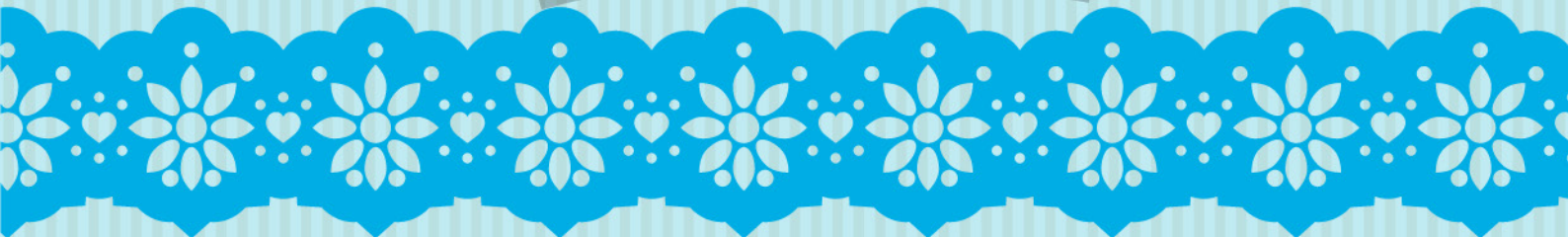




Sustaining Women's leadership



www.mempro.org



THE HEART OF FEMINIST LEADERSHIP: STORIES OF GROWTH AND IMPACT

"...when young women are supported, heard, and equipped with right information and tools, they become powerful agents of change—redefining what leadership looks like in their communities..."



Over the last few years, MEMPROW has made tremendous strides in nurturing self-awareness, emotional intelligence, and transformative leadership among young people particularly girls and young women. Through our feminist leadership programs, we have witnessed a growing team of confident, self-driven young leaders who not only manage themselves and their organizations with purpose and excellence but are also guided by feminist principles that challenge patriarchy and drive social change.

With generous and consistent support from the American Jewish World Service (AJWS), MEMPROW has created brave, inclusive spaces that spark difficult yet honest conversations; conversations that have birthed self-discovery, healing, and activism. As a result, we have cultivated a strong and diverse network of young feminist leaders, students, out-of-school youth, and members of grassroots organizations who are now boldly asserting their rights, mentoring their peers, and championing women's rights in their communities and beyond.

The testimonies in this collection are not only stories to inspire but are also a lived journeys of change, resilience, and impact. They offer an intimate look into how the project "Strengthening Feminist Leadership and Advocacy for Women's Rights" has transformed lives, ignited purpose, and empowered young people to lead with clarity and conviction.

These narratives reflect more than program outcomes; they reveal the heart of feminist leadership in motion. They remind us that when young women are supported, heard, and equipped with right information and tools, they become powerful agents of change—redefining what leadership looks like in their communities and rewriting the narratives of possibility for the next generation.

Lillian Nalwoga
Senior Programmes Manager
MEMPROW



Over the past two years, my life took a transformative turn, an encounter that changed everything for the better. At a time when I was driven by extreme ambition to create positive change, I was also clouded by confusion, fear, doubt, and unanswered questions. I was passionate about addressing the challenges that vulnerable and conflict-affected communities, especially girls, face in accessing not just education, but quality, safe, and complete education. I knew I wanted to pivot my advocacy for women's rights to a higher level. But I didn't know where to start, how to organize, how to lead, how to influence, or even how to fundraise.

The Leadership and Organizational Management Trainings were more than just learning opportunities, they were moments of awakening. Through them, I came to a profound realization:

"To lead others, I first had to lead myself with clarity, confidence, and conviction."

I discovered my leadership style, understood my strengths, and committed to nurturing the areas where I needed growth. That self-awareness was the foundation I needed to rise, and I soared.

I was elected President of the MEMPROW Girls' Network, founded my own organization, Dare For The Future Initiative, and became the youngest board member in the history of FIDA


Uganda, the country's leading women's rights institution. In each of these spaces, I show up rooted in feminist principles: "I lead with strategy, integrity, empathy, and purpose because leadership without values is just position."

