

THE EME WOMAN

Edify. Motivate. Empower.

A Course in Resilience, Identity,
Leadership & Empowerment for Women

Level 3 CPD

9 Modules

52 Hours

International

LADIES IN WAITING CIC

*"She is not where she has been.
She is where she is going —
and she is going further than
anyone expected."*

WHO THIS COURSE IS FOR

- Women who have experienced domestic violence or coercive control
- Women who have been through the criminal justice system
- Women recovering from trauma, loss, or crisis
- Women who have lost their confidence or sense of purpose
- Women in community or secure/prison environments

Community: 3–9 months

Prison / Secure: 6–9 weeks

International delivery available

ABOUT THE PROGRAMME

The EME Woman is a nine-module, Level 3 CPD accredited empowerment programme for women who are rebuilding their lives, reclaiming their identity, and stepping into the fullness of who they were always meant to become. Developed by Ladies in Waiting CIC, the programme is trauma-informed throughout, culturally inclusive, and designed for international delivery.

COURSE LEVEL

Level 3 CPD

MODULES

9 modules + EME Circle alumni

LEARNING HOURS

52 total (32 facilitated + 20 independent)

CERTIFICATE

Level 3 CPD — Women's Empowerment, Resilience & Leadership

ASSESSMENT

Portfolio-based — reflective journal, activities, observation, presentation

DELIVERY SETTINGS

Community venues, prisons, secure settings — UK & international

8+
YEARS
EXPERIENCE

4
COUNTRIES

9
MODULES

52
LEARNING
HOURS

100%
TRAUMA-
INFORMED

THE 9-MODULE JOURNEY — PART 1

LADIES IN WAITING

01

I Am Enough

Identity, Self-Worth & Inner Confidence

Participants rediscover who they are beyond their past. Through the Identity Web, strength-naming exercises and personal affirmations, they claim — perhaps for the first time — that they are enough exactly as they are.

02

The Art of Rising

Resilience, Emotional Strength & Bouncing Back

Resilience as a learnable skill. Participants map their personal resilience history, build a practical toolkit, and develop emotional first aid — grounding, breathing techniques, and self-talk strategies.

03

Mind Matters

Mental Wellbeing & Trauma-Informed Understanding

Trauma and mental health in accessible, non-clinical language. The window of tolerance, personal stress responses, and a practical wellbeing plan with three actionable strategies.

04

Roots & Boundaries

Healthy Relationships & Personal Boundaries

Recognising healthy and harmful relationship patterns. Participants understand what boundaries truly are, why women struggle with them, and practise communicating them calmly and confidently.

05

Her Voice

Communication, Influence & Negotiation Skills

The pivot from inner work to outer impact. Active listening, the art of influence, and the BATNA negotiation framework — giving women tools to advocate powerfully in any context.

THE 9-MODULE JOURNEY — PART 2

LADIES IN WAITING

06

Her Table

Team Building, Collaboration & Leadership

Personal leadership style, team-building principles, and conflict resolution. Women begin to see themselves not just as survivors — but as leaders building the communities of the future.

07

Her Empire

Career Pathways & Entrepreneurship

Transferable skills audit, Entrepreneurship 101, a one-page business or career plan, and financial literacy fundamentals. Ambition is given permission to exist and take shape.

08

The Woman I'm Becoming

Vision, Goals & Personal Legacy

Personal vision statement, SMART goals across four life dimensions, a legacy declaration, and a closing group presentation. A celebration as much as a final module.

09

The EME Circle

Alumni Leadership, Mentoring & Giving Back

For graduates only. Mentoring principles, The EME Circle Charter, and a commitment to support another woman. Graduates join a growing international alumni network.

The EME Circle (Module 9) is the alumni module — for graduates who are ready to lead, mentor and give back.

PROGRAMME LEARNING OUTCOMES

On successful completion, participants will be able to:

LO1 Demonstrate a clear, confident sense of personal identity and self-worth grounded in their own values, not their past

LO3 Understand the impact of trauma on the mind and body and implement a personal wellbeing plan

LO5 Communicate with clarity, confidence and influence — including applying the BATNA negotiation framework

LO7 Identify a viable career or entrepreneurial pathway and take concrete first steps toward it

LO9 Engage in sustained reflective practice and support other women within a community learning context

LO2 Apply evidence-based resilience strategies to challenges in their personal and professional lives

LO4 Identify healthy and unhealthy relationship patterns and communicate personal boundaries effectively

LO6 Lead and collaborate effectively, demonstrating awareness of diverse leadership styles and conflict resolution

LO8 Produce a personal vision statement, SMART goals, and a legacy-focused action plan

ASSESSMENT & DELIVERY

HOW PARTICIPANTS ARE ASSESSED

25%

Reflective Journal

8 entries — one per module.
Demonstrates progressive self-awareness and critical thinking.

25%

Module Activities

Minimum 2 structured activities per module in the learner booklet. Facilitator sign-off required.

25%

Facilitator Observation

Structured observation across all 8 core modules noting engagement and achievement of outcomes.

25%

Closing Presentation

Personal vision, SMART goals and legacy plan presented to the group in Module 8.

DELIVERY OPTIONS

COMMUNITY SETTING — 3 to 9 months

- Women's centres, supported housing, faith venues, community organisations
- 3.5–4 hours per module (or two 2-hour sessions)
- Ideal group size: 8–12 women
- Between-session journal and booklet activities
- Guest speakers recommended for Modules 5, 6 and 7

PRISON / SECURE SETTING — 6 to 9 weeks

- One module per week — intensive (2–2.5 hours per session)
- All materials cleared for the establishment
- Between-session activities completed within the session
- Every module includes a specific prison adaptation
- Module 9 delivered pre-release or via a community partner

WHY BRING THE EME WOMAN TO YOUR ORGANISATION?

Proven Impact

8 years of frontline experience with women in community and custodial settings. Every module grounded in trauma-informed practice and real-world outcomes.

Internationally Transferable

Delivered across the UK, Ghana, Netherlands and Jamaica. Cultural adaptations built in. Licensing available to organisations worldwide.

Recognised Qualification

Level 3 CPD Certificate in Women's Empowerment, Resilience and Leadership — nationally and internationally recognised.

Flexible & Adaptable

Works across community (3–9 months) and prison / secure settings (6–9 weeks). Every module includes a specific custodial adaptation.

Complete Package

Facilitator Handbook, Learner Booklet, assessment strategy, observation records, LO framework — everything needed to deliver with confidence.

Trauma-Informed Throughout

Every activity, prompt and discussion designed by practitioners. Language guidance, safeguarding protocols, and co-facilitation notes built in.

GET IN TOUCH

To discuss bringing The EME Woman to your organisation, community or country:

Abigail Mensah

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UK & International Delivery

Community | Prison | Secure Settings

Licensing Available Globally

*“Built for every woman — regardless of where she has been —
who holds the power to rise.”*

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