

## Official Report

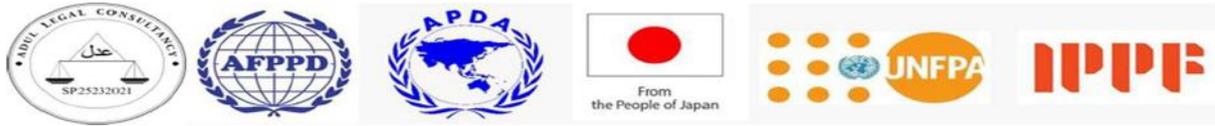


**Workshop  
Empower Youth, Women and Family  
13 February 2026, Maldives**



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## 1.0 Executive Summary

On Friday, the Community Empowerment Forum was convened, bringing together a diverse assembly of professionals, community leaders, and residents. The primary objectives were to enhance practical skills, stimulate inter-community dialogue, and formulate actionable plans for local development. While the initiative aimed to include representatives from all 20 atolls of the Maldives, the forum organizers successfully facilitated the participation of individuals from 16 atolls. The forum successfully achieved its immediate goals and established a foundation for broader regional impact.

The agenda was structured to maximize participation, beginning with a traditional Maldivian breakfast and opening ceremony, followed by targeted skill-building sessions for Youth, Women, and Families. The workshop facilitated a full day of engagement, culminating in a collaborative action-planning workshop. The presence of experts in Islamic jurisprudence, psychology, victim support, business, and law provided a rich foundation for the discussions.

### Opening Ceremony

The Opening Ceremony of the joint AFPPD, MPPD and Adul Legal Consultancy, supported by UNFPA and JTF workshop on Empower, Youth, Women, Family commenced on the morning of 13 February 2026 at the Hotel Arrival Beach & Spa in Gulhi. The ceremony marked the beginning of a significant gathering aimed at addressing population dynamics, family resilience, and women's empowerment across the Asia-Pacific region.

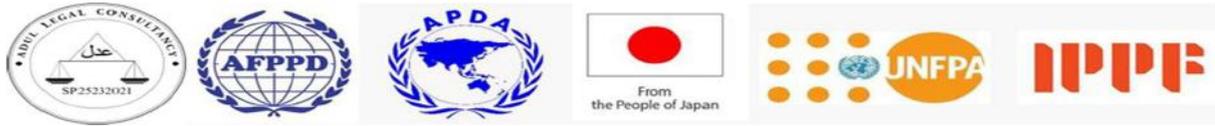
The event was chaired by the Chief Guest, **Hon. Ms. Aiminath Ismail**, Deputy Minister of Ministry of Health. The proceedings were skillfully hosted by **Hon. Dr. Anara Naeem** MP Maldives, with coordination led by **Mr. Adam Mohamed**. The session also featured an address by **Ms. Hitomi Tsunekawa**, Representative of AFPPD/APDA, and a presentation by **Mr. Azzam Shafeeq**.

### Welcome Address by Hon. MP Dr. Anara Naeem

In her opening remarks, Hon. MP Dr. Anara Naeem extended a warm welcome to all attendees, with special recognition for the Chief Guest, Ms. Aiminath Ismail. She emphasized that the Deputy Minister's presence signified the health sector's strong commitment to the critical issues of population and development.

Dr. Naeem expressed profound gratitude to the Asian Forum of Parliamentarians on Population and Development, particularly acknowledging the strategic vision and personal counsel of AFPPD Executive Director, **Dr. Usmonov Farrukh**. She noted that it was his thoughtful guidance that led to the submission of the workshop proposal, resulting in this first-of-its-kind gathering supported through this avenue.

While AFPPD leadership could not be physically present, Dr. Naeem assured attendees that their support remained unwavering.



She also thanked the People’s Majlis for its steadfast partnership and active participation. Acknowledging the dedication behind the scenes, Dr. Naeem praised Coordinator **Mr. Adam Mohamed**, describing him as the backbone of the event. She concluded by thanking the management and staff of Hotel Arrival Beach & Spa for their exceptional hospitality, expressing hope that the workshop would inspire meaningful outcomes.

#### **Address by the Chief Guest, Hon. Ms. Aiminath Ismail**

Deputy Minister Ms. Aiminath Ismail delivered a gracious address, underscoring the importance of workshops such as this in addressing contemporary societal challenges. She commended the dedication and hard work of Hon. MP Dr. Anara Naeem, recognizing her significant social, political, and religious contributions to the nation.

