

WELLSPRING COACHING

IMPACT REPORT



Q2 2024



Youth Menstrual Hygiene Management Program

Prepared by
Nexus Impacts

Prepared for
**Wellspring
Coaching**



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INTRODUCTION

OVERVIEW

Wellspring Coaching is committed to making a lasting impact through both their products and dedication to social responsibility. By aligning corporate goals with customer values, they support transformative social initiatives, extending their influence beyond those directly associated with their brand.

One of the cornerstone programs supported by Wellspring Coaching is the Youth Menstrual Hygiene Management Program (YMHM). This initiative addresses the pressing issue of period poverty, which affects many young girls and women globally. By providing health education and sewing training, this program empowers young girls and women with the knowledge and skills needed to manage menstrual hygiene independently and with dignity.

IMPACTS CREATED

- **Health Education:** The program ensures that participants receive fundamental health education, equipping them with crucial information about menstrual hygiene, reproductive health, and personal care.
- **Sewing Training:** Through hands-on sewing training, young girls and women learn to create reusable menstrual pads from locally sourced materials, fostering self-reliance and sustainability.
- **Community Support:** The program not only supports individual participants but also strengthens entire communities by reducing the stigma around menstruation and promoting open conversations about menstrual health.



CORPORATE ALIGNMENT

Wellspring Coaching' involvement in the Youth Menstrual Hygiene Management Program is a direct reflection of their core values and corporate goals. They are committed to making a positive social impact that resonates with their customers' values. By supporting this program, Wellspring Coaching helps to create healthier, more resilient communities, thus extending their influence far beyond their primary business operations.

Through these efforts, Wellspring Coaching showcases its commitment to social impact, positively transforming the lives of individuals beyond their immediate customer base.





ACKNOWLEDGEMENT & MESSAGE FROM NEXUS IMPACTS

LIAM MOISE

Founder and President of Nexus Impacts



WellSpring Coaching

"One of the greatest gifts we can acquire is the opportunity to support others and provide an environment to grow. WellSpring Coaching and their customers are doing exactly that. They have added an additional layer of purpose to their brand, and in this case, that purpose is supporting women's health and independence.

This report goes beyond acknowledging WellSpring Coaching's impact on the world; it reflects the principles and purpose behind their brand and the people they serve."

WC5709ZX24

Verification Code

WellSpring Coaching Wellness has pledged periodic financial installments to support women in the Youth Menstrual Hygiene Management Program in Malawi, Africa.



624

Months of Menstrual Products

238

Collective Hours of Education

75

Meals Provided

WC5709ZX24





INITIATIVE OVERVIEW

Problem Statement

In many communities, young women and girls face obstacles in managing menstrual hygiene effectively, leading to adverse consequences such as school absenteeism, limited educational opportunities, cultural barriers, health challenges, perpetuating gender inequalities, and more. The lack of basic knowledge and access to affordable and hygienic menstrual products further exacerbates these challenges, hindering girls' academic progress and overall well-being. The difficulties of period poverty are exaggerated in rural communities due to financial limitations, cultural taboos, stigmas, and more.

Objectives

- Empower women and girls with the knowledge and resources necessary for self-reliant menstrual management.
- Provide specialized health education on women's bodies and health rights while addressing taboos and stigmas.
- Implement sewing clubs and menstrual education networks in rural communities for lasting change.



CONTEXTUAL CHALLENGES

The local environment of rural communities where the beneficiaries reside faces unique challenges compared to more privileged regions globally. The Youth Menstrual Hygiene Management Program in Malawi, Africa, seeks to address several critical issues related to period poverty, including but not limited to:



Limited Access to Menstrual Hygiene Products



Reduced Education and Opportunities



Cultural Taboos and Stigmas



SUSTAINABLE STRATEGIES

The Youth Menstrual Hygiene Management Program is designed around opportunistic independence, with zero tolerance for creating dependency among the beneficiaries and communities.

KEY STRATEGIES

School Districts

Collaborate with the local school districts to maximize engagement and systematic program adoption.

Community Leaders

Engage and train community members, especially female leaders, to effectively implement and sustain the program.

Sewing Clubs

Implement sewing clubs at the schools where the programs are operated to increase generational independence.

Local Materials

Strictly uses locally sourced materials to ensure pad production beyond the initiative's support can continue.



BASIC IMPACT DETAILS

EXPLANATION

The following data outlines the basic initiative information that resulted from Wellspring Coaching' financial contributions for Q2 - 2024.



