BE THAT GIRL
FOUNDATION

Helping women lead self-determined lives

Rotary Action Group for Reproductive, Maternal & Child Health — Switzerland

21 September 2026



FOUNDATION FACTS

Be That Girl Foundation facts

Mission: Helping women live self-determined lives

Founded by Cornelia Gantner in 2021

Active in: Afghanistan, India, Kenya, Malawi, Mozambique, Rwanda, Zambia.

How: Grant-making and technical support to 9 partner NGOs, and implementing own projects

Target group: Adolescent girls to young women from low-income backgrounds

Key interventions: Scholarships, mentoring and coaching, life skills

Results: 95% progression rate; 1% drop-out due to early pregnancy

Creating a pipeline of educated, resilient, skilled young women ready to drive change.

OUR APPROACH

Four ways we support girls

Combining financial support with the relationships, skills and opportunities they need to thrive.

1
Education

Secondary and tertiary scholarships with local partners.

2
Mentorship

Trusted adults, safe spaces and guidance.

3
Life & Work Skills

Confidence, communication, financial and technical skills.

4
Pathways to Opportunity

Routes into further study, work or enterprise. *Zambia Pathway Centre launching Jan 2027.*



Our goal is not simply for girls to access education, but for them to have the agency and support to make meaningful choices about their lives.

IMPACT STORY

A Be That Girl story

Precious Chilufya — born 22 February 2002, Zambia

Background: One of four siblings. Her father lost his job and the family could no longer support her schooling; she left school after Grade 11 and spent six years at home.

With BTG: In 2022 a community worker introduced her to the programme. She enrolled in a certificate course in tailoring and design at Chawama Skills Training Centre and completed it in December 2023, becoming known for her designs — including gowns for the BTG 2024 graduates.

Today: She runs her own tailoring business, supporting both herself and her family.

Next: She plans to expand the business and keep building her skills in fashion.



"The Be That Girl programme has empowered me to achieve my goals. I am now clear about my future."
Precious Chilufya

WHY MENTORSHIP

Education and financial support alone are not enough

Girls also need

- trusted adults and positive role models
- safe spaces to talk about the challenges they face
- confidence and life skills
- guidance on relationships, education and their futures
- connections to opportunities and support





What mentorship builds

Confidence, an understanding of their rights, life and career skills, and an expanded sense of what is possible.

The relationship is as important as the content.

IN PRACTICE — AN EXAMPLE FROM MALAWI

Rotary women mentoring BTG scholars

In Malawi, BTG works with **Rotary Club of Lilongwe Lotus**: professional women from Rotary mentor BTG-supported university scholars, using a mentoring framework and resources provided by BTG.

THE MENTORS

Professional women from Rotary

They volunteer their life experience, professional knowledge and networks — walking alongside young women rather than teaching at them.

THE MENTEES

BTG-supported university scholars

Young women navigating tertiary study and the transition from education into work, in their own communities.

THE FRAMEWORK

Provided by BTG

BTG supplies the mentoring framework, the Mentor Guide and supporting resources; RCLL brings the relationships and local presence.



WHAT WE CAN SHARE

Two resources we are looking to share

1

The BTG Mentor Guide

A practical curriculum that mentors can use directly with girls.

37 interactive sessions | 5 themes | Ages 9–25

In development: an online, interactive portal with training resources so organisations can learn how to use the Guide.

2

Publishing 11 October 2026

The Power of Connection

A practical resource for organisations designing or strengthening mentoring programmes.

Seven pillars — from understanding girls' needs and programme design to mentor preparation, safeguarding and measuring impact.

And the resources don't have to stand alone.

BTG can complement them with simple how-to toolkits, videos and implementation guidance to make it easier for organisations to put the learning into practice.

Five themes, 37 modular sessions

1. **Building Trust**
   Creating safe, healthy and trusting relationships.

2. **Health & Wellbeing**
   SRHR, nutrition, mental health, hygiene and sanitation.

3. **Preparing for Your Future**
   Career preparation, financial literacy and technical skills.

4. **Personal Growth**
   Relationships, leadership, communication and decision-making.

5. **Human Rights & Civic Engagement**
   Human rights, gender equality, civic engagement and advocacy.

Modular by design

Contents informed by the needs of the girls and mentors' inputs.

Not all 37 sessions need to be delivered. Groups select what fits their girls.

BTG recommends completing Building Trust before moving into more sensitive topics.

Well suited to school-based group mentoring.

HOW A SESSION RUNS

A simple, repeatable session flow

A consistent but flexible 60–90 minute routine — safe and engaging for girls, with room for mentors to adapt.

1. **Energizer** — 5 min — Connect & have fun
2. **Check-In** — 5 min — How are we arriving today?
3. **Take 5** — 5 min — Breathe, settle & focus
4. **Main Activity** — ~40 min — Explore, discuss & practise
5. **Check-Out** — 5 min — What am I taking away?
6. **Team Time** — open — Stay, talk & connect

The routine is what makes the relationship possible: girls know what to expect, and mentors have a structure they can follow with confidence.

AN OPPORTUNITY FOR RMCH SWITZERLAND

You are already creating access. Could mentorship deepen the impact?

Where RMCH clubs already reach girls through menstrual-health and SRHR programming, group mentorship could complement what is happening rather than adding a separate programme.

A SIMPLE MODEL

1. Start from programmes already delivering services to girls (menstrual health, SRHR..)
2. Local professional (such as existing staff at partner NGOs) trained as mentors
3. Select relevant sessions from the BTG Mentor Guide
4. Meet with girls periodically through the school year

BTG could provide

— The Mentor Guide as curriculum

— The Power of Connection

— How-to resources & videos

— Implementation guidance

Plus introductions to experienced mentors from our partner NGOs.

WHAT COULD WE DO TOGETHER

Connecting with BTG tertiary students and alumni

1

Mentorship & Role Models

Rotary women could engage with BTG participants through mentorship, career conversations and professional exposure. Either in person through local Rotary Clubs or online.

2

Networks & Opportunities

Rotary's professional and business networks could open up workplaces, entrepreneurs and career pathways as young women move from learning to earning.

Start with what already exists. Add the power of connection. Learn together.

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IN THEIR OWN WORDS

What mentorship changes

> *I was not confident at first when I was selected, as I was older than everyone else in the class. But now I feel confident and fit because my mentors encouraged me.*

Memory Gunda
Form 3 mentee, Andiamo, Malawi

> *When my friend was afraid to speak, we encouraged her. She told her story and got help. I've learned that our voices can really make a difference.*

Charity White
Form 3 mentee, Andiamo, Malawi

> *These weekly mentoring sessions became a turning point in my life. They helped me discover the power of setting goals, building confidence and staying focused on my education.*

Jessica
Student, CAMFED

> *Some who were on the verge of dropping out have regained hope and commitment to their studies. Parents see a positive change in their children's attitudes and aspirations.*

Cynthia
Learner Guide, CAMFED

Quotes drawn from The Power of Connection, Be That Girl Foundation, 2026.