

SHESTART - Supporting Holistic Empowerment of young, marginalised women for a restart

NATIONAL WORKSHOPS

TIME	WORKSHOP 1	WORKSHOP 2	WORKSHOP 3	WORKSHOP 4
10:00-14:00 (4 hours)	<p>1. Welcome</p> <p>Introduction of the program and the WHY behind this project, introduction of the participants and trainers, goals of the workshops, outcome.</p> <p>2. Getting to know each other</p> <ul style="list-style-type: none"> - General introduction (who am I, why am I here) - Introduction Games - Colouring name card - Feminism Game <p>3. Fears and Hopes</p>	<p>4. Me, Myself and I</p> <ul style="list-style-type: none"> - Dealing with yourself (with 2 exercises) - Tips for a strong self confidence <p>5. Identity Table</p> <p>The five pillars of life. (Body & Soul, Social Relationships, Work & Activities, Origin & Ownership, Values & Beliefs)</p> <p>6. Wheel of Life</p> <p>The first step to change is: to look. Reflecting on different areas on life. (Friends, Love, Education, Health, Finance, Free time, Values and Beliefs, etc.)</p>	<p>7. Personality Types</p> <p>16 Types according to Myers-Briggs</p> <p>8. The triad</p> <p>(Find your WHY, your WHAT and your HOW)</p> <ul style="list-style-type: none"> - What are values and why are they so important? - How to find your most important values - Why is goal setting so important? - How to find your goals based on your values - Why do the right habits change your life in long term? - How to establish the right habits in order to accomplish these goals <p>Talk about the outcome (values, goals and habits in the group)</p>	<p>9. Manifestation</p> <ul style="list-style-type: none"> - How to integrate and manifest new and positive beliefs in your life <p>10. Tools for mind control</p> <ul style="list-style-type: none"> - Tools how to control your mind when negative thoughts and beliefs come up again <p>11. Colour of my self-worth</p> <p>Evaluate your individual lifetimes and areas. Evaluation of what is positive and what is negative.</p> <p>12. My emergency kit</p> <p>For difficult feelings, worries and fears.</p>

TIME	WORKSHOP 5	WORKSHOP 6	WORKSHOP 7	WORKSHOP 8
10:00-14:00 (4 hours)	<p>13. Information is KEY</p> <p>World Cafe to share NEEDS and EXPECTATIONS</p> <ul style="list-style-type: none"> - How to overcome the digital gap? - Identifying reliable sources and filtering information - What kind of apps help me to structure my new life? - In a CV: what information is key? <p>14. I am not a victim, but the CREATOR of my new LIFE-taking initiative</p> <ul style="list-style-type: none"> - Dragon Dreaming on my "best version/ authentic ME" - Supporting services and structures on this restart 	<p>15. RAIDHO EQUI GROUP COACHING</p> <p>the 3 most essential questions to lead your life towards your full potential</p> <p>Outdoor Experience (nature-based solutions)</p> <p>Reflection groups and - Sharing Mindmaps, Peer to Peer</p>	<p>16. START building bridges</p> <p>From Identity to Authenticity</p> <ul style="list-style-type: none"> - Role game of COMPASS - Empowerment for Women- Success stories <p>17. Taking risks, FROM VALUES TO TRUST AND CONFIDENCE - all senses involved, intuition as our superpower!</p>	<p>18. The DOORS are OPEN: Impulse on EU Life long Learning opportunities-</p> <p>Statement Ritual and Round of Respect- Evaluation - Circle of Sisterhood,</p> <p>19. GRATITUDE and GRACE:</p> <p>Celebrate LIFE! SHESTART journey wrap-up - celebrating milestones and sharing career plans CLOSURE and Acknowledgements</p> <p>20. Time for compliments</p>