

GFC | Training, Facilitation, Advocacy & Author Portfolio

Professional Bio

Godsown Favour Chinemerem known as GFC is a training facilitator, author, menstrual health advocate, youth development practitioner, and capacity-building professional committed to empowering individuals and communities through education, advocacy, and leadership development. With experience designing and facilitating learning sessions for young people, community stakeholders, and emerging advocates, she specializes in creating engaging, participatory learning environments that inspire action and drive meaningful social impact.

As the Founder of LET'S TALK PERIOD WITH GFC, she leads initiatives that promote menstrual health education, challenge stigma, and advance sustainable menstrual health solutions. Her work has included facilitating trainings on menstrual hygiene management, reusable menstrual products, advocacy, leadership, and community engagement. Beyond menstrual health, she supports young leaders and changemakers in strengthening their visibility, storytelling, and positioning for opportunities and impact.

As an author and advocate, GFC uses writing, training, and public engagement as tools for education and social change. She remains passionate about equipping young people with the knowledge, skills, and confidence needed to lead change within their communities and beyond.

Areas of Expertise

- Training Facilitation
- Youth Leadership Development
- Menstrual Health Education & Advocacy
- Train-the-Trainer Programmes
- Community Engagement & Mobilization
- Advocacy & Storytelling
- Digital Positioning & Personal Branding
- Behaviour Change Communication

Training Topics I Can Facilitate

- Menstrual Health Advocacy and Community Engagement and Menstrual Health Education for Adolescents

- Reusable Menstrual Product Training
- Advocacy that Drives Change
- Building Your Voice for Social Impact
- Youth Leadership and Community Action
- Community Mobilisation and Stakeholder Engagement
- Personal Branding and Digital Positioning

Selected Engagements

2025| Facilitator| Rotaract Club of Orumba Membership Drive Week|

Facilitated community and school-based sessions on menstrual health, sexual and reproductive health, personal hygiene, and youth development during outreach activities across communities and schools.

2025| Speaker| Nanka Teens Summit|

Delivered a session representing Rotaract Club of Orumba, engaging teenagers on leadership, self-development, menstrual health awareness, and informed decision-making. (Link available.)

2025| Participant| Menstrual Leaders Train-the-Trainers Programme|

Participated in sessions supporting the capacity building of menstrual health advocates and emerging leaders on menstrual health education, advocacy, and community engagement strategies.

2025| Project Chair| Rotaract Club of Orumba|

Coordinated and supported the planning and implementation of community service projects, outreach programmes, awareness campaigns, and volunteer engagement activities.

2024| Speaker & Co-Host| KFoundation

Online Session on Girl Child Education and Menstrual Health Awareness| Co-hosted and spoke during an online awareness session focused on the importance of girl-child education, menstrual health literacy, and creating supportive environments for girls to thrive academically and socially..

2022–Present| Menstrual Health Advocate|

Led various Advocacy Campaigns and Awareness Programmes| Led and supported campaigns promoting menstrual health awareness, period dignity, access to menstrual health information, and community sensitization.

2023–Present| Youth Development

Youth Leadership and Capacity-Building Initiatives| Supported youth-focused programmes through mentorship, facilitation, advocacy, leadership development, and community engagement activities.

Additional engagements, collaborations, webinars, conferences, and community outreach activities are available upon request. Selected links, photographs, testimonials, and supporting documentation are included throughout this portfolio.

Publications

Dear Menstrual Warriors: Period Pain Is Not Normal

Role: Author

A menstrual health advocacy publication that challenges the normalization of severe menstrual pain and encourages informed conversations around menstrual health, dignity, and access to accurate reproductive health information. Through storytelling, education, and advocacy, the book empowers menstruators to recognize when period pain may signal an underlying health concern and to seek appropriate support and care.

Whenever my period is approaching each month, fear would grip me and just by thinking about how much pain I would go through; I would resort to swallowing pills days before, so the pain can lessen when it finally comes.

BUT, it turns out it was a result of an underlying condition, and after that condition went out of the way (was treated), the period pain got really better.

I used to think such period pain are okay, till my issue occurred. It's not normal.

-KEHINDE AYOMIDE MIRACLE, NIGERIA.

Dear Menstrual Warriors,

Period pain is not normal

Godsown Favour .C.

THE AUTHOR

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menstrual health
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- <https://selar.com/1v31w2>

This book is more than a conversation about period pain; it is a reclamation of voice. For too long, severe menstrual pain has been dismissed as 'normal,' leaving many to suffer in silence. Dear Menstrual Warriors disrupts that silence with honesty, courage, and education.

Book Endorsement and Review

As Pink Peace Foundation and on my own behalf, we deeply resonate with its message: pain that disrupts your life deserves attention, not endurance. This book will empower readers to ask questions, seek answers, and refuse medical dismissal.

I wholeheartedly endorse this work and the awareness it brings to menstrual justice."

Salome Achieng' Delaila

Founder, Pink Peace Foundation, Kenya

"Whether you are a woman, a girl, a man, a boy, a feminist, a health personnel, or a teacher, this book applies to anyone who has ever wondered why some girls' lives are drastically put on hold during menstruation. It is time for warriors to fight misconceptions with knowledge and verified information.

