Experiences from FAO projects are shared to demonstrate how women farmers were empowered and inclusively benefited from a livelihoods enhancement and poverty alleviation initiative. In summary, the FAO pilot community capacity building project held community training to empower farmers, including women, to conserve and utilize the natural resources sustainably for livelihood improvement. The first stage in the community training was a participatory natural resources profile and action development training, whose purpose was to help the community to understand the value of and appreciate the natural resources in their communities, and to develop an action plan for the conservation and sustainable use of the selected natural resources. The second phase of the training was a farmer field school. This is a participatory and bottom-up farmer training approach, in which farmers gather regularly to conduct discovery-based learning including agro-ecosystem analysis to make use of the eco-services to improve resilience to shock, including climate change, and make informed decisions for better crop management for livelihoods improvement. The farmer-centred participatory training empowered the farmers, especially the women, to identify, analyze, and solve the problems by themselves. Critical skills were also developed, such as critical thinking skills, communication skills, leadership skills, and decision making skills. The enhanced confidence and skills led to improved achievement of equity and equality for women, which was verified by the more equal relationships in the families and lead women farmers playing an even more important role in community development.