Gender and Wellbeing Training Course

Professional Development Training Course Outline

Category	Gender Studies	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Gender and wellbeing are increasingly recognized as critical pillars in achieving sustainable development, social inclusion, mental health equity, and human rights-based programming. In today's rapidly evolving global landscape, disparities rooted in gender inequality, social norms, economic exclusion, and unequal access to healthcare and psychosocial support systems continue to undermine holistic wellbeing. Gender and Wellbeing Training Course integrates gender-responsive approaches, intersectionality frameworks, and wellbeing-centered development strategies to equip participants with the knowledge and tools necessary to address systemic inequalities and promote inclusive wellbeing outcomes.

This course emphasizes transformative gender approaches, mental health resilience, gender-sensitive policy design, and inclusive service delivery systems. Participants will explore cutting-edge concepts such as gender mainstreaming in wellbeing programs, trauma-informed care, emotional intelligence, community resilience building, and gender-responsive budgeting for wellbeing initiatives. Through practical case studies and participatory learning, the training empowers stakeholders to design and implement impact-driven, inclusive, and equitable wellbeing interventions across diverse sectors.

Programme Curriculum

Gender and Wellbeing Training Course

Introduction

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Course Duration

5 days

Course Objectives

By the end of the training, participants will be able to:

1. Analyze gender inequalities and wellbeing disparities using intersectional frameworks
2. Apply gender-responsive and inclusive wellbeing strategies in development programs
3. Integrate mental health and psychosocial support (MHPSS) into gender programming
4. Design gender-transformative wellbeing interventions for diverse populations
5. Promote emotional resilience and psychosocial wellbeing in communities
6. Develop gender-sensitive policies and wellbeing frameworks
7. Strengthen community-based wellbeing and support systems
8. Utilize data-driven and evidence-based approaches in gender and wellbeing
9. Address gender-based violence (GBV) impacts on wellbeing
10. Implement trauma-informed and survivor-centered approaches
11. Advocate for equitable access to health and wellbeing services
12. Incorporate digital wellbeing and gender inclusion strategies
13. Monitor and evaluate gender and wellbeing program effectiveness

Target Audience

1. Gender and development practitioners
2. Health and mental health professionals
3. NGO and humanitarian workers
4. Policy makers and government officials
5. Social workers and community development officers
6. Researchers and academics in gender studies
7. Human resource and workplace wellbeing managers
8. Educators and training facilitators

Course Modules

Module 1: Foundations of Gender and Wellbeing

- Concepts of gender, wellbeing, and intersectionality
- Social determinants of health and wellbeing
- Gender norms and their impact on wellbeing
- Global frameworks on gender and health equity
- **Case Study:** Gender disparities in access to mental health services in Sub-Saharan Africa

Module 2: Gender Inequality and Mental Health

- Gendered dimensions of mental health challenges
- Depression, anxiety, and stress across genders
- Cultural stigma and barriers to care
- Gender-responsive mental health interventions
- **Case Study:** Women's mental health initiatives in post-conflict communities

Module 3: Gender-Based Violence and Wellbeing

- Understanding GBV and its psychosocial impacts
- Survivor-centered and trauma-informed care
- Prevention and response strategies
- Legal and policy frameworks
- **Case Study:** Community-based GBV recovery programs

Module 4: Economic Empowerment and Wellbeing

- Link between economic inclusion and wellbeing
- Gender wage gaps and financial stress
- Livelihood programs and resilience building
- Social protection systems
- **Case Study:** Women's savings groups improving household wellbeing

Module 5: Workplace Wellbeing and Gender Inclusion

- Gender equality in workplace environments
- Work-life balance and mental health
- Addressing discrimination and harassment
- Inclusive HR policies and practices
- **Case Study:** Corporate gender and wellbeing initiatives

Module 6: Community and Social Wellbeing

- Community support systems and social capital
- Role of culture and traditions
- Gender roles in caregiving and wellbeing
- Participatory community engagement
- **Case Study:** Community-led wellbeing programs

Module 7: Digital Wellbeing and Gender

- Technology access and gender digital divide
- Social media and mental health
- Digital inclusion strategies
- Online safety and gender-based risks
- **Case Study:** Digital literacy programs for women and youth

Module 8: Monitoring, Evaluation, and Policy Development

- Gender-sensitive indicators for wellbeing
- Data collection and analysis tools

- Impact assessment frameworks
- Policy development and advocacy
- **Case Study:** National gender and wellbeing policy implementation

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com