http://charityvillage.com) one of three reasons why you should want to work in a not-profit organisation is that you make a difference, no matter what subject you decide to work in, you will have the chance to see the impact your work is making.

Over the past fourteen years, Empowering Women for Excellence Initiative has worked with a wide variety of staff members and interns who have shown exceptional skills in their areas of work. EWEI as a leader in the development of leaders of change has also seen the dire need for improved skills in various areas of the non-profit space.

To this end, EWEI and Global Young Generation for Peace Development Initiative (GYP Nigeria) are collaborating on a Monitoring, Evaluation and Accountability Incubator Programme.

The programme has hosted two female interns each in four cycles. This internship is designed to help beneficiaries gain key technical skills in the areas of monitoring, evaluation and accountability, and support the development of interns in social entrepreneurship. Benefits of the programme include:

- Experience and exposure to global practices in monitoring, evaluation and accountability
- Recommendation letter and certificate on satisfactory completion of the programme
- Potential for employment
- Monthly capacity development sessions
- Mentorship
- Transportation costs covered on a monthly basis

The EGIIP duration is for six months with expected attendance on 3 office working days from 0900 – 1600 (21 hours a week) and additional activity days as assigned. The scope to be covered in this period include:

- Data collection, baseline, endline, pre and post tests
- Data processing using tools from MS Word, MS excel, Survey Monkey, CDK
- Activity reporting (narrative and quantitative)
- Online capacity building/online courses
- Research and study
- Data analysis using tools from MS Word, MS excel, Survey Monkey, Venngage
- Data visualisation using Venngage, Canva and MS excel
- Facilitation skills

To be considered for EGIIP, all candidates must:

- Have a high commitment to learn and grow
- Have a high commitment to team and role
- Have completed a degree or diploma in a higher institution
- Have interest in research and analysis
- Be committed to the duration of the programme
- Be a woman

If interested in taking part in the EGIIP please send your updated CV and one page statement of interest with the subject title EGIIP to [humanresources@eweing.org](mailto:humanresources@eweing.org) before or by 20 April 2023.