With every opportunity, I grew. And so did my visibility. In 2023, I won the Elle Parle Women's Open Debate and Public Speaking Competition, and in 2024, I was honored to be recognized in a national newspaper as one of Uganda's Top 40 Under 40 Changemakers.

The Organizational Management Training also equipped me to lead sustainably, ensuring that both the MEMPROW Girls' Network and my own initiative are not just impactful, but also resilient and structured. "Because of MEMPROW, I no longer wait for permission to lead, I take up space, and I create space for others to rise with me."

Thank you, MEMPROW, for not only transforming my life, but for preparing me to transform the lives of thousands more.

Anzoa Sarah



Who knew that five years later, I would become an epitome of knowledge? At 20 years old, I attended my first training in SRHR (Sexual Reproductive Health and Rights), never imagining that one day I would present myself on bigger platforms and share the knowledge I gained from a rich series of trainings.

The concepts of SRH like reproductive health, sexuality, goal setting, power dynamics, feminism, leadership, and more not only helped me grow as a person but also enabled me to positively impact the lives of others.

Today, I hold a powerful position at my workplace, simply because I became an expert in SRHR. My passion for changing attitudes towards SRHR has motivated me to use different platforms media, and even sport as tools to increase knowledge on SRHR and gender equality among young boys and girls.

All of this is because five years ago, I got an opportunity. I opened my mind to learn and gained knowledge that shaped who I am today.

I feel energized when discussing these topics and sharing what I know. This vibrant energy has taught me to love myself more and to love others too. I have learned to occasionally "empty my cup and fill other cups as well"

Biribwa Martha Sanyu
- Social Worker

My name is **Anzoa Diana Desiderius**, a fourth-year Law student at Makerere University, awaiting graduation in January 2026.

Through MEMPROW, I've had the opportunity to grow both personally and professionally. At the SRHR Boot Camp in Entebbe, I gained my first in-depth understanding of Sexual Reproductive Health and Rights (SRHR), how physical, mental, and social well-being are all interconnected, especially for women. I learned about key issues like maternal health, family planning, STIs, menstrual health, and gender-based violence.

This experience opened my eyes to the limited access many women have to SRHR information. Since then, I've included age-appropriate SRHR discussions in my school mentorship sessions, especially around menstrual health and sexual harassment.



As a law student, I've pursued SRHR further taking "Health and the Law" as a course unit and completing a short course in Advocacy for Reproductive Justice with Afya na Haki. I hope to one day pursue a Master's in SRHR and continue advocating for better legal and health protections for women.

MEMPROW's leadership training also sharpened my ability to lead effectively. I've learned to understand people's strengths, motivate teams, and build confidence in my own voice.

I am now more assertive, more confident, and more committed to advocating for women's rights and uplifting young women in my community.

Thank you, MEMPROW and AJWS, for helping me find my voice because it's better to speak out than die in silence.

My colleague was surprised because she never expected me to be this bold and confident in my speech, and this became a game changer as she supported my decision.

Disappearing from school for a week made them realize my worth and I was called to officially report to school as an employee and yes, I was excited. All this happened because of MEMPROW's three-day training.

Thank you MEMPROW for empowering us, organizing life changer sessions and for all the support. The training was great and a success as it helped me gain confidence, speak up my mind and so forth.

Flavia Bagonza



A Right to Bloom

In every soul, a seed is sown,
A right to bloom, to grow, be known.
To own a body, free and whole,
To guard it safe, to guide its role.

No shame should shadow monthly flow,
Nor hush the truths we need to know.
For every girl, and every boy,
Deserves the right to life and joy.

Let silence—speak bold and clear,
Of love, consent, and hidden fear.
Of choices made, of care received.
Of wounds too long left unrelieved.

Access to care must not depend
On where you're born or how you bend.
From birth control to birth itself,
These rights are more than private wealth.

To choose if, when, or not to bear,
A child – this choice is just, is fair.
To live in freedom, not in dread,
No forced touch, no threats unsaid.

Let every girl in every land
Be taught her worth, to boldly stand
Let every boy grow up to see
That strength lies too in empathy.

Together now, we plant the truth.
In every home, every youth.
Sexual rights are human rights,
Let's light the dark, and spark the fights.

–Bwegombe Vanessa–
(Poem on SRHR)





"They say charity begins at home; so does change."