The Deputy Minister highlighted pressing challenges facing the Maldives, particularly the inequality of women in leadership positions and broader social issues affecting communities. She called for collective action to tackle these obstacles, emphasizing the need for inclusive policies and sustained advocacy. Ms. Ismail extended her gratitude to the Government, AFPPD, and Hon. MP Dr. Anara Naeem for their roles in making the workshop possible.

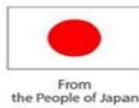
#### **Remarks by Coordinator Mr. Adam Mohamed**

Coordinator Mr. Adam Mohamed provided a brief overview of the workshop’s objectives and structure. He formally introduced all Lecturers and Resource Persons who would facilitate the sessions, setting the stage for productive deliberations. Mr. Mohamed thanked Dr. Anara Naeem and AFPPD for their trust and support, reaffirming his commitment to ensuring the workshop’s success.

#### **Address by AFPPD/APDA Representative Ms. Hitomi Tsunekawa**

Ms. Hitomi Tsunekawa, representing AFPPD, spoke on the importance of continuous efforts in population and development. She highlighted the support of the Government of Japan in enabling AFPPD’s initiatives across the region. Ms. Hitomi commended Dr. Anara Naeem and the Government of Maldives for their dedication, stressing that sustained collaboration is essential to achieving the goals set forth in the ICPD agenda.





## Profiles and Overview of the lectures and presentations.

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The forum was significantly enriched by the participation of key resource personnel and community figures whose expertise spanned multiple disciplines.

1. **Hon. Dr. Anara Naeem, MP Maldives (Huraa Constituency):** Holds a PhD in Islamic Judicial Science and Legislative Policy, offering expert guidance on legal and ethical frameworks.

Honorable MP Anara Naeem delivered an insightful lecture on "Active Listening & Communication for Families," emphasizing the Islamic foundation of family unity. Citing Surah An-Nisa (4:21), she highlighted the solemn covenant (مِيثَاقًا عَلِيًّا) of marriage, urging couples to be understanding, thankful, and patient. Drawing from the example of Prophet Mohamed (peace be upon him), the session focused on building trust through engaging discussion and accessible communication. Attendees learned to be focused and helpful, fostering a sympathetic and flexible environment. The lecture stressed that passionate, prepared, and patient communication transforms challenges into opportunities for stronger relationships.

2. **Mr. Anwar Naeem (Head, Victim Support Department, Maldives Police):** A published author and life coach, providing insights into trauma-informed support, mentoring, and strategic thinking for community safety.

Mr. Anwar Naeem's session focused on strengthening Maldivian families through "Family Covenants." Drawing inspiration from the Prophet Ibrahim's family model, the presentation emphasized shared faith, consultation (Shura), and women's foundational leadership. Participants engaged in "Family Council" exercises to draft core values, mutual promises, and community project ideas. The framework aims to transform unified families into drivers of community development, reinforcing that strong families build resilient island communities across the Maldives.

3. **Shidhatha Shareef (MD, Institute for Counselling & Psychotherapy; Former Minister):** An Honorary doctorate recipient for social services, offering high-level strategic direction on family and social policies.

An official session on Conflict Resolution and Positive Parenting was led by Dr. Shaidhatha Shareef, former Minister and Honorary doctorate recipient, who provided strategic insights on strengthening Maldivian families. The session addressed common family conflicts, including communication gaps and academic pressure. Key strategies focused on positive discipline, active listening, and problem-solving aligned with Islamic values. Dr. Shareef emphasized resolving conflicts through guidance rather than punishment to build trust and resilience. The report concludes that consistent, compassionate parenting fosters stronger family harmony and equips children with essential emotional skills.

4. **Ms. Mariyam Mohamed (Trainer, Success Coach & Speaker):** Provided expertise in business administration and personal development coaching.



Mariyam Mohamed, a renowned trainer in business administration and personal development, conducted a transformative workshop titled “Career Mentorship & Mock Interviews: From Mindset to Mastery” for youth in Male’, Maldives. The session emphasized the power of mindset, communication, and body language in interview success. Participants explored the 7-38-55 rule, the PREP method, and the importance of confidence rooted in self-value. Special attention was given to empowering young women to overcome cultural barriers and speak with authority. The workshop also highlighted family support as a pillar of career growth. Through interactive exercises and mindset coaching, attendees shifted from survival to value-based thinking. The event successfully equipped youth with practical tools to approach interviews with clarity, confidence, and authenticity.

**5. Ms. Ameera Naeem (Director, Preventive Mechanism, HRCM):** With a Master of Development Studies and a Psychology background, she offered a human rights and preventative lens to community issues.