This book explains what a normal period experience should be like and why it is important to reassess our conception of 'normal' period pains rather than merely adhering to popular opinion.

For anyone who wants to rise above traditional and mainstream misinformation regarding menstrual health, this book is a must-read. Godsown Favour is passionate about menstrual health education, and this book is an invitation to join the advocacy for menstrual health literacy."

Jideoliseh Joel

Investigator and Forensic Scientist, Nigeria Police Force

Sample Training Materials

The following materials are representative of training sessions and workshops facilitated across youth development, menstrual health advocacy, leadership, and community engagement programs:

Session Plans:

Menstrual Health Education for Adolescents

Leadership and Personal Development Workshop

Youth Advocacy and Community Mobilization Training

Reusable Menstrual Products Awareness Session

Facilitation Resources

Workshop agendas and learning objectives

Group discussion prompts and reflection exercises

Activity guides for community engagement sessions

Monitoring and evaluation templates

Educational Materials

Menstrual health awareness handouts

Advocacy campaign talking points

Youth leadership development resources

Community sensitization materials

Participant Engagement Tools

Pre- and post-training assessment questionnaires

Feedback and evaluation forms

Action planning worksheets

Commitment and follow-up templates

Detailed training materials and customized facilitation resources are available upon request and are adapted to the needs of specific audiences and programs.

Some Certifications & Professional Development



CERTIFICATE OF COMPLETION



This certificate is proudly presented to

GODSOWN FAVOUR

In recognition of your effort and achievement in completing the 8-Day Online
Menstrual Business School Program on this day

TRACY YEKAGHE

CEO & Lead Instructor



Certificate No: b4bdd158e904cbda

Issued: January 5, 2026



COHORT 2



THE CHOSEN INSPIRAA FOUNDATION

CERTIFICATE OF ACHIEVEMENT

Presented to :

Godsown Favour Chinemerem

Having completed the fundamental training on sexual and reproductive health with exemplary commitment, and successfully implementing the 'Adopt a School' initiative and virtual advocacy of SRH Advocate Programme

Issued, 13th June 2025

Adebayo Joseph
Project Director

Funmilayo Omodara
Founder TCIF

CERTIFICATE OF PARTICIPATION

THIS IS PRESENTED TO

Godsown Favour C.

for participating in the FemmeInspire one month intensive training



December 2025

FEMME
Inspire



CERTIFICATE OF COMPLETION

This is to certify that

Godsown Favour C.

Successfully completed the Menstruleaders: Train the Trainer Initiative Program, Cohort 1 on 14th June 2025. Gained significant knowledge, essential skills, and invaluable experience to pave the way for impactful and thriving Menstrual Health Management Advocacy.

Executive Director

A handwritten signature in black ink, appearing to read 'Chidera James-Edeh'.

Chidera James-Edeh



PS0000005

Photos & Evidence some of the Facilitation

Rotaract
Club of Orumba Municipal



Interact
Club of Dormition of Mary college
Nanka



Present

MEMBERSHIP DRIVE PROJECT

Tagged

**Rotaralized the Rural Orumba Axis
(HEALTH -LOVE AND COMPATIBILITY:
RHESUS FACTOR, GENOTYPE ETC)**



2nd August 2025- St Michaels Catholic Youth Nanka
18th August 2025 - Nanka Youth Association Umudala Chapter
20th August 2025- Amaokpala and Ufuma Axis

GODSOWN FAVOUR. C.
SPEAKER





Posts



periodpaadigfc and **periodslayinitiative**

🎵 Sia • The Greatest



1/2



Media Feature by UnlimitedSisi

<https://www.instagram.com/p/DGXX7BFKw8o/?igsh=OGY1ZGlyZTc3aDBh>





Rotaract
Club of Orumba Municipal



Interact
Club of Dormition of Mary college
Nanka



Present



Rtr. Onyeanusl Doris
Odinakachukwu
President Rotaract club of
Orumba Municipal



Intr. Nchebechukwu Okafor
President Interact Club of
Dormition of Mary college
Nanka



Rtr Godsown Favour
SPEAKER

A DAY WORKSHOP TO MARK THE INTERACT WEEK 2025

Tagged:

**Sustainable Futures: Youth
Action for the planet**



**Sun.9th Nov
2025**



**Dormition of Mary college Hall
Nanka**



2PM

← Posts



_gfcglobal

🎵 Delana Hope • Something Big



[View insights](#)

[Boost post](#)



Testimonials & References

Testimonials & References

Over the course of facilitating training, leading community outreach initiatives, speaking at events, and collaborating with youth-focused and menstrual health organizations, positive feedback has been received from participants, partners, and stakeholders. Due to device loss and data recovery challenges, some historical testimonials and feedback records are currently unavailable.

Selected endorsements, professional references, and recommendation letters will be provided upon request.

Media, Links & Online Presence

LinkedIn: https://www.linkedin.com/in/godsown-favour-c-05ba8b211?utm_source=share_via&utm_content=profile&utm_medium=member_android

Instagram:

<https://www.instagram.com/gfcglobal?igsh=YXp3aGZic2k5cGdt>

Contact Information

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