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## Effects of training services by microfinance institutions on women empowerment

Training services by Microfinance institutions, have recently been redeveloped to mainly promote women empowerment. The importance of microfinance institutions to providing entrepreneurial training services made the Central Bank of Kenya adopted it as the main source of financing entrepreneurship in Kenya. Despite this, however, finance is still considered as one of the core hindrance to entrepreneurial training services in Kenya. This study sought to establish the effect of training services on women empowerment in Nakuru CBD, West Sub County, Kenya. Adopting descriptive research design, a simple random sample of 127 respondents were selected from a population of 293. A questionnaire was used as the primary data collection instrument constructed on a five point Likert scale as data was analyzed using Statistical Package for Social Sciences (SPSS) tool and presented in form of frequencies, percentages and Chi Square test of good fit. Inferential statistical analysis was done by use of Pearson's Correlation Coefficient. Analyzed data was presented in form of statistical tables. Results show that training services are statistically significant and positively affect women empowerment. Further the study recommended that government and microfinance institutions providers upscale training programmes to increase financial literacy levels of rural women borrowers.

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