Ms. Naeem delivered a comprehensive presentation examining women’s health rights through legal, religious, and human rights frameworks. She grounded her analysis in Islamic principles of dignity and the Maldives Constitution (2008), which guarantees freedom from discrimination. Referencing CEDAW, she emphasized rights to bodily autonomy, reproductive healthcare, and freedom from violence.

The presentation identified key challenges including patriarchal norms, service gaps, and data deficiencies. Ms. Naeem highlighted that rights violations occur through discrimination, negligence, and denial of care. She concluded by advocating for multi-level strategies—personal, community, and policy—to strengthen protections and ensure equitable, dignified healthcare access for all women in the Maldives.

**6. Hon. Aminath Ismail (Deputy Minister, Mental Health and Disability Rights Advocate):** Her leadership at the Ministry of Health and representation at the UN Committee on the Rights of Persons with Disabilities (CRPD) provided authoritative perspectives on mental health advocacy and inclusive policies for persons with disabilities in the Maldives.

Deputy Minister Aminath Ismail represented the Maldives at the Committee on the Rights of Persons with Disabilities (CRPD), presenting on "Breaking Barriers: Women Entrepreneurs and Youth Advocates." She highlighted inspiring Maldivian stories, including Zahiyya Mohamed, a fishhook craft pioneer who empowered local women, and Aiesha Adnan, founder of Women in Tech Maldives. Ismail also featured Zarah, a 17-year-old climate advocate participating in UNICEF programs. The presentation underscored resilience, innovation, and advocacy as tools for overcoming barriers. Ismail emphasized that empowering women entrepreneurs and youth advocates drives inclusive community development, aligning with CRPD’s mission to promote disability rights and equal participation for all.

**7. Shadhiya Ibrahim (Head of UNFPA Maldives):** With over 25 years of experience and advanced degrees in Social Change and Development, she contributed expertise in data-driven



development, public health, and strategic planning.

Ms. Shadiya Ibrahim, Head of UNFPA Maldives, delivered a compelling lecture on demographic shifts. Using a UNFPA video featuring a young girl named Aimi, Ms. Ibrahim illustrated two contrasting futures for the Maldives based on current population projections, which indicate the nation is on a path to becoming an aged society by 2040.

The first scenario depicted Aimi sacrificing her career and personal life to care for her ill parents. The second, more positive scenario showed her thriving with community support and healthy aging. Ms. Ibrahim concluded that people must be the foundation of all policies, challenging the audience to envision a dignified future. She asked participants where they would spend the last day of their lives, advocating for a choice of dignity and independence.

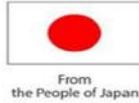
**Mr. Adam Mohamed (Former MD, WAMCO & Maldives Post):** His Bachelor of Commerce and corporate leadership experience provided practical insights into public sector management and economic development.

The 13th Gulhi Workshop, facilitated by Adam Mohamed, delivered a comprehensive session on integrated leadership and strategic planning. The presentation outlined ten modern leadership principles—such as Psychological Safety, Servant Leadership, and Agile Leadership—grouped into themes of Trust, Inclusion, Agility, and Legacy.

The second half focused on translating vision into action through SMART goals. By merging leadership qualities with specific, measurable, achievable, relevant, and time-bound objectives, the workshop provided a robust framework for organizational transformation. Mr. Mohamed, leveraging his experience as former MD of WAMCO and Maldives Post, provided practical insights into applying these concepts for sustainable public and private sector growth.

8. Mr. Ahmed Shiyaz (Former Secretary General, Adhalath Party): Brings a unique combination of legal expertise (LLB in Laws), corporate leadership experience, and specialized knowledge in Artificial Intelligence (AI), offering insights into the intersection of law, governance, and emerging technologies.

The session addressed the urgent need for Artificial Intelligence (AI) literacy as a fundamental workplace skill. Presenter Ahmed Shiyaz, leveraging his legal and corporate expertise, demonstrated that AI is transforming the global workforce, with 86% of employers predicting business changes by 2030. He emphasized that while 92 million jobs may be displaced, 170 million new roles requiring digital fluency will emerge. The workshop provided hands-on training using free tools like Gemini, teaching participants how to generate business plans, conduct market research, and build websites from their phones. Attendees learned that AI literacy is the new computer literacy, essential for staying competitive. The session concluded with a strong call to action: embrace these tools immediately to bridge the widening skills gap.



