



Rise for Reproductive Justice Fellowship Program Overview

Powered by Vitala Global Foundation

Program Team

Leads:

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Mentors:

Your mentors in this program are multi-disciplinary professionals, from experienced creatives, researchers and designers with years of experience in sexual and reproductive health and rights (SRHR) to medical doctors with over 20 years of internationally recognized clinical expertise in obstetrics and gynecology, professionals in holistic wellness, and leaders with a deep focus on community engagement. Some of our mentors are Vitala Global team members, while others are close and important members of our community. They are each giving their courses a personal twist, intentionally creating a unique learning experience from session to session.

Program Description

Vitala Global's fellowship program will provide you with the foundational knowledge, skills, and resources for you to become confident of your individual and collective capacity to create change and grow in the space of reproductive justice. We will explore many of the topic areas and pillars of Vitala Global's work through interactive live sessions, case studies, and individual and group activities. Each course will be a week long, structured by one main session and one or two workshops facilitated other mentors. By the end of the program, you will feel uplifted and prepared to take action and launch into reproductive justice work or more broadly SRH.

Program Schedule:

Week	Topic	Description
1 Jan 15, 2024 Time TBD	Introduction	We will all gather to showcase winning projects, meet your mentors, and introduce the program.



2	Jan 17, 2024 Time TBD	Introduction to SRH	You will learn about the SRH topics Vitala Global focuses on (abortion, miscarriage, and contraception), issues related to access, quality, and equity, regional differences around the world, and internationally-recognized interventions.
3	Jan 22, 2024 Time TBD	Sexual and Reproductive Self-Care	You will learn the history and meaning of self-care in abortion and reproductive health and why it is so crucial to continue advocating for self-care solutions.
4	Jan 29, 2024 Time TBD	Human-Centered Design & Digital Self-Care Solutions	From research to implementation, you will learn about the human-centered design process to create a great digital user experience and why this should be the standard in the design of abortion and SRH solutions.
5	Feb 5, 2024 Time TBD	Wellbeing	Wellbeing is essential to having more autonomy and balance in our lives. Psychology and emotions are inextricably a part of our reproductive lives, and therefore, wellbeing should be central to our personal development and advocacy work.
6	Feb 12, 2024 Time TBD	Advocacy & Movement-Building	Cultivating and strengthening community partnerships with the formal health system and grassroots organizations is key. We will teach you the best practices and tools to build trust and destigmatize



		abortion services with stakeholders.
7 Feb 19, 2024 Time TBD	Communications & Marketing	From censorship to misinformation, it takes a well-thought strategy to talk about stigmatized SRH topics like abortion on digital marketing channels. You will learn about challenges and best practices to reach your audience.
8 Feb 26, 2024 Time TBD	Entering the FemHealth Market & Crafting a Story	You will learn about insights and trends of the FemHealth market and how to become a smart storyteller for yourself and your mission. You will learn how to strategically position yourself as a candidate, negotiate your salary, engage in networking effectively, and feel confident of your skills and strengths.
9 Feb 29, 2024 Time TBD	Closing: Certificate Ceremony	CELEBRATION!

Mentors

1. Week 1: Introduction to SRH

| Genevieve Tam

Genevieve Tam (she/her) is a Canadian obstetrician gynecologist dedicated to pursuing a career in global women's health. She has spent the last 15 years working with various NGOs around the world, including MSF. Her passion is her community, whether it's her kids, partner, family, friends, colleagues or Vitala team! She is grateful for the opportunity to co-lead Vitala with a mission that aligns with her values and provides her space to grow in her career while raising her family!