This is a truth I now live by, and one that was deeply affirmed during my transformative journey with MEMPROW.

Sexual and Reproductive Health and Rights (SRHR) is a topic too often swept under the rug in our society dismissed with vague justifications like "everyone already knows" or "that information is easy to find." But the reality couldn't be further from the truth.

Attending the SRHR Boot Camp in Entebbe was an experience like no other. For five days, we engaged in bold, honest conversations about body autonomy, rights, societal norms, and the deeply rooted systems that shape and often limit our understanding. These systems, family, community, economy, politics, and the broader world are so deeply embedded in our culture that questioning them feels almost taboo. Yet, we must.

Through this experience, I have come to recognize and understand how these structures influence my life and those around me. It has helped me care for my body more intentionally, and even more importantly, to share this knowledge with others. In my role working with children and youth in the health department, it is incredibly fulfilling to offer someone guidance and see them walk away not just informed, but empowered.

Beyond SRHR, the leadership training opened up another powerful layer of self-awareness. Among the many topics, the session on personality in leadership struck a chord. After taking a personality test, I discovered that I am a strong "C5" a profile that mirrors many of my natural traits. Understanding why I act the way I do, and why others may behave differently, has helped me navigate relationships with more empathy, patience, and self-compassion. It's a revelation that continues to shape both my personal and professional life.

Danke schön, MEMPROW for giving me the opportunity to be part of a movement that is creating change in me, for me, and through me.

One word? Change.

And it begins with us!

Apofia Nakadama

I am a proud MEMPROW girl.
Since 2021, MEMPROW trainings have
shaped me into the woman I am today, mentally,
socially, and economically.

One of the most impactful sessions for me was on Sexual and Reproductive Health and Rights (SRHR). Before the training, I used to think decisions about sexuality were one-sided. But I came to understand that women have the right to make informed choices about their bodies and their sexuality. That realization changed my perspective completely.

With this new knowledge, I began creating awareness—starting with one-on-one conversations and gradually reaching out to students in secondary schools. The change I've seen, even in small ways, has been promising and fulfilling.

Another powerful moment during a MEMPROW session was when we were asked to reflect on our lives as rivers: "If your life were a river, what shape would it be?" At that time, my river felt unrecognizable. But since then, I've made intentional steps towards healing and growth. I'm now building more productive relationships and focusing on personal development.

One major area I've worked on is my financial independence. I realized that economic empowerment is key to personal growth. I started small businesses, selling beddings and making crochet items, which have become valuable sources of income for me.

Because of MEMPROW, I now have the confidence and knowledge to speak to young girls in secondary schools and within my community. I share what I've learned and use my voice to empower others.

Blessings and gratitude to MEMPROW for nurturing the leader,
advocate, and entrepreneur in me.

Jane Muturi

My name is **Melody Nakalanzi**, and I am a fourth-year Social Work student at Makerere University, awaiting graduation in January 2026 with a Bachelor's degree in Social Work.

I have had the privilege of attending several trainings on leadership and Sexual Reproductive Health and Rights (SRHR), which have profoundly impacted both my life and the lives of those around me.

On a personal level, these trainings have empowered me to make informed decisions about my sexual rights and to remove myself from harmful situations. For example, I was able to leave a toxic relationship that I had been in since Senior Four a relationship with an older boy who was only interested in being with me for his own sake.

The greatest impact, however, has been in how I have influenced people close to me. My mother, for instance, has been living in an unhappy marriage with my father largely because societal expectations told her to "hang in there." Through MEMPROW, I learned that a woman should never stay in a marriage just for the sake of it.

I have had many honest conversations with her about becoming an independent woman, especially financially, as this was the biggest challenge in our family. After these discussions, she started her own shop, which is doing well. She now speaks openly with my father, and over the past year, he has become more supportive, especially about my education and that of my brother.

Beyond my family, MEMPROW has also given me the capacity to support others facing difficult challenges. A close friend of mine, a campus student, had a child with an abusive boyfriend. After a long struggle, I encouraged her to seek independence and leave the toxic relationship. Today, she is doing well, working, and providing a better life for her two daughters.