## FORUM PROCEEDINGS

### Arrival and Registration

#### *Official Opening Ceremony*

The Event Chair officially opened the forum with remarks highlighting the objectives of the day and the importance of community-driven development. Housekeeping announcements were made to ensure the smooth flow of subsequent sessions.

#### *Forum Session 1: Skill-Building I – Leadership & Foundation*

##### Skills Time:

Chair: Hon. Dr. Anara Naeem, MP Maldives

The inaugural working session focused on foundational skills across the three target demographics. The Chair introduced the session objectives and moderated the interactive segments.

- Youth Track: Mr. Adam Mohamed delivered a lecture on "Youth Leadership & SMART Goals," emphasizing practical frameworks for personal and professional development.
- Women's Track: Hon. MP Fathimath Saudha addressed "Financial Literacy & Micro-Business Planning," encouraging women to explore entrepreneurial avenues.
- Families Track: Hon. MP Anara Naeem led a session on "Active Listening & Communication" as tools for strengthening family bonds.
- Synthesis: The session concluded with a 15-minute moderated Q&A, allowing cross-group insights and discussion on the presented topics.

#### *Forum Session 2: Skill-Building II – Digital Literacy & Advocacy*



Chair: Hon. Shidhatha Shareef (Former Minister)

The second skill-building session advanced the discussion into practical applications and rights awareness.

- Youth Track: Mr. Ahmed Shiyaz presented on "Digital Skills for the Modern Workplace," outlining essential competencies for the evolving job market.
- Women's Track: Ms. Ameera Naeem provided an overview of "Legal Rights & Health Advocacy," empowering women with knowledge of their entitlements and resources.
- Families Track: Hon. Shidhatha Shareef facilitated a session on "Conflict Resolution & Parenting Strategies," offering techniques for managing household dynamics.
- Synthesis: Participants engaged in cross-group discussions and interactive activities designed to apply the skills learned.

A cultural lunch was served to all attendees, providing an opportunity for informal networking.

#### *Forum Session 3: Inspiration Panel – "Breaking Barriers"*

This session was dedicated to sharing lived experiences to inspire action.

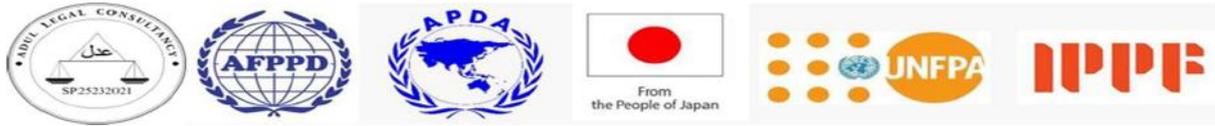
- Keynote Address: Ms. Aiminath Ismail delivered a keynote on the power of resilience, sharing stories from women entrepreneurs and youth advocates in the Maldives.
- Interactive Panel Q&A: An open floor Q&A session was held with Ms. Aiminath Ismail and the day's lecturers, allowing participants to seek advice and engage directly with role models.

#### *Forum Session 4: Action-Planning*

Chair: Mr. Anwar Naeem

The final working session transitioned from theory to practical community planning.

- Youth Track: Ms. Mariyam Mohamed conducted a session on "Career Mentorship & Mock Interviews," preparing young attendees for professional engagement.
- Women's Track: Ms. Shadiya Ibrahim, UNFPA Maldives, led "Advocacy Training & Forming Support Groups," guiding women on how to establish and sustain local networks.
- Families Track: Mr. Anwar Naeem introduced the concept of "Creating Family Covenants" as a tool for formalizing mutual respect and responsibilities within households.
- Synthesis: The session concluded with a moderated collaboration exercise where all



groups brainstormed community project ideas, laying the groundwork for future **local initiatives**.

### Closing Segment

- The declaration was unanimously adopted on 13 February 2026 by the 40 participants of the joint AFPPD, MPGPD and Adul Legal Consultancy, supported by UNFPA and the JTF on "Empower, Youth, Women and Family" Workshop. The document is endorsed by a diverse group of 11 Resource Persons (Lecturers) and 29 Participants. While the signatory list provides space for names and signatures, the only fully detailed endorser listed is Hon. Dr. Anara Naeem, who attended in the capacity of Lecturer. The remaining 39 signatories consist of additional Lecturers and general Participants who collectively affirmed the commitments outlined in the declaration regarding family ties, women's empowerment, and sustainable development.
- Closing Ceremony: The forum was formally adjourned with closing remarks that summarized the day's achievements and thanked the hosts, speakers, and participants for their contributions to a successful and impactful event.

