



## THE AGENCY FOR PUBLIC INFORMATION

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### **Girls' High School Launches 2026 Girls' Empowerment Skills Programme**

The St. Vincent Girls' High School (GHS) officially launched its Girls' Empowerment Skills Programme (GESP) 2026 on Monday, March 2nd, at the Girls' High School Compound in Arnos Vale. The programme will engage Form Two students in a week-long initiative aimed at strengthening confidence, resilience, and life skills development.

Headmistress Mrs. C. LaToya De Roche-John described the programme as an important investment in preparing young women to navigate life's challenges and commended international facilitator Dr. Shawana Moore for returning to St. Vincent and the Grenadines to lead the initiative.

De Roche-John also praised Programme Coordinator M. Williams for her continued dedication to expanding opportunities that support student development, noting that the school remains committed to equipping all students with practical tools for personal growth and empowerment.

Guest Speaker, Minister of Family and Gender Affairs, Persons with Disabilities and Labour, Hon. Laverne Velox encouraged students to recognise their potential and prepare to assume leadership roles within society. Drawing from her own journey as a past student of the institution, Minister Velox underscored the importance of self-confidence, lifelong learning, and meaningful participation in national development, while urging students to prioritise mental wellness and responsible engagement with social media.

Providing an overview of the programme, Dr. Moore challenged students to embrace their leadership potential, reminding them that they are "not too young to lead" and already possess the power to make meaningful change. She emphasised that the week's activities would create a safe and supportive space for open dialogue,

collaboration, and self-discovery, focusing on health and wellness, leadership development, and future planning. Dr. Moore also encouraged students to uplift one another, noting that empowerment grows when young women support and inspire their peers while believing in their own abilities.

The four-day workshop features interactive, student-centred sessions aimed at strengthening confidence, decision-making skills, and self-awareness, while encouraging participants to dream boldly and recognise the wide range of opportunities available to them.

The Girls' Empowerment Skills Programme forms part of the school's ongoing commitment to nurturing well-rounded young women capable of contributing positively to their communities and the wider national landscape under the school's motto, *Per Ardun Ad Alta* — Through Difficulties to the Heights.

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