**Emawati**

Indonesia

Quote: “I want to be a role model for all women in Indonesia.”

Sentence:

Emawati recalls having low self-esteem, but she gained confidence and skills through P.A.C.E. to solve problems and set long-term goals.

I’m 24 years old and am a garment factory employee in accessories. Before, I thought, “Women are weak. Women cannot do anything. Women have no right to have their own rights.” I was shy, and in solving my problems back then, I could only cry and be unhappy. I had such low self-esteem. I saw that those who joined the P.A.C.E. program improved so much. And I was determined to become like them. There was a financial module that taught us how to manage our finances and set up long-term goals. I started to think that women can earn enough money on their own and do not have to depend on men, and I decided that I would like to have a side business selling headscarves online. Now, I am able to solve my problems, and I want to become a successful woman inside and outside of the family. I want to be a role model for all women in Indonesia.

**Van**

Vietnam

Quote:

“I learned to save money, and my husband and I were able to build our dream house. None of this was even imaginable before.”

Sentence: Van always loved learning but had to leave school after ninth grade – through P.A.C.E. she gained the skills she needed to be promoted.

Text:

I grew up in a small village in North Vietnam, playing in the rice fields and trying to help my parents, who struggled to feed our family. After ninth grade, when they told me they could no longer afford my studies, I was crushed. I had always loved school. Instead I started working, joining a factory after I got married. The P.A.C.E. program showed me how to achieve my dream. I learned to better manage our household expenses and save money, and I started my own vegetable garden to help feed our two daughters. Within 3 years, my husband and I were able to build our dream house. It is a great feeling to come home to your own house every night. P.A.C.E. also helped me communicate better at work, and I was recently promoted to be a team leader responsible for over 100 workers. None of this was even imaginable before.

**Huong**

Vietnam

Quote:

“Before P.A.C.E., I didn’t like to talk to people. But now I raise questions with my manager directly, and I can make friends very easily.”

Sentence: Huong joined P.A.C.E. to move forward after her husband died. As part of the program she gave a speech that proved to be life-changing.

As I arrived home from work one day in 2005, I heard cries from my mother-in-law. When I walked into the house, I learned that my husband died and felt that my world was collapsing. After his death, I kept telling myself that I must continue to live for my children. I had heard about P.A.C.E. and felt curious, and in 2011 I requested to join the program. I was tired of living in sadness. After a few months, we were asked to write a speech. I had never written anything before. Every night, I spent two hours writing down whatever words I could think of. I spent three days practicing in front of the mirror. When I walked up to the stage, I focused on the empty space above people’s heads – I just could not bring myself to look at anyone’s faces. When I finished, the room burst out in applause. Many people came up to congratulate me and my manager even asked for a copy to be translated. I started thinking that maybe my husband’s death was not the end for us. I didn’t like to talk to people. But now I raise questions with my manager directly, and I can make friends very easily.

**Sriyani**

Sri Lanka

Quote: “I was not good at balancing my work life and my personal life. After joining the program, I had enough confidence to face any challenge.”

Sentence: When Sriyani joined P.A.C.E., she was at a low point, but she gained the ability to see her life from a new, more positive perspective.

Text:

After the Indian Ocean Tsunami on December 26, 2004, all we had were just the clothes on our backs and very little money. They were some of the darkest days in my life. I finally realized that if I wanted things to change, I needed to help my husband and find a job. At the time I came to know about the P.A.C.E. program, I was a negative-minded person. I really thought there would be direct and easy answers, but it was not like that. The program was a totally different education. We had to use our brain and think deeply to find solutions. I was not good at balancing my work life and my personal life. I really learned how valuable my life is and how much my personal life and career life have succeeded. Now I am working to become a role model for my daughter. Compared to my past life, my present life is much more organized, and I have a positive attitude. After joining the program, I had enough confidence to face any challenge.

**Harshani**

Sri Lanka

Quote: “I hope to look after my mother and give my brother the best education possible. I have achieved some of my goals and already set new ones.”

Sentence: After learning how to work more effectively with others, Harshani was promoted and became a P.A.C.E. teacher herself.

Text:

I wanted knowledge from the P.A.C.E. program to become a confident woman. When we work with people and are achieving goals, we face different kinds of challenges. I wanted to learn to make the right decisions at the right time and understand the differences between people. I had a bad habit of having a temper, but I have learned how to work with others without having conflicts. Now I can work with patience and have the ability to face any problem, which enabled me to be promoted. From my savings I have been able to buy land of my own and purchase furniture and electrical appliances. I hope to look after my mother, build a house on the land I have purchased and give my brother the best education possible. I am very happy to have the opportunity to be a P.A.C.E. teacher. I have achieved some of my goals and have already set new ones.

**Nirosha**

Sri Lanka

Quote: “Since the first day that I joined the P.A.C.E. program, I just could not get enough.”

