



**GEM AUGUST WORKSHOP REPORT**  
**SWEDRU SENIOR HIGH SCHOOL**  
**5TH AUGUST, 2023.**



# Our Proud Water Sponsor VOLTIC GHANA LIMITED





# TABLE OF CONTENTS

<b>Introduction</b>	<b>01</b>
<b>Project Activity</b>	<b>02</b>
<b>Breakout Time</b>	<b>03</b>
<b>STEM Session</b>	<b>06</b>
<b>Highlights of Sessions</b>	<b>07</b>
<b>Outcomes</b>	<b>08</b>
<b>Testimonials</b>	<b>09</b>
<b>Photo Collage</b>	<b>10</b>
<b>Acknowledgement</b>	<b>11</b>

*Report designed by GEM Fredrica*

# 1.0 INTRODUCTION

Swedru Senior High School was visited by Girls Excellence Movement - GEM on August 5, 2023. In order to encourage girls to aspire to leadership, develop their confidence, and acquire new skills, we conducted capacity building for 653 girls through our workshop called Inspiration-on-Wheels (IOW). A summary of the event at Swedru Senior High School is given in the report.





## 2.0 PROJECT ACTIVITY

The plenary and breakout sessions made up the two sessions of the program. The plenary session covered two topics: GEM Bel taught the girls about menstrual hygiene management, and GEM Mel educated the participants on how to create vision boards. The session was instructive and informative.





## 3.0 BREAKOUT SESSION

The girls participated in various Focused Group sessions to continue discussions on particular subjects like Peer Pressure, Building Confidence, Managing Menstrual Hygiene, and Personal Branding.

Trainer	Topic	Objective	Outcome
GEM Portia	Peer Pressure	to assist girls in the development of coping mechanisms so they can react to different forms of peer pressure.	Participants learnt how to acknowledge influence, react to it skillfully, and create coping mechanisms to handle pressure.
GEM Sedem	STEM	To teach participants about Capillary Action and its application in the environment.	Participants understood the Experiment taught and were able to identify some applications of the experiment.
GEM Odamea	Building Self-Confidence	to emphasize strengths and weaknesses and make the most of them	The participants demonstrated the ability to gauge and establish realistic expectations for themselves, as well as the ability to speak up and express themselves.
GEM Bel	Menstrual Hygiene Management	Teach girls self-management techniques for handling their periods. Teach them how to use and dispose of used sanitary towels as well.	Girls received education on how to use sanitary products and maintain hygiene throughout their periods.



## 3.0 BREAKOUT SESSION CONT'D

Trainer	Topic	Objective	Outcome
GEM Mel	Vision Board	Show participants how to make a vision board for themselves to motivate them to put in a lot of study time and hard work towards their goals.	The participants had the opportunity to make their own vision boards and included information about the steps involved in realizing their goals.
GEM Perez	Career Choices	To offer participants career guidance and counseling in order to assist them in identifying opportunities in line with their future careers	By exploring their potentials, academic interests, and skills, the participants in this session were able to determine their career path.
GEM Celestine	Entrepreneurship	Teach participants to develop a range of skills and competencies that are valuable in the business field.	Participants were able to identify skills they could learn to develop themselves in entrepreneurship.
GEM Rakia	Savings	To equip participants with the information and abilities needed to handle money well.	The participants had the information and abilities necessary to handle money wisely.



## 3.0 BREAKOUT SESSION CONT'D

Trainer	Topic	Objective	Outcome
GEM Anita	Stress Management	Teach participants how to deal with school stress; and understand the best relaxation techniques they can use to reduce stress.	Participants gained knowledge on ways they can deal with and reduce stress to be productive at school.
GEM Malise	Online Safety	Educate participants on internet safety precautions and spark their curiosity about the advantages of using the internet	After the session, the participants knew which resources would best support their continued productivity and safety while using the internet.
GEM Angela	Effective Communication	To teach participants how to properly express their thoughts and feelings to foster good relations among peers.	Participants gained knowledge and the skills they can adopt to effectively communicate.
GEM Rhesa	Personal Branding	To impart on participants special abilities and character qualities that will enable them to show themselves as they wish to be perceived.	In order to effectively present themselves, participants understood their individual abilities and personality traits.



