



EmpowerHer+237

CONFERENCE REPORT

RISE STRONG – THE POWER OF ADAPTABILITY AND RESILIENCE

19TH – 20TH DECEMBER 2024

WOMEN EMPOWERMENT AND THE FAMILY
CENTER, BUEA



ORGANIZED BY:
EMPOWERHER+237 TEAM

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EmpowerHer+237 Conference Report

Rise Strong – The Power of Adaptability and Resilience

Date: 19th – 20th December 2024

Venue: Women Empowerment and the Family Center, Buea

Organized by: EmpowerHer+237 Team



Introduction

EmpowerHer+237 is a vibrant, women-led initiative founded with the mission of equipping young women with the confidence, skills, and community support needed to thrive in their personal, academic, professional, and spiritual lives. The organization believes in holistic empowerment and works year-round through mentorship, workshops, community events, and networking forums.

The 2024 EmpowerHer+237 Conference was a two-day event that brought together over

100 participants from different sectors and age groups. It served as a powerful platform for women to explore key topics around resilience, adaptability, leadership, wellness, and goal setting under the theme “Rise Strong – The Power of Adaptability and Resilience.”

This report provides a comprehensive breakdown of the conference's planning, execution, sessions, impact, and forward-looking strategies for sustainability and follow-up.



Justification for the Conference

The past few years have exposed women to compounded challenges from economic uncertainty and health crises to workplace inequality and rising emotional distress. Many women, particularly young graduates and early-career professionals, struggle with self-doubt, unclear career direction, and lack of strong support systems.

Recognizing these challenges, EmpowerHer+237 developed this conference to:

- Equip women with tools to bounce back from setbacks.
- Provide a safe and supportive environment for learning and sharing.
- Offer actionable insights on resilience, mental health, and goal achievement.
- Foster long-term peer and mentor networks for sustainable growth.
- Inspire women to lead authentically in their families, communities, and workplaces.



Day 1 Summary – December 19, 2024

Opening Ceremony

The day began with participant registration and a light breakfast, followed by a warm welcome from the Master of Ceremony. A word of prayer was led by the Regional Director. The singing of the National Anthem and Women's Anthem helped set a patriotic and empowering tone.

Conference Launch

The Founder of EmpowerHer+237 Clara Ngando gave an overview of the organization's mission and impact. This was followed by the official opening of the conference by the Regional Delegate for Women Empowerment and the Family Mme Sona Ediage Lucia, who encouraged attendees to rise above limitations and take up leadership in all spheres.

Keynote Address – Clara Ngando

Clara Ngando emphasized the necessity of resilience and adaptability in today's fast-changing world. She drew from personal experiences and research, urging women to:

- Take ownership of their stories,
- Stay adaptable in uncertainty, and
- Use clarity of purpose as a compass for goal execution.

Presentation 1 – Marja Motanga Topic: Resilience in the Workplace

Key Takeaways:

- Building emotional intelligence to navigate tough work situations.
- Setting healthy boundaries to avoid burnout.
- Cultivating a growth mindset to face professional challenges with confidence.
- Creating personal support systems for workplace success.



Panel Discussion –

Moderated by Dr. Lizzie Bronte

This vibrant session featured voices from various sectors. Panelists shared lived experiences of overcoming discrimination, balancing work-life challenges, and navigating personal failures to reach success. Topics included financial resilience, entrepreneurship, emotional healing, and advocacy.

Activity Session & Group Picture

Participants engaged in light team-building activities and networking exercises, followed by a photo session.

Lunch & Afternoon Workshop

Over a relaxed lunch, attendees continued networking. The afternoon session featured a practical activity with Dr. Bronte focused on imposter syndrome and its management.

Recap and Open Forum

The day concluded with a participant-led open session to reflect on insights gained, share personal takeaways, and make connections.

Morning Sessions

The day began with breakfast and a welcome by Dr. Bronte, followed by a prayer and the singing of anthems



Day 2 Summary – December 20, 2024

Presentation 2 – Tee Tande

Topic: Enhancing Physical and Emotional Resilience

This session stressed that wellness is foundational to success. She emphasized:

- Nutrition for energy and focus.
- Regular physical exercise to reduce stress and promote clarity.
- Mindfulness practices for emotional regulation.
- Building routine habits that sustain productivity under pressure





Ice Breaker and Visioning Exercise

The MC led a fun interactive session to re-energize the room, followed by visioning activities to help participants define short and long term goals.