All these positive changes are thanks to MEMPROW for equipping me with the knowledge, skills, and confidence to defend my rights and to support those around me.



When COVID-19 hit, my life changed drastically. I moved from the city back to the village, and that shift opened my eyes to a deeply unsettling reality. In my community, silence surrounded the very issues that were hurting young women and girls the most: teenage pregnancies, early marriages, school dropouts, and preventable health complications. These were common and yet never openly discussed, let alone addressed.

That silence pushed me to seek change. Through MEMPROW's SRHR Boot Camp and both personal and organizational leadership trainings, I gained critical knowledge and skills on sexuality education, menstrual health, contraceptive use, consent, gender-based violence, body autonomy, and youth-led movement building. Most importantly, I learned the power of my own voice and the voices of other young people in shaping our communities and influencing policies.

But my journey didn't stop there. The confidence I gained at MEMPROW empowered me to take action beyond the trainings. I began actively engaging in gender-related activities at university, standing up against social media bullying and body shaming, and boldly challenging the harmful norms that hold young women back.

Today, I serve as the Innovation Lead at Restoring A Smile Initiative, a community-based organization I co-founded in my home district. Our mission is to empower youth through SRHR education, leadership mentorship, and poverty alleviation initiatives. At first, our work was met with hesitation, but over time, the community began to embrace the change.

In June, we successfully conducted a school outreach session, one of many more to come.

Thank you, MEMPROW, for igniting the feminist fire in me. Because of you, I am not only living with purpose, I am helping others do the same.

Muyama Monica

My Name is **Lamara Flavia**, and This is My Story

I had the incredible opportunity to participate in the Mentorship Programme on Conflict Transformation and Management, organized by the Mentorship and Empowerment Program for Young Women (MEMPROW). This powerful session brought together young women from diverse backgrounds to learn, share experiences, and build our capacity to navigate and manage conflict constructively both in our personal lives and on our leadership journeys.

We explored the nature of conflict its meaning, root causes, and the various forms it can take. One key lesson stood out: conflict is a natural and inevitable part of human interaction. However, it is our response that determines whether it escalates into something harmful or becomes a catalyst for growth and positive change.


Throughout the programme, we were introduced to essential tools for transforming conflict self-awareness, active listening, empathy, and dialogue. These skills are not only relevant in professional spaces but are also transformative in everyday relationships and community interactions.

Most importantly, the session affirmed that young women can be powerful agents of peace and change in their communities when they are equipped with the right knowledge, skills, and confidence.

This experience left me empowered and inspired to approach conflict with a more open, reflective, and solution-oriented mindset. I now feel better prepared to engage with challenges in a way that fosters understanding and builds bridges rather than walls.

Finally, I can confess that the mentorship session was both empowering and deeply insightful. I gained practical, lifelong skills in conflict transformation that will shape my leadership journey and influence how I engage with the world around me. I am sincerely grateful to MEMPROW for creating such transformative spaces, where young women are not just heard, but also empowered to lead with wisdom and purpose.





It was during my first year at campus that I faced one of the most challenging moments in my leadership journey.

As a course leader, I found myself juggling a range of responsibilities that, at times, left me completely drained.

The opportunity had come unexpectedly. Our aviation class needed someone to coordinate with lecturers, represent students' concerns, and ensure clear communication. Thanks to the confidence and leadership training I had received from MEMPROW, I was prepared and ultimately chosen for the role.

Yet, the weight of leadership was not always easy to carry. There were moments, especially during the examination period, when I felt overwhelmed and on the verge of burnout. But I constantly reminded myself of a key lesson MEMPROW instilled in me: transformative leadership means rising to the occasion, even when the pressure is intense. I chose to stay calm, organized, and accountable. I listened, mediated, and led with empathy.

By the end of my first year, I was no longer just seen as a course leader. I was recognized as a dependable voice someone who championed student concerns, uplifted girls in leadership, and proved that young women can lead, and lead well.

My leadership journey had only just begun, but thanks to MEMPROW, I had already made a lasting impact.

Vanessa Kwagala

My name is **Nabagereka Margret**, and I currently serve as the Female Youth Councilor for Wakiso Subcounty Local Government (2021-2026). It has been an incredible journey one shaped by persistence, purpose, and the transformative power of sisterhood and mentorship. I am proud to share how MEMPROW's programs, with support from AJWS, have been a turning point in my life and leadership journey.

