

Her Power: Essential Skills for a Better Life and Stronger Family

Context and role of Learn Light

- Women in Bangladesh play a vital role in the economy, particularly in the RMG, SME, rural agriculture, and teaching sector, yet many continue to face limited decision-making power, financial autonomy, and opportunities for growth due to deep-rooted social and systemic barriers.
- To overcome these challenges, increasing women's self-awareness and mental strength is essential. When women truly recognize their full potential, they can break traditional barriers and make confident decisions for their own development and wellbeing.
- Reducing religious superstition and building greater awareness about their rights and capabilities empowers women to move beyond limiting beliefs and take charge of their lives with clarity and confidence.
- Enhancing physical capacity through regular exercise, balanced diet, and practices like martial arts is equally important, as it builds the strength and resilience needed to handle the dual burden of work and household responsibilities.
- Learn Light focuses on developing both mental and physical capacity along with self-consciousness, so women can effectively manage stress, improve productivity, and achieve sustainable personal and professional growth.
- Greater self-awareness enables women to understand what they need for self-development, break existing barriers, and reach their full potential — leading to stronger families and a more balanced society.

Her Power: Essential Skills for a Better Life and Stronger Family

Total Number of Sessions: 15

Session Duration: 45 minutes per session

Mindset Transformation (3 sessions)

This unit is designed to help women overcome internal and societal barriers through deep mindset transformation. It enables them to recognize their true potential, develop positive thinking, and build the mental strength needed to take charge of their lives with confidence.

Key Components:

- Recognizing one's full potential and inherent capabilities so they can move beyond self-doubt and societal limitations.
- Developing mental strength to break traditional barriers and step into new possibilities with courage.
- Reducing the influence of superstition and limiting beliefs that hold women back from progress.
- Enhancing awareness of personal rights and opportunities to make informed life choices.
- Building confident decision-making skills for personal growth and family wellbeing.
- Fostering a growth-oriented mindset that leads to stronger careers, families, and a more balanced society.

Economic Literacy & Financial Empowerment (4 sessions)

This unit is designed to help women gain control over their finances, build strong financial habits, and reduce economic dependence. It combines practical financial skills with mindset development to enable sustainable financial independence.

Key Components:

- Practical budgeting and distinguishing between needs vs. wants to make every taka count meaningfully.
- Micro-saving techniques and responsible income utilization that turn small earnings into lasting security.
- Simple income-expense tracking tools and monthly financial planning for better money control.
- Low-capital income diversification ideas (home-based products, small trade, poultry, etc.) to create additional streams of income.
- Step-by-step guidance for starting supplementary income with consistency and discipline.
- Building digital literacy to improve market linkages and opportunities for growth.
- Developing a strong mindset to maintain control over one's own income and long-term financial growth.

Emotional Intelligence, Mental Resilience & Family Leadership (3 sessions)

This unit equips women with the mental strength and practical skills needed to manage stress, build emotional stability, and exercise greater leadership and decision-making power within the family.

Key Components:

- Stress management techniques and coping strategies for workplace and family pressure that prevent burnout.
- Emotional regulation, self-awareness, and mindful reflection practices to respond calmly in difficult situations.
- Effective communication and influence skills within the family to be heard and respected.
- Conflict resolution and negotiation techniques that strengthen family relationships.
- Value-based leadership and confident decision-making in household matters that benefit everyone.

Mother as First Educator & Family Empowerment (3 sessions)

This unit empowers mothers to become confident first educators of their children while building strong, supportive, and disciplined family environments through collective learning and practical habit formation.

Key Components:

- Emotional development of children and teaching core values such as responsibility, honesty, and cooperation to shape their character.
- Daily habit-building, parent-child interaction methods, and routine creation at home that nurture positive behaviour.
- Creating a clean, organized, and respectful family environment with positive communication that brings harmony.
- Family Learning Circles for group discussions, shared experiences, peer learning, and mutual accountability in a safe, judgment-free space.

Physical Fitness & Resilience Building (2 session)

This unit focuses on enhancing women's physical capacity and resilience to help them effectively manage the dual burden of professional work and household responsibilities.

Key Components:

- Regular exercise and physical fitness routines that increase energy and stamina for daily demands.
- Balanced nutrition and healthy eating habits that support both body and mind.
- Martial arts training for strength, self-defense, and mental discipline that builds inner confidence.
- Building resilience to handle daily stress and manage dual roles without feeling overwhelmed.
- Practical strategies to integrate physical and mental wellbeing into a busy lifestyle for sustainable balance.

Activities of the session

Interactive Conversations

Participants engage in guided discussions to explore limiting beliefs and societal barriers. They reflect on their own experiences and co-create empowering ways to build self-awareness, positive thinking, and mental strength.

From Real Scenarios to Collective Wisdom

Through shared stories of financial struggles and family responsibilities, women uncover common patterns and develop practical budgeting and saving strategies. They learn how to take control of their income and align family financial decisions for long-term stability.

Collaborative Group Activities

Participants practice emotional regulation, conflict resolution, and family communication through role-plays and peer sharing. They build skills in empathetic listening, respectful influence, and value-based leadership within the household.

Exercise Mindfulness

Women learn simple breathing techniques, mindfulness, and self-care practices to manage stress and build emotional resilience. They also explore daily habit formation for mental and physical wellbeing while balancing work and family roles.

Creating Strategies Together

In this final session, participants brainstorm actionable plans for child upbringing, family empowerment, and personal growth. They design practical routines for a clean, respectful home environment and create community support systems for sustained change.

And other creative approaches.



Email: info@learnlightbd.com

Visit the link to connect with Us-

- Facebook: <https://www.facebook.com/share/14Wxyz3foHn/>
- LinkedIn: <https://www.linkedin.com/company/learnlightbd/>
- Instagram: https://www.instagram.com/learnlight_bd?igsh=anRsd2k5cXlzMmli