



# IMPACT REPORT

## 2023 / 24

# — INTRODUCTION

This Impact Report distills our full Annual Report (available [HERE](#)) into a shorter, easy-read format, as we are keen for everyone to know just how transformational our work is. You can contact us for further information by emailing [info@ownmylifecourse.org](mailto:info@ownmylifecourse.org).

# — ABOUT OWN MY LIFE



## **What we do:**

Enable all women, everywhere to take back ownership of their lives from abusive men and from patriarchal systems.



## **How we do it:**

We deliver training events and develop resources.

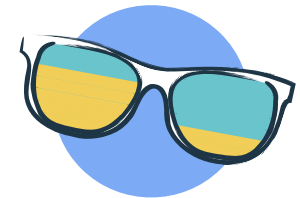


## **Why we do it:**

We believe that every woman is utterly badass. We are confident that with the right tools and skills each woman can own her life. As more women own their whole lives, the world will become a much more joyous place.

## **Our Vision:**

A world where women and girls are liberated from male violence and control



## **Our Mission:**

We will equip, train and educate women and girls so that they can take back ownership of their lives from male abusers. We will also work in wider society, to prevent abuse.



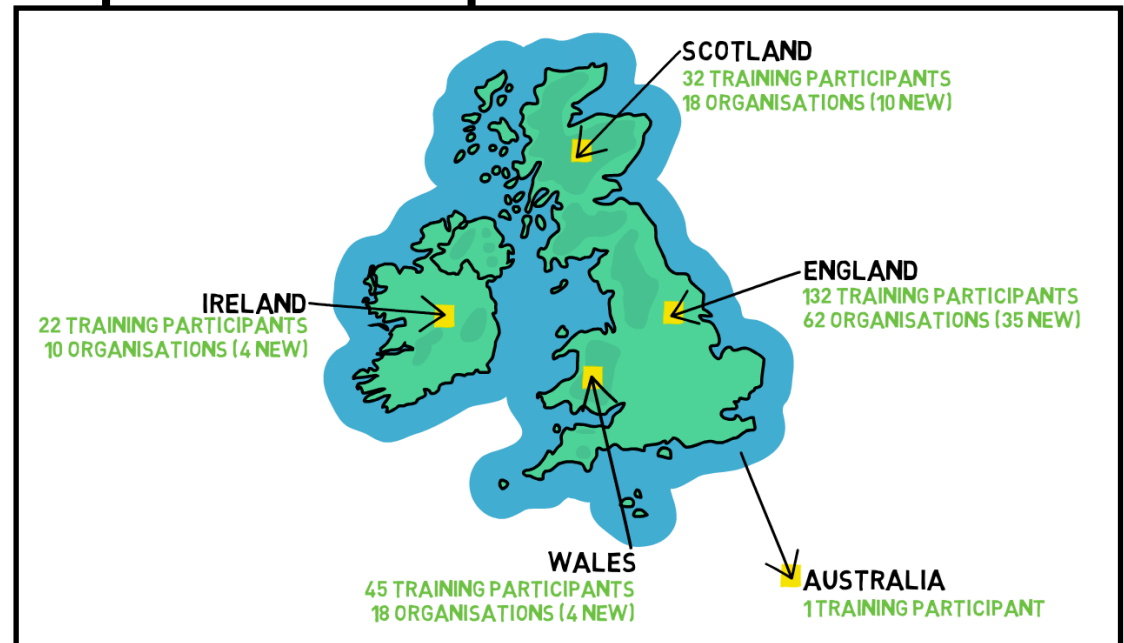
# OUR IMPACT - THE DATA



## TOTAL IMPACT

Since 2019 we have:

- Trained **1,229** practitioners from **289** organisations.
- Provided **14,569** journals for women to attend Own My Life courses.