## 4.0 STEM EXPERIMENT

The STEM Experiment session was led by GEM Sedem and GEM Fredrica. They presented 20 participants with the problem of the day and guided them to do it by themselves.

Participants were taught an experiment on Capillary Action. Tools used for the experiment were Paper towel, Water, Food color, Dropper, Plain plastic cups and plastic spoon. After the STEM Mentors guided them through a successful experiment, participants understood that Capillary Action is when liquid moves up a solid material or a semi-permeable material with pores e.g. Paper towel. After a successful trial of the experiment, participants observed that the liquid moved up the solid material with the aid of three forces namely; Cohesion, Adhesion and Surface Tension. These Forces worked together to aid the liquid to move upwards the material thereby defying the force of Gravity. Participants understood that it is through Capillary Action that plants transfer water from its roots to other parts of the plant. At the end of the experiment, participants understood the skill of teamwork.





# 5.0 HIGHLIGHTS OF SESSIONS



**Group session on Peer Pressure**



**Group session on Career Choices**



**Group session on Menstrual Hygiene**



**Group session on Savings**



**Group session on Entrepreneurship**



**Group session on Online Safety**



**Group session on Confidence Building**



**Group session on Effective Communication**



**Group session on Vision Board**



**Group session on STEM**



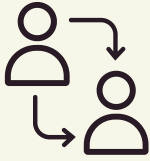
**Group session on STEM**



**Group session on Personal Branding**



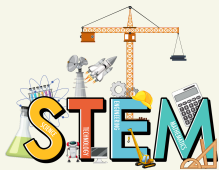
# KEY OUTPUT OF THE SESSION



1. Engaged and mentored to aspire to leadership and taught them about their menstrual health.



2. Distributed 360 packs of sanitary pads to enable girls stay clean, comfortable and confident during their menstruation.



3. Stirred up the interest of 20 girls and broke off myths they held against STEM subjects.



4. Collected 403 signatures to petition government to eliminate all taxes on sanitary pads in order to make the essential commodity affordable for girls.



## 7.0 TESTIMONIALS

Thank you for teaching me about the vision board and how to achieve my dreams and become what i aspire to be.

16 year old participant.

I thank them for the energy, love time and support shown to us.

14 year old participant.

Thank you for inspiring us to excel and become successful women in future.

17 year old participant.

I would like to say that i love this program alot and aspire to become a member in future.

16 year old participant.

Thank you for the motivation you have given to us.

16 year old participant.



# 8.0 GALLERY





## 9.0 ACKNOWLEDGEMENT

We are grateful to Voltic Ghana Limited for their dedication to this collaboration. We also thank the donors for their contributions and the volunteers for their endless labor on the project. We are on track with our collective commitment to empowering girls to become change leaders because of their enthusiasm and hard work. The list of people and businesses that contributed to the project's success is provided below.

### SUPPORTING SPONSOR

- Voltic Mineral Water

### GEM MENTORS/RESOURCE PERSONS

- GEM Mavis Esenam Agbenyo
- GEM Melody Ofori
- GEM Belinda Dogbatse
- GEM Sedem Ahoto
- GEM Anita Dankwa
- GEM Fredrica N. K Cudjoe
- GEM Malise Cullen
- GEM Rhesa Folakemi Anokye
- GEM Portia Nartey
- GEM Perez Ahadjie
- GEM Celestine
- GEM Angela Ankomah
- GEM Odamea Amoako
- GEM Esther
- Ms. Rakia Osman Abdulai
- Ms. Ruthina Aryeetey
- Ms. Fhalila Haruna
- Ms. Sally Selorm Amakpa
- Ms Dyllis Agbesi
- Ms. Kayla Agbesi

