



**Philippine Sports Association for the Differently-Abled,  
National Paralympic Committee of the Philippines  
(PHILSPADA-NPC Phils.)**

**Introduction of Paralympic Sports  
to Filipino Girls and Women with Disabilities  
and Sport Leadership Summit  
Social Welfare and Development Center for Asia and the Pacific (SWADCAP)  
Taguig City , Dec 15-17, 2008**

**Executive Summary**

In spite of significant progress in women participation in various aspects of society, much work still needs to be done to fully empower women in general and women with disabilities in particular who face multiple discrimination. Joining the global campaign for empowering women with disabilities, PHILSPADA-NPC Philippines conducted a three-day seminar workshop designed to create awareness and understanding of Paralympic sports and develop leadership within the national Paralympic movement. The workshop is meant to echo lessons learned in the Asian Women in Paralympic Sports Leadership Summit (WIPS) participated in by selected athletes and NPC officials from the Philippines in Kuala Lumpur, Malaysia last May 1-3, 2008.

The first day was primarily designed to set the tone for the whole seminar-workshop. During the Opening Ceremony, Inspirational messages from PHILSPADA-NPC Phils.' Officers and guests from the National Council on Disability Affairs (NCDA), Tahanang Walang Hagdanan (TWH), Philippine Sports Commission (PSC) and the Philippine Olympic Committee (POC) brought home the message of welcome and participation in sports for women with disabilities. An entertaining intermission number was done by winners from the Dec. 6, 2008 1<sup>st</sup> wheelchair dance sports competition in the Philippines. The dancers showcased one of the many sports that women with disabilities could develop.

The second day started with a presentation by Ms. Cherry Pinpin, a Paralympian (sailing) who showed various ways with which women with disabilities could engage in sports and recreational activities. Her key message was “it is a matter of will... and if you want to win, you can”.

The learning facilitators and participants were then introduced to each other and expectations were leveled off. It was clarified that the training workshop will focus on echoing lessons on leadership from the Kuala Lumpur training and to plan for next steps on advocacy and networking.

The first workshops and inputs focused on **Influencing Change**, i.e., what types of changes could be brought about by advocacy. The next set of workshops and inputs focused on **Networking**, i.e., interpersonal and organizational networking. The last set of inputs focused on **Effective Communication**, on how to put forward assertive feedback, how to demonstrate active listening and how to probe for more information. These skills were seen as important and effective tools for communication and networking.

The last day focused on planning, either on a personal or organizational level. These plans are meant to jumpstart the participants’ networking and advocacy activities in their respective localities and to provide inputs to PHILSPADA on how it can help encourage women to engage in sports activities in the participants’ areas. After the workshops and inputs, a unity statement was created and signed by all participants. This unity statement was presented to Mr. Michael Barredo, PHILSPADA-NPC President, during the Closing Ceremony. After that, certificates of participation were distributed and expression of support from PHILSPADA-NPC officers was voiced out. The closing ceremony finished with a group picture taking together with guests and participants.

The activity was organized by PHILSPADA-NPC Phils. – Women Subcommittee with the assistance of the Philippine Sports Commission and the International Paralympic Committee (IPC) included in the plan of action presented in KL Leadership Summit in May 2008.