# WOMEN'S RESPONSES

	BEFORE OWN MY LIFE	AFTER OWN MY LIFE
I feel like I am in control of my life and my future.	<ul style="list-style-type: none"> <li>Definitely 9%</li> <li>Mostly 21%</li> <li>Sometimes 57%</li> <li>Never 13%</li> </ul>	<ul style="list-style-type: none"> <li>Definitely 36%</li> <li>Mostly 42%</li> <li>Sometimes 21%</li> <li>Never 1%</li> </ul>
I can make sense of my life.	<ul style="list-style-type: none"> <li>Definitely 8%</li> <li>Mostly 21%</li> <li>Sometimes 59%</li> <li>Never 12%</li> </ul>	<ul style="list-style-type: none"> <li>Definitely 39%</li> <li>Mostly 46%</li> <li>Sometimes 15%</li> <li>Never 0%</li> </ul>
Overall, I feel good about my life.	<ul style="list-style-type: none"> <li>Definitely 7%</li> <li>Mostly 26%</li> <li>Sometimes 55%</li> <li>Never 12%</li> </ul>	<ul style="list-style-type: none"> <li>Definitely 40%</li> <li>Mostly 40%</li> <li>Sometimes 19%</li> <li>Never 1%</li> </ul>
I like and feel safe in my neighbourhood and/or community.	<ul style="list-style-type: none"> <li>Definitely 21%</li> <li>Mostly 41%</li> <li>Sometimes 30%</li> <li>Never 8%</li> </ul>	<ul style="list-style-type: none"> <li>Definitely 40%</li> <li>Mostly 40%</li> <li>Sometimes 16%</li> <li>Never 4%</li> </ul>

**THERE WAS SO MUCH OF THE COURSE THAT CHANGED MY WAY OF THINKING, THE VIDEOS WERE ALSO GOOD REGARDING STEREOTYPES, AS HAD NEVER REALLY THOUGHT OF IT THAT WAY BEFORE.**

**I HAVE BECOME MORE CONFIDENT AND ASSURED WITHIN MYSELF. I HAVE THE CONFIDENCE TO SORT OUT MY LIFE AND KEEP THE ABUSERS OUT OF IT.**

**IT'S THE INFORMATION TRANSFORMATION AND SUPPORT YOU NEED TO REBUILD YOURSELF AFTER ABUSE.**

**IT TAUGHT ME TO BE STRONG.**

**IT'S BEEN A LITERAL LIFE SAVER FOR ME. I WILL HEAL FROM THE TRAUMA AND WILL USE THE TOOLS THAT I HAVE LEARNED ABOUT ON THE COURSE TO BUILD A BETTER LIFE FOR MY KIDS AND MYSELF.**

**IT WILL HELP YOU UNDERSTAND WHY YOU'RE FEELING THE WAY YOU ARE, AND MAKE YOU SEE YOU'RE NOT ALONE OR CRAZY! YOU WILL BELIEVE THAT LIFE CAN AND WILL GO ON.**

**THIS COURSE IS LIFE CHANGING.**

**I FEEL EMPOWERED WITH THE SUPPORT I HAVE RECEIVED. AND OWN MY LIFE HAS HELPED UNDERSTAND WHY MY EX STILL USES MY ADULT CHILDREN AGAINST ME. ALSO THE DAMAGE WHICH HAD BEEN DONE TO THEM GROWING UP.**

**IT'S THE BEST EXPERIENCE**



"I didn't think I needed Own My Life because I'd had a number of abusive partners, and thought I knew everything I needed to about abuse. I went on the course anyway and the course taught me a lot. When I met a new partner I saw his abusive behaviours soon enough to end the relationship before it got bad. My daughter was taken into care when she was only newly born because of one of the abusers. Because of all I have learned in Own My Life, I now have the ability and awareness to recognise abusive behaviours in any future relationships."

Gina\*

Our CEO, Natalie Collins with Gina (not her real name) who gave us permission to share her story and this image.

# PRACTITIONER RESPONSES

How much would you say the course has increased your knowledge?	<ul style="list-style-type: none"> <li>Very Much (88%)</li> <li>Somewhat (12%)</li> <li>Not at all (0%)</li> </ul>
How did you find the training overall?	<ul style="list-style-type: none"> <li>Excellent (93%)</li> <li>Good (7%)</li> <li>Okay (0%)</li> <li>Bad (0%)</li> </ul>
Will the training change your practice?	<ul style="list-style-type: none"> <li>Yes (94%)</li> <li>No (4%)</li> <li>Other (2%)</li> </ul>