2. Week 2: Sexual and Reproductive Self-Care



| Roopan Gill

Roopan Gill is co-founder and Executive Director of Vitala Global Foundation - a Canadian not-for-profit that commits to developing digital solutions that support and facilitate access to safe abortion care in challenging contexts globally. They currently have projects in Venezuela, Colombia, Mexico, Chile, United States and Canada. She is an obstetrician gynecologist and provides abortion care in Toronto with a clinical appointment at Women's College and Mount Sinai Hospitals. She works with Medecins Sans Frontieres as an emergency OBGYN and previously with the World Health Organization (WHO). She was featured in Forbes as 1 of 7 female leaders committed to inclusivity and accessibility and named Canada's Top 100 Most Powerful Women in 2022.

| Isabel Perez

Isabel Pérez is a Venezuelan woman, social psychologist and abortion acompañante. She pursued an MBA to navigate leadership roles in an effective and caring way, she is the current Aya Care Team at Vitala Global. She is passionate about meaningful connections and promotes collective care and work strategies.

3. **Week 3: Human-Centered Design & Digital Self-Care Solutions**

| Roopan Gill - *read above*

| James Estrada

James Estrada is Associate Director of Innovation at Planned Parenthood Federation of America, he uses he/him pronouns. Building on his experience in design thinking and corporate venture operations, he brings together market and user insights with trends in the startup ecosystem, to identify opportunities that help scale and advance health equity at PPFA. His work is part of Planned Parenthood's startup accelerator, which invests in impact-focused solutions coming from BIPOC founders embedded in communities with the most need in the sexual and reproductive health space. Working with Aya Contigo since March of 2023, James prepared the team to adapt their emotional support chat product for Spanish speakers in the US.

4. **Week 4: Wellbeing**

| Ally Maz

Ally Maz is a globally recognized writer, entrepreneur, yoga teacher and breathwork facilitator. She is the founder of Girlvana Yoga and Ladyvana Retreats. Her life's mission is to support the physical, mental, emotional and spiritual health of young women and to empower the next generation to embody their gifts, use their voice and find self love, each and every day.



5. **Week 5: Advocacy & Movement-Building**

| Genesis Luigi

Génesis Luigi is a researcher on reproductive health and politics. I'm Ph.D student in Sociology and Women, Gender, and Sexuality Studies at Yale University. Her work focuses on understanding how social movements, technology and expertise shape our experiences with healthcare, particularly within Obstetrics and Gynecology. She is also interested in all things reproductive technologies and politics, critical studies of global health and development, and history of medicine.

6. **Week 6: Communications & Marketing**

| Arielle Aquino

Arielle Aquino is a brand builder and marketer with a special focus on women's health and wellness. She has founded two startups including a sexual wellness store and educational events platform. Her goal is to make the conversation about sexual health and wellness approachable and inclusive.

| Leeza Mangaldas

*Leeza Mangaldas is India's foremost pleasure positive content creator, author of *The Sex Book: A Joyful Journey of Self-discovery*, and founder of delightful intimacy products brand, *Leezu's*. Given how shrouded in stigma sex is in India, Leeza started creating sex education content on YouTube and Instagram in 2017 with the intention to normalize conversations around sexuality, sexual health, gender, pleasure, and the body. Her videos reach millions of young people around India and the world, everyday providing tangible tools and resources to her community as an extension of her vision for a more sexually informed, more pleasure filled world.*

7. **Week 7: Entering the FemHealth Market & Crafting a Story**

| Valeria Aguerri

Valeria is a recruiter, career mentor, and the CEO of HireBoost. A company that connects American companies with remote talent in Latin America. In addition, she's passionate about helping professionals, especially women, develop their confidence and professional careers. Valeria has trained over 2K professionals and helped dozens get jobs at companies like Amazon, Pepsi, Deloitte, Revolut, Target Ogilvy, among many others. She has more than 10 years of experience working in agencies, startups, and global companies in Latin America, the United States, and Europe.

| Bavidra Mohan

Bavidra Mohan is a global social change leader, community builder and leadership



coach+facilitator. He is the Director of Acumen Academy, the World's School for Social Change. He's lived and worked in 11+ countries with a focus on building capacities and communities to tackle the toughest problems of our time. He is deeply passionate about storytelling, social entrepreneurship and fatherhood.

> *More details coming soon...*

- Calendar with all session names, dates, and times
- Tools to store work and connect with your peers