### GEM FUTURE GENERATION

- Ms. Bless Kuwornu
- Ms. Jenny Bless Gabah Kplorfia
- Mr. Jason Steve Davidson
- Ms. Joy Oheneba Nyamekye Ofori

### GEM MEDIA AND TECHNICAL TEAM

- GEM Gideon Anim, Videographer
- GEM Michael Eshun Yawson, Videographer
- GEM Joseph Koranteng, Photographer
- GEM Elvis Amofo, Assistant Sound Technician
- GEM Emmanuel Dzorkpe, Assistant Sound Technician
- Mr. Owuradu Worfa Nkansah, Assistant Technician
- Mr. Raymond Anim, Assistant Videographer
- Mr. Ebenezer Laryea Driver

### INDIVIDUAL & COMPANY DONORS

- Frank Denkyi
- GEM Angela
- GEM Sena
- Rakiatu Osman
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- Jonathan Nkansah
- GEM Angela
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- Fred
- Yorke
- Creppy E. Eugenia
- Samuel O. Gyan
- Charles A. Asante
- Esmeralda K. Edwards
- Abdul Gafer
- Felix Owuraku
- Abdul Rahman
- GEM Emmanuella
- Wisdom Addo
- Theresa Lomo
- GEM Gloria
- Matilda Danso
- Emmanuel A. Darkwa
- Selwyn Ofori
- Christabel K.A. Okai
- Yarsen Khasem
- GEM Getrude
- Winfred
- Hope Abba
- Rama E. Yakubu
- Frank Dagbui Dosh
- GEM Rachel
- GEM Rosso
- GEM Maureen
- GEM Bernice
- Terry Osei Afriyie
- Raphael Dogbatse
- Dr. Sasu Dwamena
- Richard Dunyo
- Dolph Agbe
- Ransford B. Opoku
- Ephraim K. Amu
- Hamdaratu Zakaria
- Kamuah Hammond
- Samuella Abankwa
- Williams Kumi Sakyi
- Aaron Adu Boahene
- Clement Mills
- Geoffrey Kwadwo Gyasi
- Swedru Old Students Association
- Trent Hill Consulting (Gh) Ltd.
- Ismail Akwei
- Neil Francis Owusu