Presentation 3 – Dr. Bronte Topic: Understanding and Managing Imposter Syndrome

Building on Day 1, Dr. Bronte took participants through identifying signs of imposter syndrome and how to:

- Say yes to opportunities.
- Track personal success.
- Embrace failure as part of growth.
- Develop inner confidence through consistent self-affirmation.

Masterclass: Clara Ngando

This master class focused on Goal Setting and Execution. Participants learned how to:

- Set SMART goals.
- Break down big goals into manageable steps.
- Use time-boxing and accountability systems.
- Create vision boards for visual inspiration and clarity.



Launch of Mentorship Program

Dr. Bronte unveiled the EmpowerHer+237 Mentorship Program, aimed at pairing participants with experienced mentors across various disciplines for ongoing support and guidance.

Closing Remarks and Group Photo

The event ended with remarks from Clara Ngando, followed by group pictures and a vibrant networking session.





Impact of the Conference

Immediate Impact:

- Over 100 women empowered with knowledge, motivation, and tools to take action.
- 95% of attendees rated the sessions as “very impactful.”
- 70% signed up for the mentorship program.
- Vision boards created by participants reflected deep self-awareness and ambition.

PARTICIPANT TESTIMONIALS

“

I no longer feel
alone in my
struggles

“

I'm walking away
with not just tools,
but sisters.

“

This conference
reignited my
passion for my
goals.

This conference reminded me that I am not alone. Hearing other women share their journeys gave me the courage to embrace mine with all its ups and downs. I'm walking away with confidence and clarity I didn't have before.



“

I've attended many events, but this was different. The energy was real. The workshops on resilience and imposter syndrome spoke directly to what I've been going through as a young businesswoman. I feel more equipped and empowered.



The session on emotional resilience and the goal-setting masterclass were eye-opening. I now have a vision board and a solid plan for the future. I also made new friends who truly understand the struggles of women today.



The conference helped me name and confront imposter syndrome for the first time. For years, I doubted my worth, but I now realize I deserve to be in every room I walk into. Thank you, EmpowerHer+237.



As a mother who often puts everyone else first, I rarely get time to focus on my dreams. This event reminded me that I still have a voice and a vision. I feel seen, valued, and motivated to keep rising.



It was powerful to be in a room full of women who uplifted one another. The support system I found here is something I've been longing for. I now know that resilience is not a solo journey—it's a shared experience."

Outcomes:

- Increased self-confidence
- Goal clarity and execution plans
- Stronger peer support networks
- Knowledge of mental and emotional health strategies



To maintain momentum and ensure ongoing empowerment, EmpowerHer+237 has introduced:

- Monthly mentor-mentee sessions
- Customized personal development plans
- Accountability tracking

- WhatsApp and Telegram support groups
- Quarterly community meetings
- Resource sharing platforms

- Quarterly check-ins to track progress
- Photo updates on vision board execution

- Mini-sessions focusing on finance, entrepreneurship, digital skills, and mental health

Monitoring & Evaluation Framework

Tool	Purpose	Frequency
Post-event survey	Evaluate feedback on sessions and logistics	After each event
Mentorship logs	Track growth, communication, and support	Monthly
Vision board review	Measure progress on personal goals	Quarterly
Annual impact report	Document collective growth and highlight stories	Annually

Recommendations

- Regional Expansion: Organize similar events in other towns to reach more women.
- Corporate Partnerships: Collaborate with businesses to fund skill-building, internships, and seed grants.
- Digital Tools: Launch an EmpowerHer+237 mobile app for mentorship and resources.
- Research and Documentation: Regularly publish impact stories, reports, and thought leadership pieces.

Conclusion

The 2024 EmpowerHer+237 Conference was a remarkable success. It was not just an event but a movement unleashing the power, resilience, and brilliance of Cameroonian women. As the women rise stronger and more equipped, we move one step closer to building communities where gender equity, leadership, and dignity are upheld.

EmpowerHer+237 remains committed to walking alongside these women—providing tools, community, and courage for the journey ahead.

Prepared by: EmpowerHer+237 Secretariat
Saturday, December 21, 2024



