



Co-funded by the
Erasmus+ Programme
of the European Union



WOMEN
LEARNING TOGETHER

WORKSHOP INFO

National Workshops for women aged between 35-55

The partners of the Women Learning Together project have designed four workshops to empower women to take positive steps to improve their employment and self-employment opportunities and aspirations. The workshops are part of the Erasmus+ Women Learning Together project designed to support and encourage women to take entrepreneurial actions to build their economic potential and strengthen their communities.

The workshops have been informed by research undertaken by Women Learning Together project partners, with organizations from Belgium, North Macedonia, Italy, Ireland, and Spain. The project's research report investigated the experiences and needs of women aged between 35 and 55 and will be used to implement specific activities for reskilling and upskilling them as they desire.

Each of the workshops is designed for women to develop their entrepreneurial competence through active, creative and collaborative learning, seeking to foster self-esteem and confidence in workshop participants, by drawing on their talents and creativity, whilst building the relevant skills and values that will develop an entrepreneurial mindset. The entrepreneurial learning approaches used in the training also provide opportunities to practise digital competences essential for life and work in a digital world.

Benefits to women taking part in the workshop

- Increased confidence
- Connection and creative collaboration with peers
- Improving self-esteem and self-worth
- Gaining a better understanding of one's strengths and abilities
- Building a network of supportive and like-minded individuals
- Learning how to set and achieve goals
- Developing effective communication and negotiation skills
- Identifying and overcoming obstacles to success
- Gaining practical experience and hands-on training
- Learning about resources and opportunities available to support self-employment and entrepreneurship
- Building a sense of community and belonging
- Increasing job readiness and employability
- Increasing flexible self employment opportunities.

Workshop topics

Workshop 1 – Your Skills

The objective of this workshop is to:

- a. Recognise and understand your personal skills and appreciate your achievements.
- b. Be able to apply practical tools and strategies to build your confidence.
- c. Reflect upon learning and create a personal action plan.

Workshop 2 - Your Potential

The objective of this workshop is to:

- a. Recognise personal strengths and aspirations.
- b. Understand and analyse skill requirements for different employment / enterprising opportunities.
- c. Be able to apply practical strategies to enhance your own resilience
- d. Reflect upon learning and create a personal action plan.

Workshop 3- Creating Value

The objective of this workshop is to:

- a. Understand how creating value relates to entrepreneurship.
- b. Appreciate your entrepreneurial competencies.
- c. Understand different models of working to create value.
- d. Work with others to develop ideas and assess their potential to create value.
- e. Reflect upon learning & create a personal action plan.

Workshop 4 -Your Future

The objective of this workshop is to:

- a. Understand how to use LinkedIn to progress employability / entrepreneurial journey.
- b. Identify and consider relevant networks and sources of support.
- c. Apply digital skills to build your online presence, including a CV and LinkedIn profile and maintain personal safety.
- d. Reflect upon learning & create a personal action plan.

The workshops will be delivered either in person, or online, in three countries – North Macedonia, Spain and Italy. If you are a women aged between 35 and 55 and want to develop and recognise new skills to open up new career pathways, please contact/register.