# NAMES OF PARTICIPANTS CONT'D

- HARRIET DEODE BRYANT
- BENDU KOLLIE YAWSON
- ALFREDA ABEKA AIKINS
- MILLICENT OFORI AMOASI
- LAWSON LAMLEY NAA LAWRENCIA
- MENSAH SANDRA
- OTOO FELICITY
- BAIDOO-ANSAH HILDA
- AIDOO CELESTINA
- NANA POKUA BOYEFOR
- DARKO CLAUDIA
- MUSAH MARIAMA
- JOSEPHINE OBENG QWANSAH
- VICTORIA ADOMAKO ANSAH
- PRISCILLA AMISSAH
- NANA AMA BOAFOAH
- SYLIA OPOKU
- GIFTY NSIAH ATTAH
- OLIVIA YAMOAH ARKHURST
- BOATENG MAGDALENE
- BLESSING KUSIMA GAISIE
- AMOWA NANA AMA
- AYISHA ABDUL RASHID
- ASANTE NANA AKUA DIANA
- PRINCESS EFUA KRAMPAH OBENG
- AHENKRA FRIMPONGMAA PHILIPA
- QWARSHIE PORTIA
- APPIAH KUBI GIFTY
- TAGBE JOANA PROSPERA
- BOADI ANASTASIA
- REBECCA BOABENG
- AQUAFUL EFUA ELIZABETH
- OTU JENNIFER
- BINEY ERNESTINA EFIA
- ACHEAMPONG MAUD OSEI
- ANNISON MENSAH BELINDA
- TRACY ASARE
- CHRISTABEL MENSAH
- LARYEA NAADU CINDY
- NASIBATU SIDI
- DONKOR ASABA AUGUSTINA
- DORIS APPOH
- KYEI DIANA
- TENNYSON HARRIET
- AGBENYE SEFAKOR
- ASEIDU JANET
- EUNICE NANABOA OBENG
- DOROTHY TETSEBA HAYFORD
- VANESSA NANA ABA ACQUAH
- DOREPHINA SENU DZIFA LEBENE
- CLAUDIA ESSI BABANTSI
- GYESI DEBORAH
- AHENKORAH FRIMPONMAA PHILIPA
- QWARSHIE PORTIA
- APPIAH- KUBI GIFTY
- TAGBA JOANA PROSPERA
- BOADI ANASTASIA
- BENEDICTA AKARFA DOE
- ISSABELLA ABEKA
- PHILIPA NAA-OYO ZOE ABBEY
- CHRISTABEL OWUBA AMPOAW
- MENSAH ERICA AKUA KORANKYEWA
- ABENA OPAREBEA YEBOAH ESSEL
- ADJIRI- BLANKSON FLORENCE
- AWUDU FIRDAUS NAPO
- BOTWEY MORINE ASEIDU
- JESSICA ASARE
- EMMANUELLA NANA EWUDZIE ACQUAH
- MAVIS OWUSUAA
- QUAYSON FLORENCE
- AMISSAH NAADU EKUA
- ATIASE RICHLYN
- AMPIAH DOROTHY AMA KUMAH
- WENDY YAA SAM
- KISSIWAH MARTHA GYAMFI
- KUMI ELIZABETH
- KUMI BRIDGET
- COFFIE MARY ELORM
- ABDULAI PRECIOUS
- ESSUMAN EVA JOAN
- QUEENSTAR MENSAH
- AMISSAH COMFORT
- KRAH NAOMI
- ADEDZEH PEPERTUAL
- ROSELINE MENSAH
- THERESA OBENG APPIAH
- JOHNSON CHRISTIANA
- JOANITA AFIA BENTUM AMOAH
- AUGUSTINA OBENG
- CHRISTABEL ACQUAH
- MUSTAPHA RAKIYA
- APPIAH JENNIFER
- MBIR ROSINA
- KWANING EMMANUELLA
- ANI-AGYEI ELIZABETH
- ESSIBU REBECCA BLESSING
- OWUSU ANSAH MAVIS
- RACHEAL ASANTE
- ABIGAIL TAWIAH
- ABEKAH OPHILIA
- QUANSAH MAJORY
- HOWARD CHRISTABEL AMA
- PRINCESS SANEY FOSU
- ARHIN ABIGAIL
- PRAH STEPHANIE
- MORGAN MARGARET OWUSUAA
- DANIELLA EKUA ESAABA QUANSAH
- APPIAH J. JESSICA
- ESSIUEDU PRISCILLA
- MINTAH MAAME PRABA
- ASARE BENEDICTA OWUSUWAA
- FREDERICA ADDAE
- NYARKO MENSAH NORA
- TETTEH PERPETUAL
- KWAWUGAH RACHEAL AFI KAFUI
- BERKAI NAA-TEKIE QUEENSTER
- MENSAH DOMEYO AKUSIKA
- AYENSU ELIZABETH
- APPIAH PATIENCE
- MARY ARTHUR
- NKRUMAH PRINCESS EMMANUELLA
- ESSEL RUTH
- ARYEH HARRIET
- AMPORFUL BENISEFUH NORA
- AMOAA-TWUMASI AMMA NICHOLINA
- ASANIWAA ELIZABETH
- ARTHUR AFUAAMPADUWAA JEMIMA
- NINSON DOROTHY
- ACHEAMPOMAA DOROTHY
- ELIZABETH KONADU
- FELICITY MENSAH
- SHEILA ANTI AGYEI
- JESSICA AKOTO
- ELSA ACQUAH
- ANABEL OFORI
- ERNESTINA ANQUANOR
- NTI PEGGY
- QUAYE CHRISTABEL
- AFFREH BAFFOE CHRISTABEL
- YEBOAH VANESSA
- OTCHERE ACHIAA PRINCESS
- ADJEI VIVIAN
- ARTHUR POKUWAA ABIGAIL
- NYAME PERPETUAL EDUFUAH
- SUZZY GYASI
- OBOSU CHRISTABEL BOISON
- GLORIA FIENYA
- AGYEMANG SMELINA NANA AMA
- KRAKUE CATHERINE ARTHUR
- OKWAN ESI BAAWAH
- IMBEAH-PRABA EUNICE
- APPIAH FELICITY
- ARTHUR CHRISTIANA
- NANA OWUSUAA PRECIOUS
- QUAINOO ANDZIE
- SAMUELLA SAKYIWAA
- CHRISTABEL ASIEDUWAA ASAMOAH
- PRINCESS EDEN GALLEY
- BORYOR ESMERALDA IAMKIE
- JENNIFER AYORKOR OBINE
- OPPONG SHALOM KWARTENG
- VALENTINA CHRISTIANA AMFOH

