



Empower Newsletter

Issue 2, December
2016

Welcome to the 2nd EMPOWER Newsletter!

In this issue, you will discover what we have been up to since April: some really exciting stuff!

What we have been up to

The 2nd international partner meeting for EMPOWER was held on 13th and 14th June 2016 in Kaunas, Lithuania and was a great success! The sun was shining in beautiful Kaunas and we had a productive two-day meeting presenting the research findings from each country on the training needs for Support Workers and vulnerable women. On the second day of the meeting all partners shared ideas for training tools and exercises that could be developed or adapted to suit the needs of our trainees.

We are currently working hard on finishing the lesson plans for 'EMPOWER Others' and EMPOWER Yourself', the training programmes that are to start early 2017 in combination with the EMPOWER Circles Programme.

You can still sign up for the training (please see below), but places are limited!



Information Sessions

In November, the project partners Inova, SIF, and VMST

Our mission:

Equip Support Workers working with vulnerable women with the soft skills training necessary to pass these skills onto women in order to increase their employability and entrepreneurship opportunities.



organised information sessions about the project aiming to show people what EMPOWER is all about.

Inova had a very successful session on the 23rd of November with no less than 27 attendees. After thoroughly explaining the project setup and the EMPOWER training that is to start early next year, our colleague Carolyn Usher put theory into practice by giving the (mainly) support workers a taster of what to expect from this training and the Mentoring Circles programme. The session was received with great enthusiasm and we want to thank all participants for giving us your time



and input!

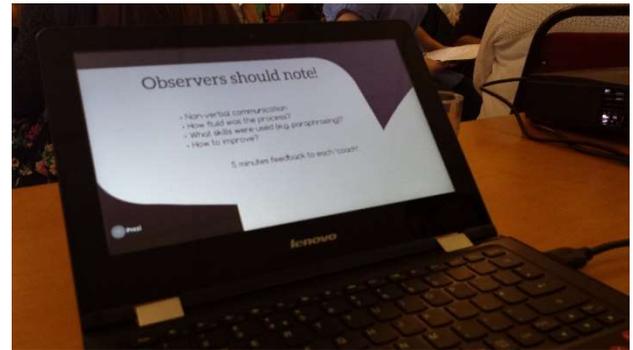
Another information session was organised by SIF in Lithuania on November 26th. The event date coincided with the White Ribbon Festival in Lithuania, which is part of the worldwide campaign for the Elimination of Violence Against Women. In light of this festival and the awareness of problems women face in Lithuania, one of the main discussion subjects was how to spread the message on the problem and ways to help the women by informing support workers and potential trainees about the EMPOWER project.

VMST held an information session at their office on the 11th of November, inviting social worker students. 19 students attended the meeting. During the session, VMST focused on

Sign up now!



presenting the EMPOWER project, its main aims and how they developed their training material. There was also time taken out to present the EMPOWER research and the focus groups that have been organised earlier this year. The students were very engaged and interested in the project, asking a lot of questions about the training workshops that are to start in 2017.



E-learning Hub

A new powerful tool has been created to help our learners share online courses with a focus on interaction and collaboration. The online EMPOWER learning hub consists of two courses: EMPOWER Others Training Package for support workers and EMPOWER Yourself Training Package for vulnerable women.

The online EMPOWER learning hub will be available soon in English, Lithuanian, Icelandic and Greek languages. To access the learning hub, you are asked to create a free account. A confirmation mail will be sent to you in order to complete your registration. The learning hub environment will be easy-to-use and will provide a simple, clear view of all learning activities and resources.

Through this new system, learners will be able to access their courses, as well as online services and links to many other resources and available tools such as forums, announcements and events.

Want to see more? Take a look at <http://empower.kmop.eu> !

2017 is approaching fast, which means that our EMPOWER training programme will kick off very soon. During this training you will:

- Develop your own skills and confidence as a volunteer/paid Support Worker to support women gain valuable soft skills;



- Develop the skills needed to support women in gaining employment or starting their own business;
- Exchange knowledge and learn from other Support Workers in a supportive group environment via a strengths-based training and group coaching programme.
- You can also refer any women you work with who are ready to start developing their own employability skills for our EMPOWER Yourself Training which will also take place in the New Year.

[Sign up now!](#)

EMPOWER

Are you a **Support Worker** or **Volunteer** helping women?

Are these women **asylum seekers** or **refugees, homeless, survivors of trafficking, domestic or substance abuse, out of prison,...**?

Do you want to improve the **quality of support** you give them?

Sign up for free today at admin@inovaconsult.com!

www.empowerwomen.eu

EMPOWER Women

The graphic features two hands reaching towards each other, filled with a word cloud of terms like 'show up', 'tolerate', 'lend a hand', 'educate', 'welcome all', 'associate', 'unite', 'network', 'assist in', 'interact', 'encourage', 'give attention', 'side by side', 'listen well', 'take a role', 'participate', 'empower', 'teamwork', 'collaborate', 'offer thanks', 'be of service', 'listen well', 'educate', 'collaborate', 'welcome all', 'associate', 'get involved', 'work with', 'support others', 'give attention', 'side by side', 'interact', 'encourage', 'listen well', 'take a role', 'participate', 'empower', 'teamwork', 'assist in', 'network', 'unite', 'network', 'assist in', 'teamwork', 'participate', 'empower'.

For more information contact Leonie at admin@inovaconsult.com

www.empowerwomen.eu

Follow us on Facebook!



"The European Commission support for the production of this newsletter does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."