One
Programs Operated

One
Trainer Contracts

Ngazi
School Name

-11.3580783, 33.8734165
Coordinates

502909
School District Number

2024
Program Year

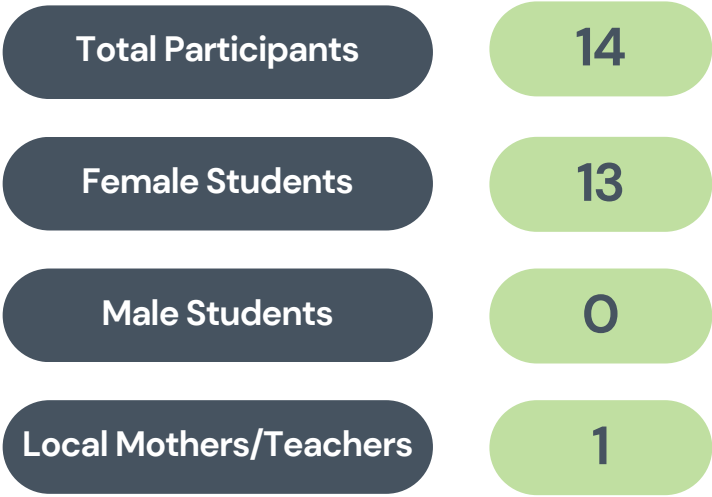
Sept 30th – Oct 4th
Program Days



BENEFICIARY DETAILS

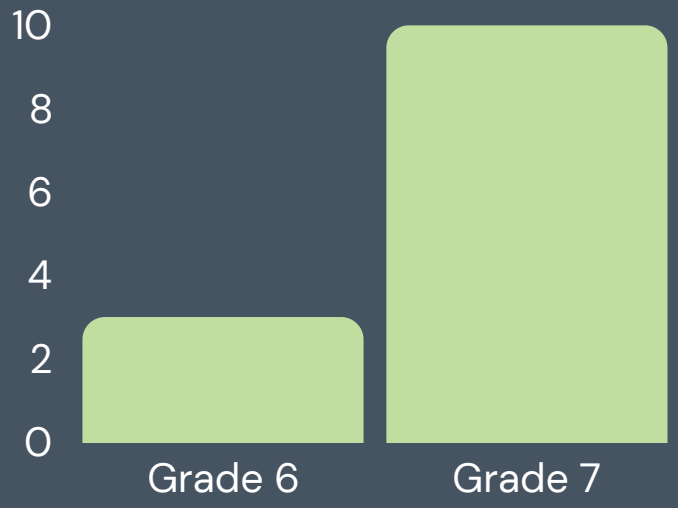
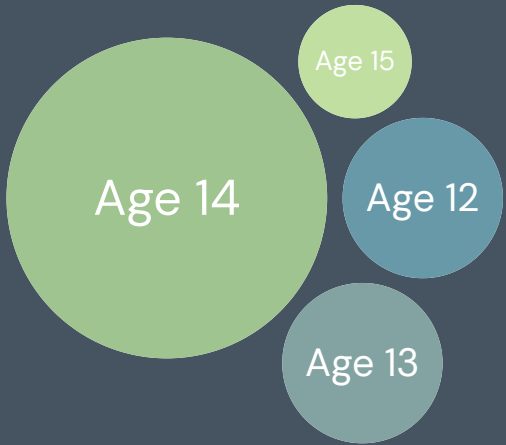
EXPLANATION

The following data outlines the beneficiary details funded by Wellspring Coaching' for Q2 - 2024.



Female Students Age Range

Female Students Grade Range





EDUCATION DETAILS

EXPLANATION

The following data outlines the education details during programs funded by Wellspring Coaching' for Q2 - 2024.

Sewing Education Hours

154

Women's Health Education Hours

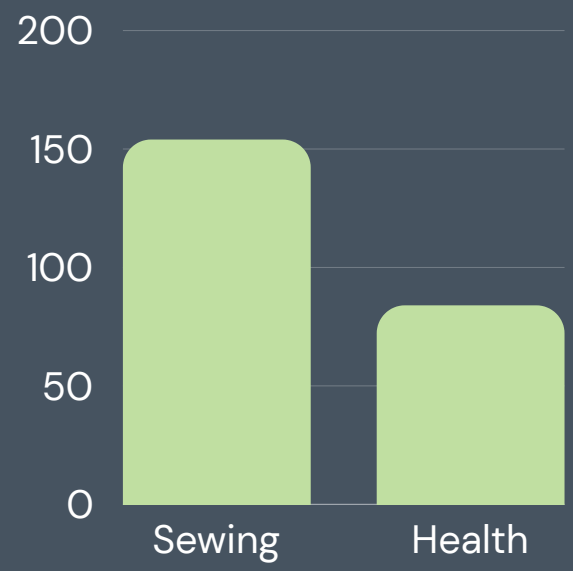
84



Women's Health Education Topics

Sewing and Health Education Hours

- Day 1. Introduction to Menstruation
- Day 2. Hygiene & Well-being
- Day 3. Sexual Health & Consent
- Day 4. Questions & Topic Review
- Day 5. Community Empowerment & Disease Transmission





