
How To Empower Women In Politics

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The only way to sustainable peace, prosperity, stability, and democracy is by active and equal inclusion of women in politics, law, and decision-making. With women making up half the global population, it is crucial to have equal gender representation in deciding a better future for all.

However, while the numbers are gradually improving, statistically, women's representation and participation in politics are still less than their male counterparts. There are many factors behind this, including women not feeling empowered in this field and the general trend set of politics being a "man's game".

We talked to a panel of experts in politics and leadership to find ways to empower women in politics. The experts explain the reasons women are held back in politics and how they can be empowered;

Christine Michel Carter, The #1 Global Voice for Working Moms, Best-Selling Author of Can Mommy Go To Work? and MOM AF, Senior Contributor, ForbesWomen. According to Christine...

If women knew they could spend campaign funds on childcare, they would more than likely be encouraged and empowered to join politics. This became an FEC ruling in 2018. Research shows that childcare obligations are among the most significant factors women consider when deciding whether to run for office.

When they do run and win, they are more likely to introduce legislation that addresses the needs of working parents, such as healthcare, childcare, education, paid family leave, and affordable housing for families.

Nicholas B. Creel, a Political Scientist with a Ph.D. in political science from Texas Tech University. According to Nicholas...

Something that the political science literature has taught us is that a lot of women don't enter politics because they feel they are unqualified for the job even when they appear to have superior qualifications to men, who are rarely ever dissuaded by those feelings.

Carlota Zimmerman, J.D., is a renowned Career Coach who has helped women over the years get into politics. According to Carlota...

Don't be dismissive. Whatever you personally think of politicians, let's admit that we live in an age wherein we should be encouraging more level-headed, empathetic people to be engaged in finding political solutions. A great way to empower a woman with political aspirations is to listen to her aspirations and say, I'm sure you'll do a lot of good! Encourage her to seek out local politicians who are seeking volunteers and interns; that can be as easy as Googling state senators and the most local lawmakers and asking what sort of volunteer and/or internship opportunities they have. If the woman in question is still in school,

encourage her to reach out to her mentors, favorite professors, even the alumni association—yes, she’s still in school, but they’d be happy to help—and get leads. Crucially, don’t make your politics, or your (negative) feelings towards politicians part of the equation; she’s come to you for advice and help.

Amy Davis, a Woman Entrepreneur and Founder of My Cat Need This. According to Amy...

Women who want to join politics can empower themselves through education. Society has always favored strong men in leadership positions. On the other hand, men have not been given enough opportunities to provide input in public policymaking.

Women have become more involved in the political process in recent times, which is a step in the right direction for grassroots democracy. There are still issues that need to be addressed, such as women’s access to information regarding their rights and skills training programs necessary for success.

The empowerment of women through education will allow them to break the glass ceiling and take advantage of the opportunities they are being provided with by society.

Sonya Schwartz, the Founder of Her Norm. According to Sonya...

As a woman myself who has experience in leading, I believe that it is more effective if a woman is the one leading a society. The first step in empowering women is to achieve gender equality in society. People must stop belittling women and start to see what they can do. If these people finally recognized the power women hold, this could make women feel valued and encouraged to rule a community.

Yannis Giantzides, Managing Director at Harley Street Hair Transplant Clinics. According to Yannis...

Women need to understand the impact they might have on the next generation if they get involved in politics. They have a huge amount of potential that needs to be recognized and encouraged so that they can change the world in a way only they can.

Educate them about politics and train them in skills such as public speaking, time management and problem-solving. Show them stories of women breaking the glass ceiling.

Na'ilah Amaru is a nationally recognized Political Strategist and Democratic Consultant. According to Na'ilah...

- Women belong in rooms where decisions are made but are severely underrepresented at every level of government. Women need to redefine their understanding of leadership and recognize that they have the credentials and life experiences to step into the political sphere to share their ideas and expand their influence in public policy-making spaces.
- Politics is for everyone, because politics impacts all of us. Throughout history, women, especially women of color, have led organizing movements from the shadows. Women still lead, but too often, not in the spotlight. By stepping into a new sphere of leadership, women have the power to change how we talk about issues and the policy solutions to those issues.
- Changing the face of political leadership matters. Women can offer a different perspective on the many issues society grapples with. This diversity in lived experiences leads to diversity in thought, which makes for more robust and productive legislative conversations.