

<b>Valued changes</b>	<b>Description</b>
<b>Intra-personal sphere</b>	
<b>Personal transformation</b>	A personal journey from a negative to a more positive state of being, primarily characterised by increased confidence, realising personal potentials and learning to manage anger
<b>Future orientation</b>	The development of personal goals and aspirations and the creation of hope for the future
<b>Mental and physical health</b>	Increased awareness of the interdependent relationship between physical and mental health and well-being
<b>Group sphere</b>	
<b>Social connection</b>	Bringing socially isolated women together so that they can develop a sense of belonging to each other and the wider community
<b>Group support</b>	The creation of a space where the women are able to share their problems with others in a similar situation and explore solutions
<b>Familial sphere</b>	
<b>Family relationships</b>	Improved relationships with parents, in-laws and children
<b>Broader community sphere</b>	
<b>Economic participation</b>	The allowance coupled with the power of the group created the opportunity for engaging in income generation activities
<b>Stigma and discrimination</b>	Being able to better manage and respond to felt and enacted stigma and discrimination
<b>Reaching out</b>	The awakening of a desire to help others in a similar situation and the potential for the group to engage in advocacy on behalf of others.