

Women, Leadership & Mental Wellbeing



5-Week Online Course

Saturday 28 August, Saturday 4, 11, 18 & 25 September at 09:00 – 11:00 South African Time



RECLAIMING THE MENTAL WELLBEING OF AFRICAN WOMEN

The lockdowns and job losses meant that most women support their children's home-schooling and became the care-givers when the family was sick. I can tell you countless stories of women who have lost their jobs, homes and marriages inside the pandemic. This has induced a considerable degree of fear, worry and concern.

Together with four other women we decided to do something about what was happening around us. In June 2021, the five women, under the umbrella of the Africa Leadership Transformation (ALT) Foundation, the University of Zambia and White Hall, a South African developer of skills and training programs, we hosted an introductory webinar on "Women, Leadership and Mental Wellbeing."

In less than two weeks, over 120 women registered. Of these, 77 attended the webinar. The inquiry into the inter-sectionality of leadership and mental wellness, and how this has affected African women's leadership roles during the Covid-19 pandemic was so successful. The women asked us for more and we responded by developing a five-week, in depth course.

Together with the other course developers, we are fundraising for two things: 1) to finalize the development and delivery of the online course, and 2) to provide tuition support for women who cannot afford to participate. All attendees must pay at least US\$25; however, we have an ambitious goal to have 300 African women in the continent and their sisters in the diaspora participate.

Our initial success will enable us to open up the course – at a much lower cost - to thousands, maybe tens of thousands, of other African women. We have been vindicated by the World Economic Forum's (WEF) Global Gender Gap Report 2021 which says the Covid-19 pandemic has set back gender equity by 36 years!

PROGRAMME DELIVERY

The programme will be delivered as an online webinar over a 5 week period. Participants will be able to download materials, tools and videos as well as benefiting from the live sessions and the phenomenal international network that they will be exposed to.

THE DEVELOPMENT & FUNDRAISING TEAM

Dr. Margaret Oloko is a Kenyan and Director of the ALT Foundation. She is an Associate Professor of Business Administration at the Jomo Kenyatta University of Agriculture and Technology (JKUAT) in Kenya. She has a passion for leadership transformation and has taught the subject in Kenya (at JKUAT and Kenyatta University, KU) and in Ghana (at the Kwame Nkrumah University of Science and Technology, KNUST)

Ms. Angela Philp is a French national and worked for UNESCO, where she cemented her passion for the advancement of women's leadership. She continues to work with humanitarian organisations while developing her skill in leadership coaching and training, ontology, meditation and physical strength, all with the goal of helping women own and embody their full leadership power.

Rev. Dr. Eileen L Epperson is from the USA and has been an ordained Presbyterian minister for over 30 years. She has been active in interfaith dialogue and cooperative interfaith projects for 35 years. She has a private practice in spiritual coaching, focusing on forgiveness, a hidden driver of mental wellness.

Mrs Millie Rasekoala is South Africa born in Ghana and grew up in the United Kingdom. She is the owner and Managing Member of White Hall Trading and Projects, a training, skills and development company. She is a life and entrepreneur coach and skills development expert. Millie has been internationally trained as a life and entrepreneur coach with the International Coaching Federation.

Mrs Tolu Afonja is a Nigerian. She is an integrative certified Life, Relationship and Marriage Coach, nurturing individuals and couples evolve to thrive to optimise the best versions of themselves. She achieves this through providing solutions as a Faculty Member and Chief Operating Officer of Olusola Lanre Coaching Academy (OLCA) in Lagos; and as the the Lead Coach with Evolve2Thrive Limited. She has over 20 years' experience as a Human Resource Professional cutting across Education, Banking, Consulting and Coaching.

Mr. Daniel Kamanga is the Founder & CEO, Africa Leadership Transformation (ALT) Foundation, driving The Africa Leadership Transformation (ALT) Foundation's vision of transforming leadership as a key to an Africa that works for everyone. Mr. Kamanga has brought the developers and fundraisers together to see this project come to life.

Mr. Jeremy James Debnam is Chief Crew in the United States Air Force. Jeremy has joined the fundraising team to assist us in receiving the funds that are raised and oversee its disbursement. He is also vigorously spreading the word regarding this project and its impact on the continent and the diaspora.

Rachel Barwell: Rachel's career in adult education spans corporate, indigenous academic, and prison environments in Australia and New Zealand. She implemented two innovative literacy programs throughout New Zealand prisons. Witnessing environmental degradation and poverty in Tanzania in the mid-1970s, Rachel has maintained a lifelong interest in Africa. Not only is she part of the fundraising team, she is also training a team of volunteers in Africa to join the technical production team for the African Leadership and Wellbeing Program.

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