Facebook: @eweinigeria | Twitter: @ewe\_i\_nigeria | Website: www.eweing.org

**Empowering Women for Excellence Initiative**  
 April 13, 2023 · 🌐

*Applications are ongoing!!!*

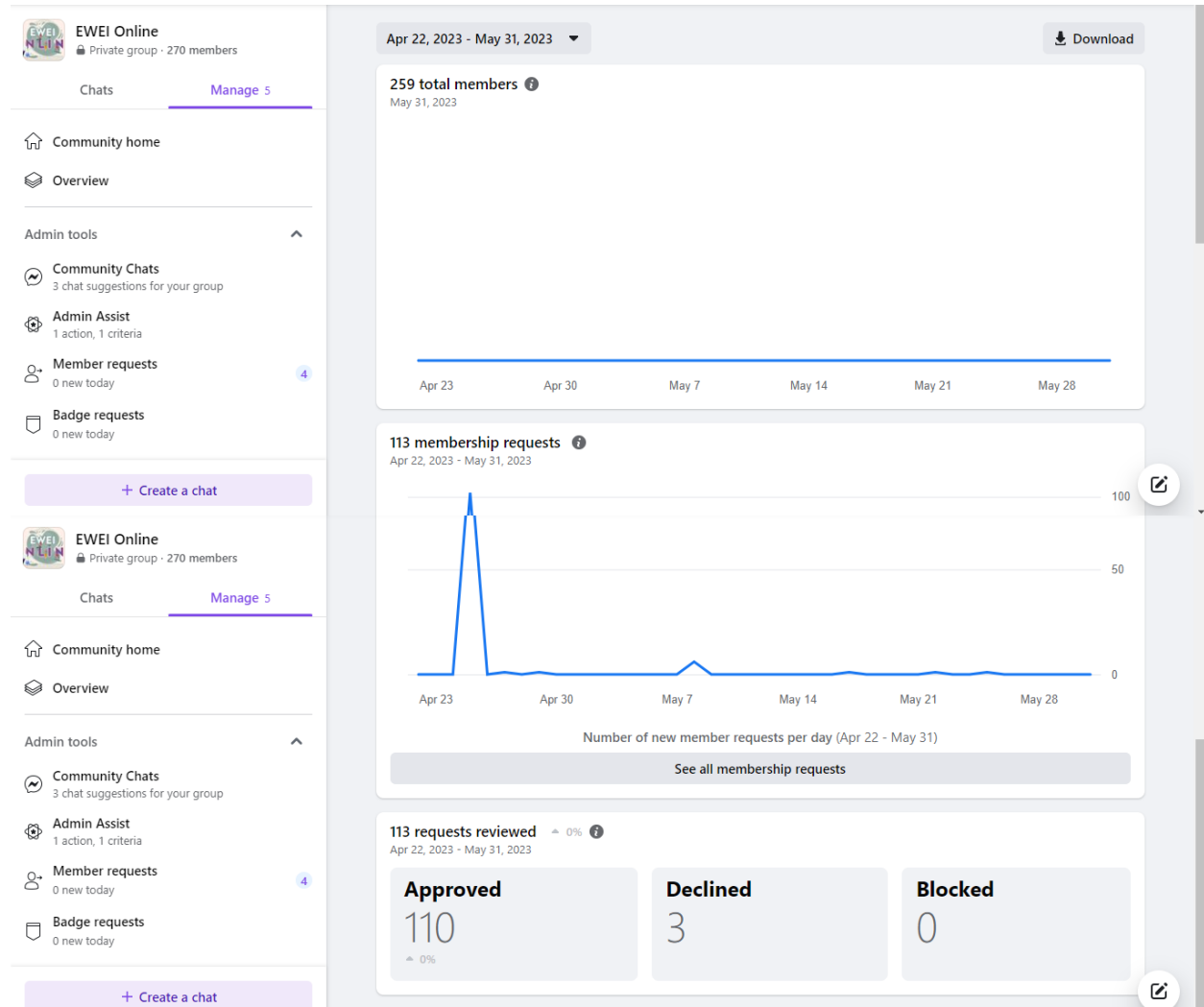
*See attached advert for more details.*

Ladi Donald and 3 others

Like Comment Send

The right sidebar shows the group's 'About' information, stating it is a private group for horizontal Learning, Exchange and Mentorship for young women and professionals. It also includes a 'Learn more' button.

The accompanying visuals demonstrate the membership and engagement metrics between March 2023 and May 2023 in a clear and concise manner. By closely studying these figures, a better understanding of the numbers behind membership and engagement during this period can be obtained.





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### 113 membership requests

Apr 22, 2023 - May 31, 2023



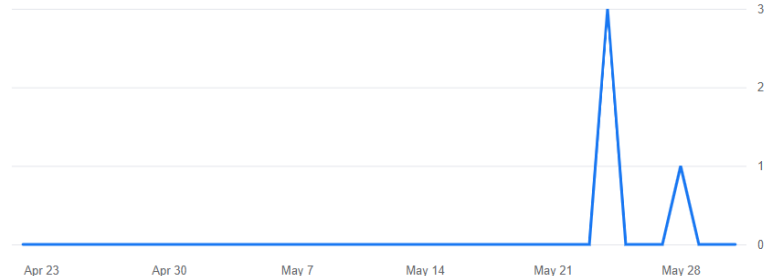
Number of new member requests per day (Apr 22 - May 31)

[See all membership requests](#)

### 4 posts

Apr 22, 2023 - May 31, 2023

[Posts](#) [Comments](#) [Reactions](#) [All](#)



### Active members

Apr 22, 2023 - May 31, 2023



Active Members Per Day (Apr 22 - May 31)

## **CHALLENGES**

One of the primary challenges we encountered during this reporting period was the limited engagement from members on our platform, resulting in us falling short of our target membership of 300. Addressing this challenge is crucial for us to effectively fulfill our mission and maximize our impact. Despite this setback, we remain determined to raise awareness and generate more interest among our target audience to bridge the gap and reach our membership goals.

## **MITIGATION STRATEGIES**

To overcome the challenge of low engagement and boost membership, we implemented several mitigation strategies. We continued to share valuable educational resources and funding opportunities with our EWEI Online members, diversifying our content to include videos, articles, images, and puzzle games to encourage interactivity and maintain interest. Additionally, we intensified our efforts to promote the platform by repeatedly sharing the page link on EWEI's social media accounts and sending out invitations to join the membership.

## **NEXT STEPS**

Moving forward, we are committed to sustaining and expanding our outreach efforts to increase our platform's visibility. We will enhance our cross-posting strategy by regularly sharing information about EWEI Online across all of EWEI's social media platforms, aiming to attract more female participants and engage existing members. Moreover, we will leverage interactive features such as our monthly E-Chat video chat sessions, publicizing events on EWEI Online, and organizing Facebook live events. These initiatives will facilitate discussions on relevant topics, provide educational opportunities, and foster a sense of community among our members, allowing us to gather valuable feedback and tailor our content to their interests. By implementing these strategies, we anticipate broadening our platform's reach and cultivating deeper engagement with a diverse audience, thereby advancing our mission of empowering women and girls through education and mentorship.