Before engaging with MEMPROW, I was already passionate about leadership, but I didn't have the tools or clarity to navigate the political space confidently. Through MEMPROW's leadership training and ongoing support, I gained critical skills that continue to guide me every day. I learned how to read the room, understand the personalities of my fellow leaders, and navigate complex decision-making spaces with both grace and strategy. I was challenged to reflect on my values, my vision, and most importantly, my why.

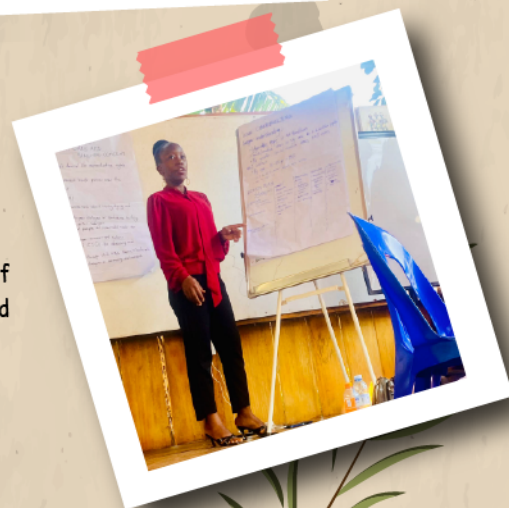
This empowerment didn't just stay in my head or heart; it propelled me into action. I successfully contested for and became the Chairperson of the Social Services Committee a result of intentional preparation, strategy, and the confidence MEMPROW helped build in me. I began to understand that leadership is not just about position, but about presence. About showing up boldly, fully, and with a sense of responsibility to those we serve.

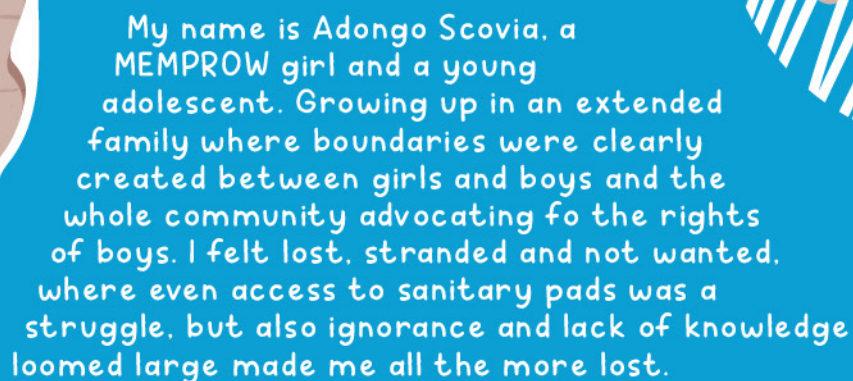

Today, I am proud to be contesting for the position of Woman Councilor LCIII in Bulenga, Wakiso Subcounty, as well as vying for the Speakership in our local government. These ambitions are not born out of personal gain but out of the strong belief that young women must be at the decision-making table. And frankly, I wouldn't have had the courage to step into this next phase if it weren't for MEMPROW's consistent investment in my growth. MEMPROW taught me self-awareness, power mapping, public speaking, and so much more.

But leadership is not only about ascending it's also about giving back. Being part of the MEMPROW Girls' Network has allowed me to do just that. I actively organize and lead school outreach programs, focusing on menstrual health management, leadership, and girls' participation in sports. These sessions are not only empowering to the girls, we're shifting entire school cultures to recognize and respect the rights and potential of young women. That is the kind of impact that goes beyond policy; it changes mindsets.

I am deeply grateful to MEMPROW and AJWS for walking this journey with me. Your support is not just building individual leaders, it's creating transformation in families, schools, and communities. I stand today not just as a councillor or a candidate, but as a woman who knows her worth, owns her voice, and is committed to making space for others at the table.

Thank you for helping me rise not just for myself, but for every girl who dares to lead.