# NAMES OF PARTICIPANTS CONT'D

- ZAINAB MOHAMMED
- ESI TETTEH ANTHONY
- CHRISTABEL XORNAM ZANU-TSIKATA
- OLIVIA AMA-KOA MENSAH
- GHANSAH BLESSING
- OFFEI COMFORT DANSOWAA
- SAM MATILDA BEESI
- SASU ANGEL
- AKRONG ELIZABETH NAA GYAMAH
- RICHLOVE NYARKO
- SELINA QUANSAH
- HANNAH QUAINOO
- BENTUM CHARITY
- ADAMS KHADIJAH ADOMAKWAH
- TORSU SEMABIA REGINA
- FOHN K.V. JAMESETTA
- KORSAH DANIELLA
- AMOAH AKUA ATTA
- HAMMOND ALBERTA
- AMOAH ROBERTA
- ASANTE MINTAH AKOSUA OTWUWAA
- DJANGMAH AFIA KYEI EMMANUELLA
- BERNICE MENSAH
- EFFUM SCHOLASTICA
- BERNICE ABA ASSAN
- ELSIE APPIAH
- MUSAH YUSSIF MAFRUDATU
- NTIAMOAH LILIAN
- ANITA EMEFA KUBI
- ABIGAIL EWUDZIE
- GRACE AIDOO
- JULIET APPIAH
- NANCY FOH
- OSWELLA BARTELS
- NANCY OBENG ACHEAMPONG
- ACQUAH EWUSIWAH JULIET
- DORIS BOTCHWEY
- MERCY OKYERE
- KOMATSE ELIZABETH KAFUI
- ENTSIE-OPOKU GOURABAH NAANA
- ANNAN-ESSEL MICHELLE
- BONO ROSEZATTA
- HANSON HAMIDA FUSEINI
- ABLORDEPPEY ABENA FRIMPONGMAA
- EMMANUELLA ASOMAH
- DAVINA MENSAH
- HAFISATU LARBIL
- MENSAH LINDA
- MENSAH EUDIA
- EUNICE YAA AMOAH
- ACQUAH EMMANUELLA
- OKYERE KESSEWAH DIANA
- REBECCA MILLS GYESI
- SALOMEY KUMIWAA ASARE
- EFUA AMISSAH
- NAJAT NUHU IMAM
- AMENGNOR PATIENCE
- NYARKO BRIDGET
- SUSANNA OTSIWAH
- GRACE ARTHUR
- TENKORANG VANECIA
- EVELYN ANIMAH ASAMOAH
- PATIENCE EDUAFO
- ACHEAMPONG JESSICA
- NDOME OHENEWAH VIDA
- SWEN ELIZABETH
- DOTSE STEPHANIE EWOENAM
- AGBOVI TRACY MANYEYO
- ABIGAIL AGYIR
- SALAMATU ISSAKA
- PATIENCE SENYEBO
- ADU CHRISTIANA
- ELESEGBOR HANNAH ELORM
- BRIDGET WILLIAMS ASAMOAH
- ASARE DEBORAH AGYEIBEA
- APPIAH GIFTY
- RUTH ABALO
- TRACY AFIA ACHEAMPONG
- BENEDICTA DANIELS
- SANDRA OKYERE
- ANUM EUGENIA ASHIOKOR
- PRISCILLA AGYAPONG
- AWULIE JULIET
- MARDIYA MAHMUD TOURE
- ADIZA MOHAMMED
- PATRICIA BUCKMAN
- GIFTY HANSON
- FREDERICKA KAI BOSSMAN
- ACKON-DUNCAN ELIZABETH
- ODEI JULIANA
- NANA AMA KONADU AMEYAW
- OKYERE GRACE EWUSI