**IT IS SUCH A KIND, TRAUMA-INFORMED APPROACH TO DELIVER NON-JUDGMENTAL SUPPORT TO PEOPLE THAT NEED IT.**

**THIS WILL HELP YOU TO DO SOME CRUCIAL WORK THAT ISN'T REALLY REPLICATED ELSEWHERE.**

**EVERY SERVICE NEEDS TO DO THIS COURSE.**

**BY FAR THE BEST TRAINING I HAVE EVER BEEN ON, I WOULD HAPPILY ATTEND THE TRAINING AGAIN.**

**WHEREVER YOU ARE ON YOUR JOURNEY TO STANDING IN YOUR OWN POWER, OWN MY LIFE IS THERE TO SUPPORT YOU TO FLOURISH.**

**THIS COURSE CAN HELP PEOPLE CHANGE THE SYSTEM FOR THE BETTER, IN REAL, CONCRETE, ACHIEVABLE WAYS.**

**IT'S PERFECT.**

**THIS COURSE WILL HELP YOU CHANGE THE WORLD.**

**I'M EXCITED TO CREATE A SPACE FOR WOMEN/MY CLIENTS TO FLIP SOCIETY ON ITS HEAD AND RELEASE THAT RAGE.**

**IT'S ABSOLUTELY MIND BLOWING.**

**ONCE IN A LIFETIME OPPORTUNITY TO BE INVOLVED IN A PROJECT THAT HELPS WOMEN TO BE BRILLIANT AND STRONG.**

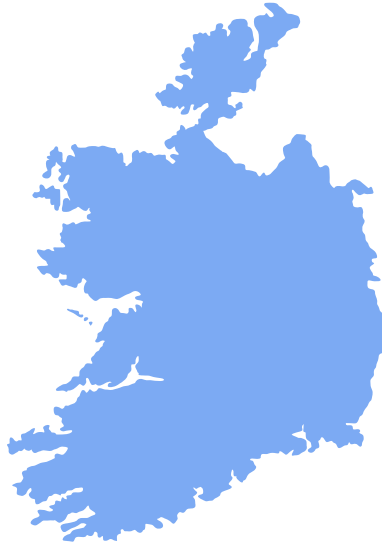
**AMAZINGLY ACCESSIBLE WHILE ACTUALLY BEING TRUE TO SCIENCE AND THEORY. BEAUTIFUL.**

**BEST ONLINE RESOURCES I'VE COME ACROSS. VERY ENGAGING FOR AN ONLINE COURSE. WILL BE SAD TO SEE IT END.**

**PLEASE THROW MONEY AT THIS COURSE, IT'S ENLIGHTENING, TRANSFORMATIVE AND A HUGE BENEFIT TO WOMEN.**

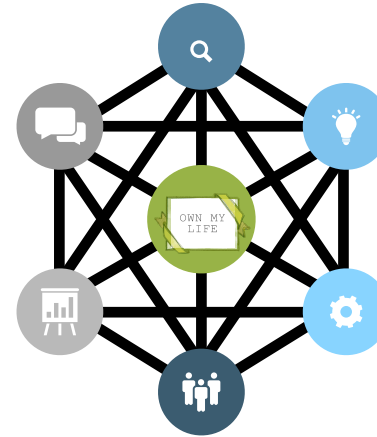
**THIS COURSE NEEDS TO BE GLOBAL! IT'S SO DIFFERENT TO ANY OTHER COURSE OUT THERE, IT'S WELL-RESEARCHED, WELL-RESOURCED AND LIFE-CHANGING.**

# — WHAT ELSE HAVE WE DONE?



## **Irish Materials and Tour**

We travelled to the Republic of Ireland to launch our Irish context journal and videos. Our CEO Natalie Collins presented at eight different events across the country.



## **Expanded our reach**

We contributed to the European Conference on Domestic violence, and CPD-accredited our Discovery platform. We are developing an Employability course, have shaped our corporate offer, trained our first Australian practitioner and developed our social media presence.

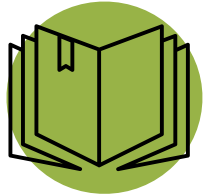


## **Strengthened our structures**

We recruited a finance specialist as our treasurer, invested in building strong Trustee relationships,

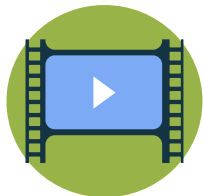


# — HOW CAN YOU GET INVOLVED?



## **Training**

Book yourself or your team into one of transformational online training events [HERE](#).



## **Resources**

Join Own My Life Discovery, our e-learning platform, [HERE](#) to access our video and other resources.



## **Give**

You can find out how to give financially [HERE](#), or get in touch if you have skills or knowledge you would like to share with us.



## **Mailing list**

Join our mailing list [HERE](#) to learn all about what we're up to.



## **Contact us**

You can reach us via our contact page [HERE](#) or via our socials [@ownmylifecourse](#).

# — BOILERPLATE

**Own My Life is a transformative method enabling women who have been subjected to abuse to regain ownership of their lives.**

Own My Life is delivered with groups and one-to-one across the UK, Ireland and beyond by local organisations trained by us. Since 2019, over 14,500 women have accessed Own My Life and they tell us that Own My Life has been life-saving and life changing.

Find out more at [ownmylifecourse.org](http://ownmylifecourse.org).



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