



2017 Implementation plan

2 orphanages: CEF Mujer & Niñas de la capital

Description of the Orphanages

CEF Mujer - Centro de educación y formación de mujer (Center for education and women formation)

Description: This orphanage is for girls from diverse indigenous communities that are in rural areas. It provides opportunity to live closer to the city and to get a basic education for girls between 5 to 18 years. Indigenous communities in Panama have the highest rates of adolescent pregnancy, VIH and extreme poverty.

Niñas de la capital (Girls from the capital)

Description: 96 years old orphanage that has a capacity of receiving 30 girls maximum, between age 5 to 18 years. Despite the tradition of existing for so many years, the orphanage has very little support from the government, all the fundings and programs are private.

The orphanage has received different courses (chef courses, english classes, field trips for the children... etc) but they never had a constant structured program for personal development.

What results are we expecting at the end of 2017?

- **Educational:**

- ✓ 80% participants finishes 1st year of university with success and continues their studies.
- ✓ 80% participants passes the admission process and starts their higher education in 2018

- **Implementation of the program**

- ✓ Bt october 2017 formed new group of 10 participants for 2018
- ✓ 80% of participants 2017 starts 2nd year of the program
- ✓ Expanding the program to minimum 1 new orphanage

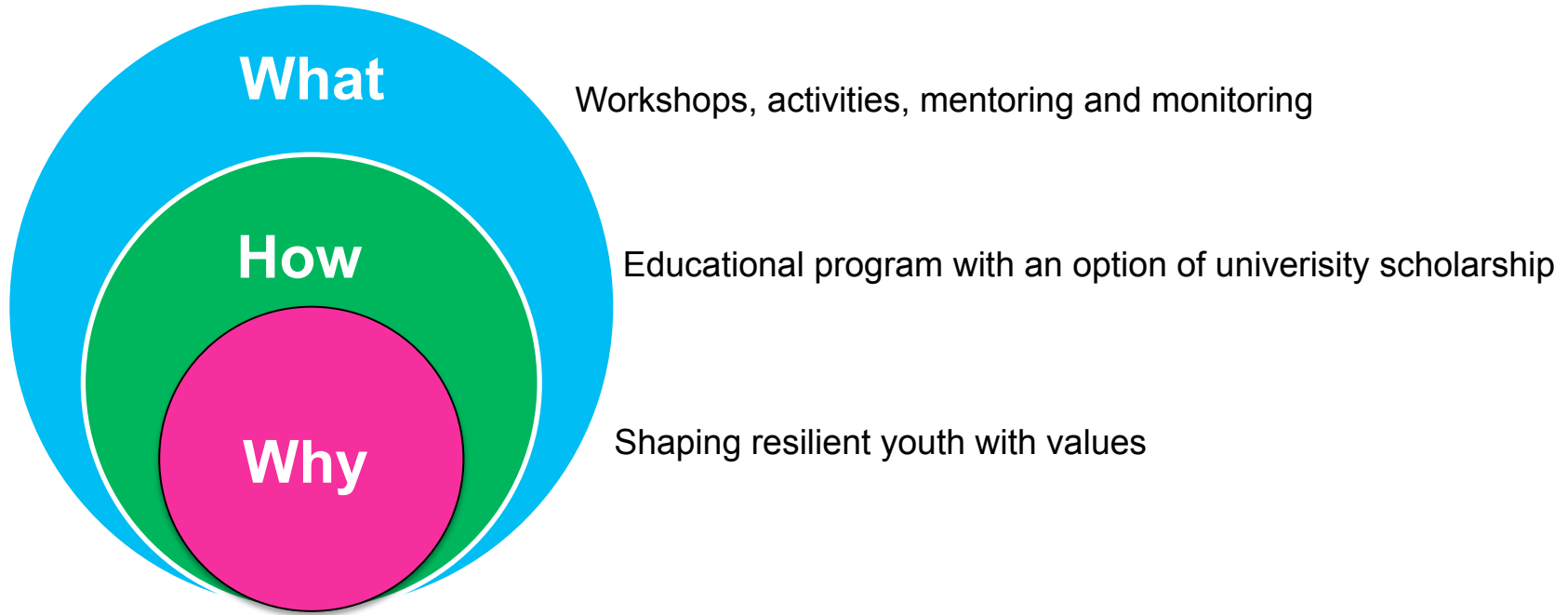
- **Personal:**

- ✓ All the participants understand their abilities, opportunities and aspirations.
- ✓ Increase levels of resilience, self-esteem, self-respect, emotional intelligence and metacognition by 45% (20% based on evaluations and 25% based on observations of participants behaviors)
- ✓ No cases of pregnancy

