In this workshop, Sr Magdalene will use a reflective, critical lens, to explore challenges that many women and girls face in Kenya. In sharing these stories, Sr Magdalene will highlight women’s leadership and resilience. She will draw on excerpts from her book, ‘The Change You Want is Within You’ and invite participants to reflect on their own journey as women. This workshop is hosted by the Mercy Global Action office.

Sr Magdalene Mutee Musau is a Sister of Mercy from Kenya. She taught at St Bakhita from 1999 to 2010. She holds a Masters in Counselling Studies from the University of Manchester and a Diploma as an International Radical Aliveness Practitioner. She currently works as a counsellor and lecturer at Chemchemi Ya Uzima Centre in Nairobi. Sr Magdalene also has a private practice where she sees individual clients, offers group workshops, and online counselling services.