- VALEN NANA KONADU AMEYAW
- SANDRA AKUYE ADDY
- OWUSU JESSICA
- RICHLOVE YAMOAH
- NANCY MAKAFUI KPORTUTE
- EMMANUELLA DUAH
- BRIGHTINA QUAICOE
- ESTHER ASOFI
- PATRICIA ANIMA ANDOH
- CHRISTABEL NYAME ASSAN
- NANA ABA CHELSEA OTUA OTOO
- MILICENT ODARTEY MENSAH
- DZIMEDO MAWUFEMOR SARAH
- AFFUL OPHELIA
- TAMAKLOE NAOMI
- SARPONG PRECIOUS
- BOATENG DANSOWAH AGNES
- COMFORT SAKYI
- ADUFUA ELIZABETH
- ESSANDOH NANCY
- BOATENG AKUAMOAH MICHELLE
- QUARSHIE REJOICE OFORIWAA
- ROBERTA JOYCE
- ARKO MAYNE IVY
- BAKU BENEDICTA DEBORA AFE
- RUTH LAMPTEY
- NKRUMAH BERNICE
- JOANA DEDE WONTSUAH
- AMANDA HAJARA A.A.N. TAHIRU
- BASHIBA AMOH
- JENNIFER GYAMFI
- BAAH ERICA
- OKYERE NAFISA
- HAMMOND ESTHER
- APPIAH SARAH
- FORSON MABEL
- NYARKO GEORGINA
- ABIGAIL NAA ASHIA NYABAN
- NKRUMAH CHARITY
- AMETOR MARY
- MUHAMMED HAFSA
- BUABENG HILDA
- SAMUELLE AMPONSAH
- SMITH BAABA IMELDA
- ESSIOW MATILDA
- ALIMATU MOHAMMED
- SARIYYATU SALIFU ISSAH MOHAMMED
- SARAH BARNES
- MAVIS TUGBA
- BENEDICTA DADZIE
- BERNICE BOATENG
- OPPONG GLORIA
- MOREEN EFUA APPIAH-KUBI
- JESSICA ADDISON MENSAH
- ERIC YAMOAH
- BOADIWAA PATIENCE
- OTHENVIRA MIREKU
- ALBERTA EPHRAIM
- DEBORAH BOAKYE
- MAAME ABA KWEGYIRBA ANDAM
- PRINCESS SYDNEY
- TEYE FREDRICA BROWN
- AFEDZI NANA ABA BEYONCE
- AFFUL PRISCILLA
- REJOICE OKLEY AKESE
- BINEY GEORGINA
- BEATRICE OBENG
- ARYAA GRACELOVE DEDE
- ADWOA EDUMAABA ASANTE
- DOREEN SACKEY
- ARKOH PRECIOUS ADOM
- GEORGINA KOOMSON
- ALBERTA MONGSON
- NAOMI COFFIE UMAR





## CONTACT

**Girls Excellence Movement - GEM**  
No. 28 State House Quarters, Angola Lane,  
Osu Accra, Ghana - West Africa.  
P.O. Box YK1065 Kanda,  
Accra Ghana

227 Teaneck Rd #305, Teaneck, NJ 07666, USA  
[info@thegemghworld.org](mailto:info@thegemghworld.org)  
[www.thegemworld.org](http://www.thegemworld.org)

**Contact Numbers**  
(+233) 24 412 7060  
(+233) 24 300 3467  
(+1) 6464075363  
(+1) 51257577146