My name is Adongo Scovia, a MEMPROW girl and a young adolescent. Growing up in an extended family where boundaries were clearly created between girls and boys and the whole community advocating for the rights of boys. I felt lost, stranded and not wanted, where even access to sanitary pads was a struggle, but also ignorance and lack of knowledge loomed large made me all the more lost.

My ray of hope came when my feet landed (me) at MEMPROW and when I was able to attend SRHR camp that I realized that I can have my rights on my sexuality, and reproductive health rights.

I got knowledge and empowerment about how I can determine which family planning methods to use like condoms, injectaplan and many others and when to have sex, when to have children, and the number of children to have because my body is mine and I decide what to do with it.

Thank you so much MEMPROW for giving me a platform and knowledge to spread out to my community and be able to create a positive impact.

Scovia Adongo,
MEMPROW Girl

"By three methods we may learn wisdom: first, by reflection, which is noblest; second, by imitation, which is easiest; and third, by experience, which is the bitterest." – Confucius

For me, the MEMPROW training has been an incredible experience, one through which I've gained not just knowledge, but wisdom.

For a long time, the concept of bodily autonomy felt abstract and difficult to understand. But from the very first session, this term was broken down in a way that made it real and meaningful to me. I now fully understand that bodily autonomy is not just the right to make decisions about one's body, but also the responsibility to take care of it. Caring for my body, physically and mentally is part of honoring that right.

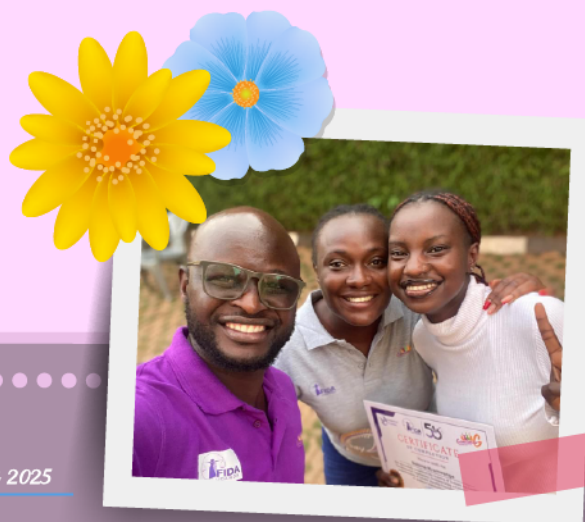
Another key area of learning for me was TFGBV (Technologically Facilitated Gender-Based Violence). While I had heard a lot about SGBV, TFGBV was a completely new concept. This training helped me understand what it means, how it manifests, and most importantly, how to protect myself from it. I was finally able to name the violent online behaviors we see all the time like online grooming, doxxing, cyberstalking, and trolling.

One of the most exciting sessions for me was on advocacy. I've always been encouraged to advocate in various spaces, but this training went deeper. It didn't just tell us to advocate, it taught us what advocacy really means, how it works, and the various ways we can do it. Even better, we had the opportunity to design advocacy campaigns ourselves, giving me a hands-on experience that made everything click.

Going forward, I am committed to sharing this knowledge with others, both in school and within my community. I also plan to make intersectionality a central part of my advocacy journey, ensuring that I consider the multiple identities and realities that people live with.

Thank you, MEMPROW, for this empowering and eye-opening experience. I now move forward not just informed, but ready to influence change.

NYAMWENGE SOLOME





My name is **Adukus Winnie Okonye**, a proud beneficiary of MEMPROW Uganda's life-changing trainings. Through sessions on Conflict Resolution and Management and the Leadership Summit, I gained practical skills in communication, emotional intelligence, empathy, and strategic leadership.

These lessons helped me navigate a major conflict with my best friend during a project. Instead of reacting with anger, I chose to listen actively, express myself calmly, and work toward a mutual solution. That moment not only saved our friendship, it strengthened it.

I also applied these skills in a long-standing family conflict over land inheritance. My sibling and I had grown distant due to disagreements. Using MEMPROW's teachings, I approached the issue with empathy and openness, leading to a respectful resolution and restored family harmony.

Thanks to MEMPROW, I now lead with confidence, handle conflict with grace, and support others going through difficult situations. These trainings didn't just change me, they helped me become a change maker in my community.