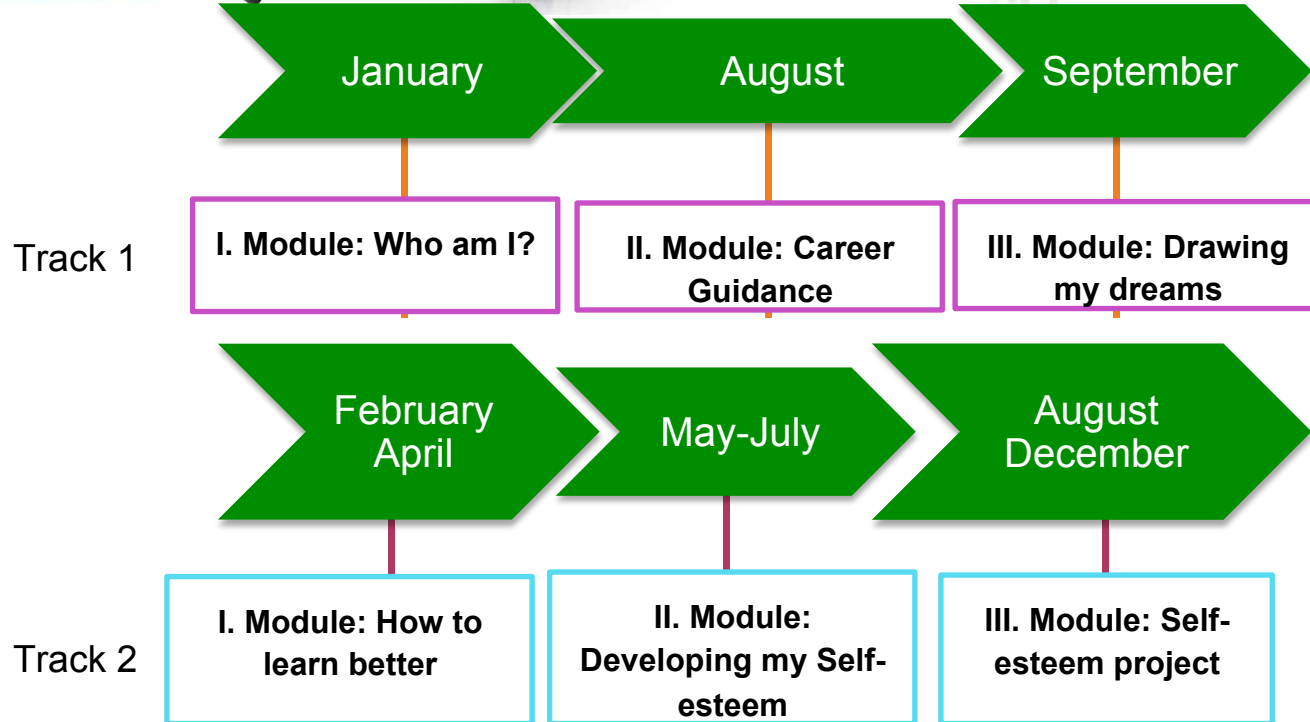
- **Professional:**

- ✓ 5 participants has part time jobs

How do we do it?



TIMELINE



Program

Track 1

Where am I going?

Objective: Develop self awareness and provide career guidance

I. Module: Who am I? (January)

Objective: To understand who am I and where I am.

Topics: My skills, attitudes, interests, aspirations, self-awareness and my identity.

III. Module: Drawing my dreams (September)

Objective: To dream and plan without fear.

Topics: Planning, goal setting, creating my life plan.

II. Module: Career Guidance (August)

Objective: Knowing the opportunities for my professional development.

Topics: Career counseling, scholarship fairs, company visits and career presentations, situation on the labor market and decision making process.

Track 2

**Everything changes
and so do I**

Objective: Develop
self-esteem and
resilience

Program

I. Module: How to learn better (February-April)

Objective: To facilitate transition from school to adult life and university.

Topics: Effective learning, motivation, reading comprehension, how to manage my finances.

III. Module: Self-esteem project (August-December)

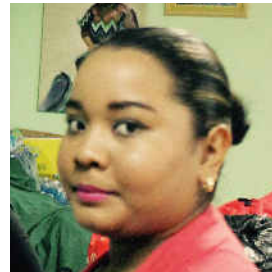
Objective: To reinforce self-esteem.

Topics: Development of self-esteem through theater (practicing voice modulation, improvisation, team work and creating and delivering a play.

II. Module: Developing my self-esteem (May-July)

Objective: Understanding my value

Topics: Spiritual retreat, self awareness, self esteem, self respect, self care and sexual education, personal image, values.



Thank you!

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