

## Women Empowerment



Women Empowerment refers to increasing and improving the social, economic, political and legal strength of the women, to ensure equal-right to women. Women empowerment helps women to control and benefit from resources, assets, income and their own time, as well as the ability to manage risk and improve their economic status and wellbeing. Many of the barriers to women's empowerment and equity lie ingrained in cultural norms. Many women feel these pressures, while others have become accustomed to being treated inferior to men. Empowering women to participate fully in economic life across all sectors is essential to build stronger economies, achieve internationally agreed goals for development and sustainability, and improve the quality of life for women, men, families and communities.