MY SUCCESS STORY - BEYANZA GLORIA

I am a youth development professional, and one of the most transformative experiences in my journey was attending life-changing sessions at MEMPROW. Among them, the Leadership Summit organized by the Blueprint Leadership team stands out as especially impactful.

During this summit, leadership was not just taught, it was demystified. We explored the true meaning of leadership, exploring into personality types and what makes a leader effective. What stood out most for me was the realization that leadership is about influence not dictatorship.

An influential leader, I learned, leads with empathy and accountability. True leadership does not require compromising one's values in the pursuit of results. Instead, it demands integrity, emotional intelligence, and consistency.

Another powerful takeaway was learning about the different personality types; Dominant, Influential, Supportive, and Conscientious. Discovering where I fall on this spectrum helped me understand myself better. It reassured me that I am not "too different" or "not enough", I am simply wired in a unique way, and I have strengths I can lead with.

Thanks to this knowledge, I have now been entrusted with leading a group of young women at my church. I offer personality-based guidance and mentorship, something I could not have done with such confidence and clarity before attending MEMPROW's trainings.

I am deeply grateful for these life-changing sessions and look forward to continuing to share what I've learned with others in my community.

Because of MEMPROW, I'm not just growing, I'm helping others grow too.



My Name is Akidi Sharon Owani, and This is My Journey.

I was a young adolescent bride with little to no knowledge about my rights as a woman, especially in marriage. In the beginning, everything in my new home was controlled by my husband. As tradition had it, he was considered the head of the household and the sole decision-maker. But it didn't stop with him. His mother and sister also played a dominant role in deciding what happened in our home especially when it came to my body and my choices.

Not long after we got married, I started to wonder if I had married him or his entire family. His mother began complaining that I wasn't giving the family "enough" children to continue the bloodline. I had just given birth to our first child, a beautiful baby girl but instead of celebrating her life, I was silently blamed for not producing a boy.

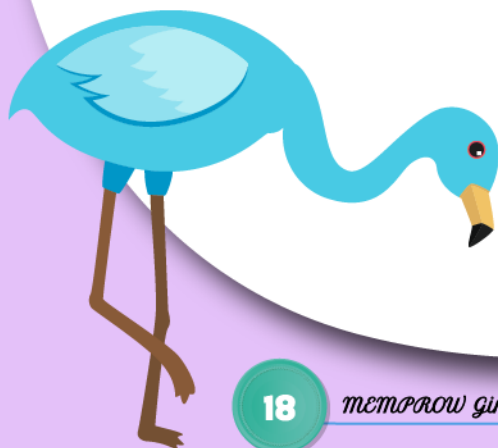
When my daughter turned one year and two months old, I became pregnant again. This time too, I had another baby girl. That's when the tension escalated. I was blamed for giving birth to girls, as if it was a crime. The emotional toll was heavy. I was never allowed to speak up, and I had no say over family planning. It felt like I was viewed only as a tool for childbirth, not as a human being with rights and feelings.

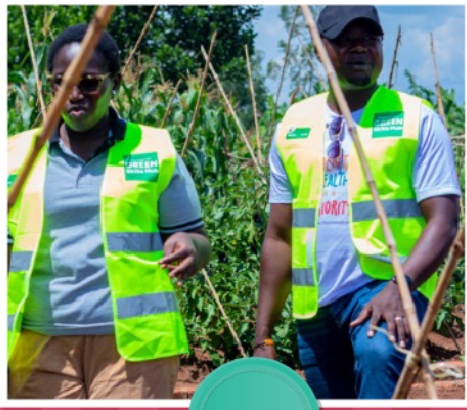
But everything changed when I attended MEMPROW's training on Sexual and Reproductive Health and Rights (SRHR). My eyes were opened to the truth, I do have rights. The right to family planning. The right to choose when and how to have sex. The right to decide what happens to my body.

That knowledge transformed me. I stopped seeing myself through their expectations and began seeing myself through the lens of dignity and self-worth. I came to believe that girls are a blessing from God, and I found the courage to take a stand for what is right for me.

Today, I'm proud to say I did not allow anyone to pressure me into having child after child every year. I remain devoted to raising my two beautiful daughters with love, care, and confidence.

