



IMAGINE

Women's Empowerment Workshops



مؤسسة الأطلس الكبير
High Atlas Foundation



2023

The High Atlas Foundation (HAF) would like to thank our community partners for their commitment to women's empowerment and sustainable development.



About IMAGINE

The IMAGINE workshop seeks to empower women through promoting their personal growth, increasing awareness of the Moudawana Family Code, and making them agents of social change. Leaders of the workshop aim to empower women in seven key areas: emotions, relationships, sexuality, body, money, work, and spirituality. Not only do women gain greater awareness of themselves, their dreams, and their rights, but they also learn about different tools and resources that can assist them in building their ideal lives. Ultimately, the Workshops serve as a critical instrument for self-empowerment.





Women's Empowerment in Morocco

The *Empowerment Institute* defines empowerment as "**the expansion of a person's capacity to create positivity.**"

For IMAGINE participants, the word “empowerment” has many meanings: a dream, courage, personal power, desire, goals, self-evaluation, trust, community building, self-confidence, determination, transformation, acknowledgement of potential, independence, achievement, open-mindedness, focus, boldness, self-reliance, and overcoming obstacles.

The participants have written: “Empowerment is a process that helps us achieve our goals, make progress in our lives, discover our potential and possibilities, increase our confidence, strengthen our personalities, and realize our dreams.”





"Moudawana"

*Integrating the Moroccan Family Code into
Women's Empowerment*

The Moroccan Family Code (*Moudawana*) is a set of laws issued in 2004 by royal decree and ratified by Parliament. It consists of 400 legislative articles divided into six main books aimed at protecting the rights of the family, including women and children.

More than 94 percent of the women who participated in research conducted by the High Atlas Foundation indicated that they had never heard of the Family Moudawana, demonstrating a significant lack of awareness of the law in rural areas. Two of the main reasons for this are a lack of education for women, and obstacles regarding social and material affairs.

To counter this, IMAGINE integrates learning about the Moudawana Family Code into its pedagogy. Founded on a rights-based approach, IMAGINE brings together women to learn about legal protections and to determine ways to further social justice.



Facilitators



Fatima Zahra Laaribi
فاطمة الزهراء العربي



Ibtissam Niri
ابتسام نيري



Amina El Hajjami
أمينة الحجامي



Sanae Benaadim
سناء بن عظيم




Rachida Otcheki
رشيدة أوتشكي



Hajiba Boumasmar
حجيبة بومسمار



Hanna Ezzaoui
حانة الزاوي



“Self-empowerment is free to anyone who chooses to use it. It comes from within and nowhere else. You cannot buy it, borrow it, steal it or sell it. It is always available to you and never wears out. The only choice you have to make is whether or not you will use it. All you need is to believe in yourself.”

- ANONYMOUS PARTICIPANT

"I woke up quite early today in order to run all my errands and be here on time. On my way to the workshop this morning, my feet were racing the wind."

- ANONYMOUS PARTICIPANT



7 KEY AREAS



Money



Work



Relationships

*"The Almighty
changes the fate of no
people unless they themselves
show a will for change."
(Al Ra'd.11)*



Emotions

إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّى يُغَيِّرُوا مَا
بِأَنْفُسِهِمْ (القرآن الكريم، سورة الرعد، الآية 11)



Spirituality



Sexuality

Body



"Having to write down and spend a dedicated amount of time answering questions about those visions assisted in creating a more-clear picture of my journey and goals. Oftentimes, this process seems daunting, because there might not be a right answer, or any answer for that matter. However, being in a room of other driven, motivated, and supportive women made the process easy. We all had individual goals and steps to take, but working through the uncertainty together made the exercises comfortable.

- ANONYMOUS PARTICIPANT



VISION-CRAFTING



SELF-AWARENESS
Where am I now?




VISION-CRAFTING
Where do I want to go?



TRANSFORMATION
What do I have to change to get there?




GROWING EDGE
What is my next growth step?



"I find that asking questions, the central premise of the empowerment pedagogy, builds the self confidence of the women. Rather than me giving them answers, which they often want, I almost always respond to their inquiries by asking them a question so that they begin to trust their own inner wisdom."

- FATIMA ZAHRA LAARIBI

LEAD EMPOWERMENT TRAINER



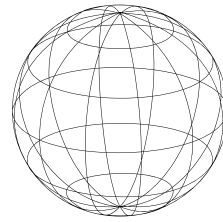
“It’s hard to believe that today, after four years, I have the courage to reveal and share my hard situation for the first time.”

- ANONYMOUS PARTICIPANT

INTERDICTION
MARIAGE DES
LLETES



IMPACT



8 regions
in Morocco



25 provinces



45 partners



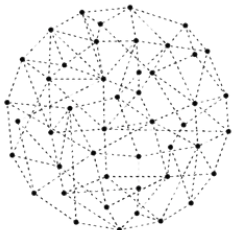
2,650

workshop participants
and counting



> 66,250

directly impacted
(participants'
immediate network)



> 662,500

indirectly impacted
(estimated ripple effects)







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