Women's Health Programs Training Course

Professional Development Training Course Outline

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

Course Introduction

Women’s health remains a critical pillar of global public health, focusing on preventive care, reproductive health, maternal wellness, mental health, and chronic disease management. Women’s Health Programs Training Course is designed to equip healthcare professionals, community health workers, program managers, and advocates with advanced, evidence-based competencies to design, implement, and evaluate impactful women-centered health interventions. It integrates modern approaches such as digital health innovation, gender-responsive care, reproductive rights frameworks, and AI-driven health monitoring systems to address evolving global health challenges.

In today’s rapidly changing healthcare landscape, women face unique health disparities influenced by socio-economic, cultural, and biological factors. This program emphasizes maternal mortality reduction, cervical cancer prevention, menstrual health equity, menopause care, and gender-based violence response systems. Participants will gain practical skills in program design, community outreach, policy advocacy, and data-driven decision-making to improve outcomes across all stages of a woman’s life course.

Programme Curriculum

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5 days

Course Objectives

1. Strengthen maternal health optimization strategies for reduced mortality rates
2. Enhance knowledge of reproductive health rights and SRHR frameworks
3. Implement cervical and breast cancer early detection programs
4. Promote digital health tools for women’s wellness tracking
5. Build capacity in menstrual health management and hygiene equity
6. Develop skills in gender-based violence (GBV) prevention and response systems
7. Improve antenatal and postnatal care quality standards
8. Integrate mental health support in women’s healthcare systems
9. Strengthen adolescent girls’ health education and empowerment programs
10. Apply data-driven public health analytics for women’s health outcomes
11. Enhance community-based reproductive health outreach models
12. Promote menopause and midlife health management innovations
13. Build expertise in policy advocacy for women-centered healthcare reforms

Target Audience

- Public health professionals
- Nurses and midwives
- Community health workers
- NGO program managers
- Medical students and researchers
- Government health policymakers
- Women’s rights advocates
- International development practitioners

Course Modules

Module 1: Foundations of Women’s Health Systems

- Overview of global women’s health indicators
- Social determinants of health in women
- Lifecycle approach to healthcare delivery
- Gender-sensitive healthcare frameworks
- Health equity and inclusion strategies
- **Case Study:** Maternal mortality reduction program in Rwanda through community midwifery expansion

Module 2: Maternal and Neonatal Health

- Antenatal and postnatal care best practices
- Skilled birth attendance and emergency obstetrics

- Neonatal survival interventions
- Nutrition during pregnancy
- High-risk pregnancy management
- **Case Study:** Bangladesh's community-based maternal health improvement initiative

Module 3: Reproductive Health & SRHR

- Family planning methods and access
- Safe abortion care frameworks (policy-based)
- Infertility awareness and counseling
- STI/HIV prevention strategies
- Youth-friendly reproductive services
- **Case Study:** Thailand's successful national family planning program

Module 4: Menstrual Health & Hygiene Equity

- Menstrual health education systems
- Breaking stigma and cultural barriers
- Sustainable menstrual product access
- School-based menstrual programs
- Workplace menstrual health policies
- **Case Study:** India's rural menstrual hygiene management intervention

Module 5: Breast & Cervical Cancer Prevention

- Early screening techniques
- HPV vaccination programs
- Risk factor identification
- Community awareness campaigns
- Treatment referral systems
- **Case Study:** Kenya's cervical cancer screening scale-up initiative

Module 6: Mental Health in Women

- Postpartum depression identification
- Anxiety and stress management strategies
- Trauma-informed care
- Gender-based violence psychological support
- Community mental health integration
- **Case Study:** UK maternal mental health community support model

Module 7: Gender-Based Violence (GBV) Response

- Identification and reporting systems
- Survivor-centered care models
- Legal frameworks and protection laws
- Crisis intervention strategies
- Safe shelter and referral systems
- **Case Study:** South Africa integrated GBV response healthcare program

Module 8: Digital Health & Innovation in Women's Health

- Mobile health (mHealth) applications
- AI-based predictive health tools
- Telemedicine for rural women
- Data analytics in women's health programs
- Digital literacy for healthcare access
- **Case Study:** Rwanda drone-based medical supply delivery for maternal emergencies

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
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