Thank you, MEMPROW, for empowering me. God bless you.





Throughout the past few years, three to be exact I have learnt a myriad of things that have changed my perspective on issues that were otherwise never in conversation. This has ultimately changed my perspective on different ways in which conversations can spark change.

Learning about Sexual Reproductive Health and Rights has been (the) most inspirational for me as a person and it's helped demystify a lot of hearsay conversations, such as the importance of nutrition when it comes to SRHR! How sexual harassment shouldn't be tolerated and how standing together as a movement by speaking up against it!

When it comes to contraceptives learning about the artificial and natural contraceptives really helped me understand the importance of family planning and inspired me to create

change at my university. This has been through encouraging people to embrace menstrual cups as alternative ways to help curb the financial strain of accessing menstrual pads.

I inspired and managed to collaborate with other organizations like, COULD YOU? Cup, as well that distribute menstrual cups and talk about how to continue to dispel myths around menstruation and mental health.

When it comes to leadership training I learnt that getting to be a good leader (is) through building relationships that are healthy by understanding different personalities and their strengths and managing to help them achieve the most and the best in their work.

NANDUDU VANESSA ESTHER



My name is **Asianzu Sharon Sasha**, and I proudly call myself a MEMPROW Girl. I first encountered MEMPROW in 2022 while pregnant with my daughter. At a time when society expected me to shrink, MEMPROW taught me that I had the power to choose my path including the right not to marry out of pressure. That moment of truth changed everything.

I volunteered with MEMPROW, through the MEMPROW Girls Network- West Nile Chapter, and through their feminist leadership, SRHR bootcamps, and myth-buster trainings, I found my voice. I began community outreach to support child mothers some returned to school, others started businesses. My own confidence grew, and I successfully secured a role with the Norwegian Refugee Council as a paralegal, conducting SRHR sessions in schools and challenging harmful norms.

Thanks to the encouragement from MEMPROW staff who never judged me, I took a bold step and joined the School of Law at Makerere University, a life-long dream. Even with my baby in tow, I interpreted and participated in trainings, always feeling seen and safe. Now at Makerere, I mentor visiting students through career guidance, carrying MEMPROW's name with pride.

MEMPROW didn't just shape my future, it gave me a family, a foundation, and the courage to rise. I am who I am because of them.





In the halls of learning where hearts entwine,
An organisation blooms, a beacon divine,
SRHS's guiding light, it shines so bright,
Empowering minds, banishing endless nights

Young voices rise with stories untold,
Their SRHR Now bold, with knowledge,
They face, test and claim their power,

They won't be repressed
In this safe space I find my voice
A haven where I can rejoice, my story shared,
My struggle known, together we can.

MEMPROW's impact, far and wide
A ripple effect that won't subside,
Through education and love MEMPROW
Paves a way for a brighter future

MEMPROW the mighty feminist organisation,
The shining star, that guides the young women
Through the night.

Long live MEMPROW, HOME AWAY FROM HOME.

TUMUHAISE PHIONAH





My name is **Ikilai Maria Lindah**, and I am a proud MEMPROW girl part of this empowering movement since 2017. I joined MEMPROW while still in high school, and it was truly a life-changing moment for me.

Recently, I took part in a three-day Bodies Unbound training that covered important topics like bodily autonomy, sexual and gender-based violence (SGBV and TFGBV), advocacy, wellness, and self-care. These sessions opened my eyes and deepened my understanding of things I had never fully explored before.

Now, I feel confident to speak out, take care of my mental health, and practice mindfulness in my daily life. I have learned to stand firm in my decisions and to know what's right or wrong for me, and that is what bodily autonomy is all about. I have the power to decide what happens to my body.

One of the biggest lessons I took away is this: I have the power to live authentically and with dignity. I also have a responsibility to advocate for others, especially those whose voices are often silenced by the patriarchal society we live in.

Most importantly, I've learned that true advocacy starts from within. I cannot fight for others unless I first believe in my own power and worth.

I feel truly humbled and grateful to have been part of such an incredible training. There's so much I didn't know before, but now I am informed, empowered, and ready to share this knowledge with my community.



Sustaining Women's leadership



PHOTO GALLERY



Sustaining Women's leadership

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