KEY RESOURCES SUPPLIED

EXPLANATION

The following data outlines the key resource details during programs funded by Wellspring Coaching' for Q2 - 2024.

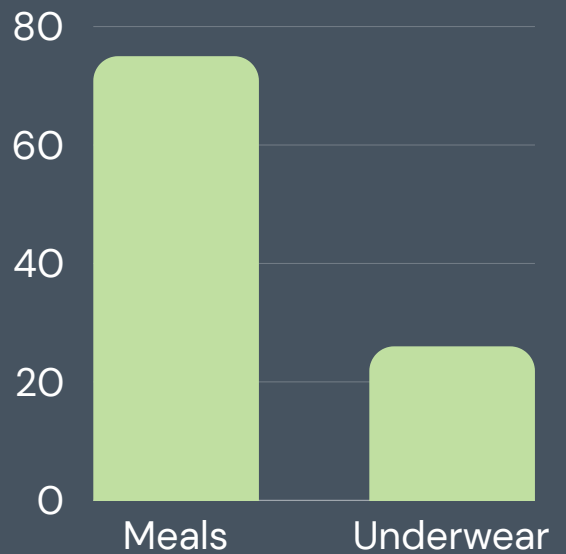
Sewing-kits	13
Meals	75
Underwear	26



Sewing Kit Items

Meals & Underwear

- Scissors
- Chalk
- Thread
- Cut-Outs
- Needles & Pins
- Four Pads Worth of Materials





PRIMARY IMPACTS & OUTCOMES

EXPLANATION

The following data outlines the primary impacts and outcomes during programs funded by Wellspring Coaching from Q2 - 2024, broken down by various time factors.