Sentence: Nirosha grew so much because of P.A.C.E. that she became a full-time trainer for the program to share what she learned with other women.

Text:

I come from a family of teachers and was a star student all my life – I graduated from high school with mostly A’s and only one B. When the P.A.C.E. program was introduced in the factory where I was working, I was one of the first women to participate. Since the first day I joined the program, I just could not get enough.

It gave me new hope for the future. I learned how to communicate with people at work and at home without having conflicts or problems. I also learned to manage my time better. I never considered being a teacher before, but I am now a full-time teacher for P.A.C.E. I love having the opportunity to share what I have learned with others, and it is really satisfying to see how their lives have also improved. Women must participate in this program! Through P.A.C.E., it is easy to understand that a woman is capable of doing anything, even if it feels impossible.

**Chung**

Vietnam

Quote: “During the first few sessions of P.A.C.E., I was very quiet. But one day I felt this overwhelming need to share my own experience.”

Sentence: Growing up, Chung had wanted to be a journalist – through P.A.C.E., she found another way to use the power of communication to help others.

Text:

I was 10 years old when I wrote a letter to a TV station about my poor neighbor. When the station sent a journalist to cover the story, I was blown away and decided to be a journalist. But my parents could not afford the journalism course and I ended up working at a garment factory. I got married and had children. When I was pregnant with my third child, I felt a lump on my breast. Eight days after giving birth, I started treatment for breast cancer. The seven months I spent in the hospital, I felt like I had lost it all. When I went back to work, I was offered the chance to participate in the P.A.C.E. program. During the first few sessions, I was very quiet. But one day, during the health session, the trainer asked me to help demonstrate breast self-exam. Suddenly, I felt this overwhelming need to share my own experience. When I was done, the whole class and the trainer applauded. I wanted to be a journalist because I saw the power of communication in changing people’s lives. Now, I am doing the same thing by communicating what I know about breast cancer. It makes me feel good about myself – I am proud to be a cancer survivor.

**Mui**

Vietnam

Quote: “To me the most important thing I learned is how to save money effectively. I also learned to practice positive thinking.”

Sentence: Beyond helping her become more effective at work, Mui found that P.A.C.E. gave her the skills to make her home life more fun and peaceful.

Text:

I didn’t know much about P.A.C.E. before joining the program. I was very busy and didn’t have any idea of what I could gain. It felt a little hard to go back to a learning course after a long time without any learning at all. It turned out that the more I learned, the more I liked it. The class had fun games and activities. To me the most important thing I learned is how to save money effectively. I also learned to practice positive thinking. I can now have time for myself and can prioritize which task should be done first at work – I work faster and can manage my stress and pressure. I learned to communicate better with my colleagues and manager – and also my husband. He used to spend our money on expensive gadgets and now he is supporting me in saving money for our family. My home now has more laughs and fun – it is a much more peaceful place for me and for my children.

**Sok Neng**

Cambodia

Quote: “I work to earn money for my children’s education, and I advise them to study hard.”

Sentence: Through P.A.C.E., Sok Neng gained the skills to manage her family’s finances and helped her husband open a business selling fruit.

Text:

My co-workers told me about the P.A.C.E. program. I wanted to learn. I imagined that it would not be different from my previous schooling in public school. But I found that all the subjects were important and related to my daily life – for example, communication, problem solving and saving money. I always looked forward to the program and missed only two sessions. I remember I did a role-play in front of the class one day – I had never acted like that in my life and it is still in my mind. The most important thing I learned was how to keep a record of income and expenses. My husband was a motorist, but after learning financial literacy, we started our own business selling fruit, and we hope to make our business bigger. Now I have a budget plan and even have a new motorbike and some jewelry. I dream that my sons will be better educated than me and work as teachers or in a bank. I think that education is important to be a good person, and I work to earn money for their education. I advise my children to study hard.

**Sujatha**

India

Quote:

“In two years I have changed so much. Nobody believes it – and even I can’t believe how much has changed.”

Sentence:

After P.A.C.E., Sujatha was promoted at work and now wants to inspire other women to believe in themselves and achieve their goals.

When P.A.C.E started, I was working as an operator. Even though I spoke well, I didn’t have much confidence or courage. I had only studied through 10th grade in the village where I grew up, and I felt scared when the P.A.C.E. teacher would call on me. I didn’t have many ideas about my future. But as I attended the program, I learned to talk with different people. I opened a savings account. I started to have new ideas and began to see how I could accomplish them. My attendance in P.A.C.E. was 100 percent – and when the program ended, I was promoted to be a supervisor. Now, every day in team meetings, my team members ask me to keep talking – they have a lot of curiosity and want to listen to me more. Everyone tells me that I should motivate others to achieve what I have achieved. In my opinion, P.A.C.E should spread to all women. We can achieve whatever we want if we are dedicated to it. And I’m an example of that. In two years I have changed so much. Nobody believes it – and even I can’t believe how much has changed.