Research Institute

Seminar Series - 6

Exploring Contemporary Issues in Myanmar

hosted by YRI-PNMD

Everyday Resilience: A Micro-Level Lens on Women's Economic Lives in Times of Crisis

📅 **June 25 (Wednesday), 2025; 2:30 PM - 4:30 PM MMT (GMT + 06:30)**

📍 **Online : Zoom**

👓**Language : English**

📝 **Register here.**

Event Description

In the wake of the coup d'état in 2021, millions of women in Myanmar lost hard-earned empowerment, autonomy and support. Conflict has limited their freedom to engage in economic and social activities and their voices are suppressed. Urgent, targeted economic support mechanisms are needed to bolster women's resilience to political and economic turmoil.

You are invited to join the YRI's 6th monthly seminar focusing on women's financial autonomy, freedom of movement and access to support. Nan Khine Cho Cho Thin, a PMND researcher, will share fresh insights from her recent micro-level analysis of women's economic resilience in three townships in Karen state. Following the presentation, we will host a moderated session with Nan Khine Cho Cho Thin and our special guest Nan Myint Aung, a community leader from Karen state. Participants will also be invited to engage with the speakers and share their perspectives.

These seminars are organized by the Pyin-Nya-Man-Daing Programme, under which more than 80 researchers have worked on projects covering human rights, law, policy, and conflict transformation.

Speakers' Profiles

Nan Khine Cho Cho Thin, *Research Author* is an emerging researcher from Myanmar, specializing in gender, internally displaced persons (IDPs), women's livelihoods, socio-economic research, and human rights. She holds a Master of Arts in Development Studies from Friedensau Adventist University, Germany.

Nan Myint Aung, *Guest Speaker* Nan Myint Aung is a Poe Karen woman with degrees in Communication Arts and Public Administration, and she co-founded Veranda Youth Community Café to promote youth development in Kayin State. She currently serves as Regional Coordinator at Education Initiative, supporting civil society organizations in human rights, policy advocacy, and democratization across Myanmar, while also holding leadership roles in several women- and youth-focused initiatives. Recognized as a women change agent and youth leader, she has represented Myanmar in international forums on indigenous rights, peacebuilding, and democracy.

Event Agenda

2:30 PM	**Greetings and Introduction**	Strategy and Communication Adviser
2:35 PM	**Keynote Speech**	Senior Research Adviser
2:40 PM	**Introduction to the Research Author and Guest Speaker**	Strategy and Communications Adviser
2:45 PM	**Research Presentation of "*Adaptive Livelihood Strategies: A Micro-Level Analysis of Women's Resilience in Post-Coup Karen State*"**	Nan Khine Cho Cho Thin,
3:15 PM	**Discussion Session with moderated questions**	Researcher and Guest Speaker moderated by SCA
4:00 PM	**Break Time**	
4:05 PM	**Participants' questions and discussions (20 mins)**	Participants
4:25 PM	**Evaluation**	YRI

Abstract

Adaptive Livelihood Strategies: A Micro-Level Analysis of Women's Resilience in Post-Coup Karen State

Nan Khine Cho Cho Thin

In this study, researchers examine how the 2021 military coup affected Karen women's economic and living conditions, specifically their financial autonomy, freedom of movement, and access to support networks. This study was conducted through a qualitative approach to understand women's resilience and coping strategies regarding their micro-level livelihood in the post-coup of Myanmar. Key informant and semi-structured interviews were conducted with 10 women in Kayin State, especially Hpa-An, Myawaddy, and Kawkareik townships. Purposive sampling and snowball sampling also included in this study.

The study found that before the coup, women were engaged in family businesses, entrepreneurship, and vocational training. The freedom to engage in economic and social activities was considerable. However, in the post-coup period, political instability has limited women's access to economic opportunities and suppressed their voices. Women have faced severe movement restrictions, financial turmoil, and a breakdown of external support, which have greatly hindered their ability to earn a living. Many women have become indebted due to rising raw material costs, and restricted market access.

Although women have adopted adaptive strategies, such as changing business models for family businesses, they remain financially vulnerable without fully supported job opportunities and policy interventions. Furthermore, displaced women face economic hardships as a result of housing insecurity and financial constraints. Targeted economic support mechanisms are urgently needed to increase women's resilience to political and economic turmoil in Karen State.

Key Words: Women, livelihood resilience, micro-level business, post-coup



Registration

SCAN ME

Event Description

In the wake of the coup d'état in 2021, millions of women in Myanmar lost hard-earned empowerment, autonomy, and support. Conflict has limited their freedom to engage in economic and social activities, and their voices are suppressed. Urgent, targeted economic support mechanisms are needed to bolster women's resilience to political and economic turmoil.

You are invited to join the YRI's 6th monthly seminar focusing on women's financial autonomy, freedom of movement, and access to support. ***Nan Khine Cho Cho Thin***, a PMND researcher, will share fresh insights from her recent micro-level analysis of women's economic resilience in three townships in Karen state. Following the presentation, we will host a moderated session with Nan Khine Cho Cho Thin and our special guest, ***Nan Myint Aung***, a community leader from Karen state. Participants will also be invited to engage with the speakers and share their perspectives.

These seminars are organized by the Pyin-Nya-Man-Daing Programme, under which more than 80 researchers have worked on projects covering human rights, law, policy, and conflict transformation.

Speakers' Profiles

"Adaptive Livelihood Strategies: A Micro-Level Analysis of Women's Resilience in Post-Coup Karen State"

Nan Khine Cho Cho Thin, ***Research Author***, is an emerging researcher from Myanmar, specializing in gender, internally displaced persons (IDPs), women's livelihoods, socio-economic research, and human rights. She holds a Master of Arts in Development Studies from Friedensau Adventist University, Germany.

Nan Myint Aung, ***Guest Speaker***, is a Poe Karen woman with degrees in Communication Arts and Public Administration, and she co-founded Veranda Youth Community Café to promote youth development in Kayin State. She currently serves as Regional Coordinator at Education Initiative, supporting civil society organizations in human rights, policy advocacy, and democratization across Myanmar, while also holding leadership roles in several women- and youth-focused initiatives. Recognized as a women change agent and youth leader, she has represented Myanmar in international forums on indigenous rights, peacebuilding, and democracy.

June 25 (Wednesday), 2025
2:30 PM - 4:30 PM (GMT + 06:30)

Check the Event Detail.

Visit Our Website
yri-mm.org