Duration Worth of Menstrual Products

52

Years

624

Months

4,368

Days



Menstrual Independence

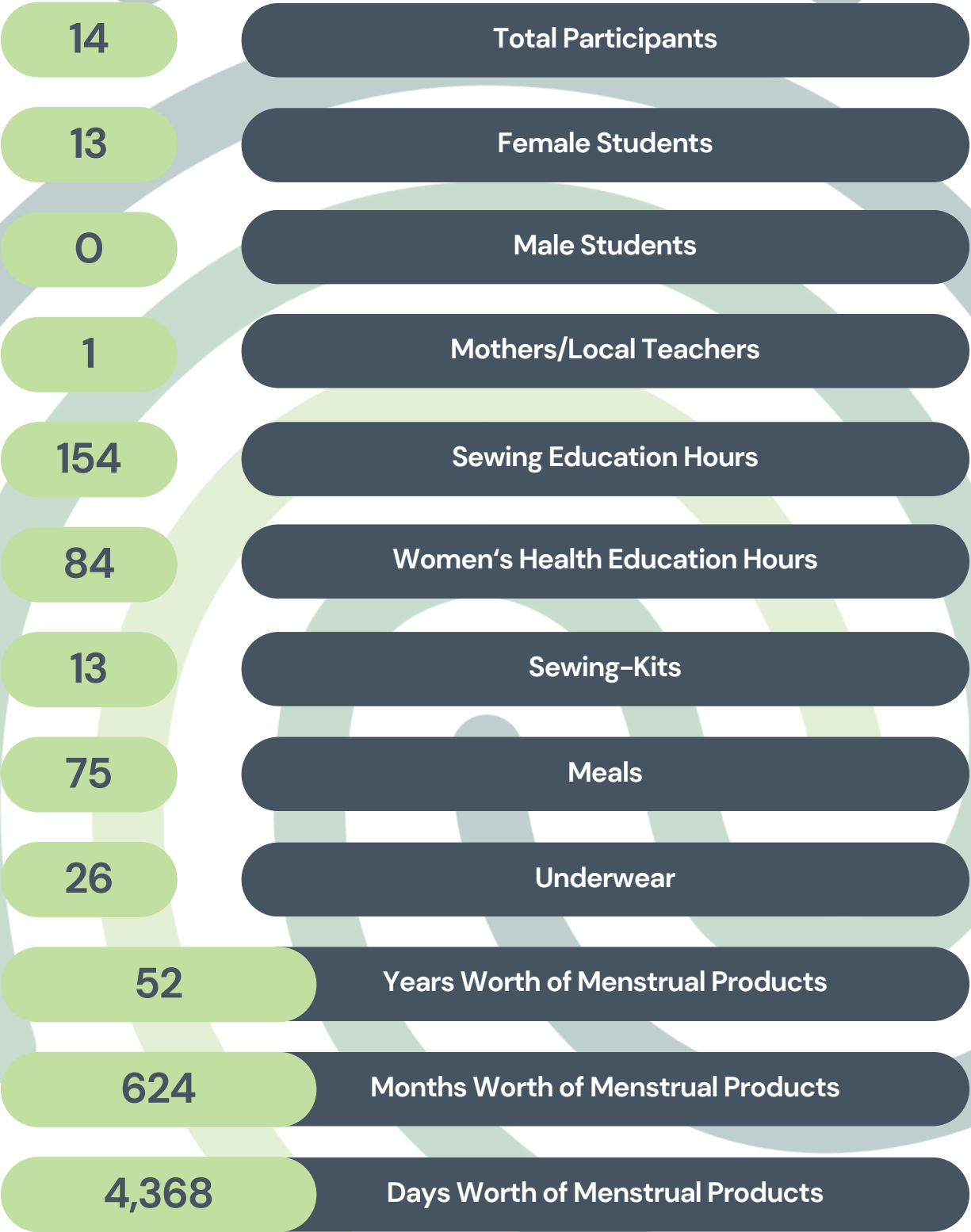
Developing Sewing Clubs

The program's impact goes beyond making pads. It fosters long-term menstrual independence, boosts school attendance, improves health, and empowers communities. Wellspring Coaching is building a future where menstrual health is sustainable and accessible.

The program creates compounding benefits as participants share knowledge with friends, family, and the community. With a fully equipped sewing club, all community members can independently produce pads, amplifying the initiative's reach and sustainability.



Summarized Impacts





YOUTH MENSTRUAL HYGIENE MANAGEMENT PROGRAM SUMMATION

The Youth Menstrual Hygiene Management (YMHM) Program champions individual autonomy and menstrual health outcomes for women. It educates young girls and women on essential health and hygiene practices while equipping them with sewing skills and empowering them to take control of their well-being. By integrating mothers' groups and educational institutions, the program fosters community stewardship and accountability.

The YMHM Program addresses stigma and misinformation about menstruation, creating a more informed and confident generation. The inclusion of sewing skills training provides practical benefits and opens economic opportunities. This dual focus on health and skill development benefits individuals and the broader community.

By training educators and community leaders, the YMHM Program ensures sustainability and scalability, fostering mutual support and shared responsibility. This community-centric model enhances the program's long-term impact.

The YMHM Program's emphasis on personal empowerment and community health positions it to leave a lasting legacy. This approach helps young girls and communities combat period poverty, guiding them toward healthier, self-sustained futures. By addressing immediate and systemic challenges, the YMHM Program demonstrates the transformative power of targeted educational initiatives, fostering a more equitable and prosperous future.



INITIATIVE IMPLEMENTATION PARTNER



Malawi, Africa Location	Field Operations Involvement	Youth Menstrual Hygiene Management Program Initiative
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ABOUT RURAL DEVELOPMENT PARTNERS

Rural Development Partners is a local Non-Governmental Organization established in 2015 and registered with the Malawi Government as a Company Limited by Guarantee. Working as a non-profit organization, in partnership with other organizations implementing integrated projects in Malawi, they envision autonomous communities steadfast in achieving justifiable development through service provision and capacity building. They exist to cultivate hope and advance development work intended to empower marginalized communities. The Youth Menstrual Hygiene Management Program is one of the multiple initiatives aimed at achieving empowered communities.

IMPACT CERTIFICATION



Rural Development Partners states that all information in report WC5709ZX24 is authentic and accurate. We acknowledge Wellspring Coaching' financial contributions and impact through the Youth Menstrual Hygiene Management Program in Rural Malawi, Africa.

**DANIEL
NYIRENDA**

Founder and President

Signature



Nexus Impacts certifies that all information in report WC5709ZX24 is authentic and verified. We acknowledge Wellspring Coaching' financial contributions and impact through the Youth Menstrual Hygiene Management Program in Rural Malawi, Africa.

**LIAM
MOISE**

Founder and President

Signature



NEXUS IMPACTS

Make Your Mark