



EMPOWER Newsletter

Issue 5
April 2018

Welcome to the 5th EMPOWER Newsletter!

In this issue, you will find more information about our 2nd pilot of the EMPOWER training in the 4 partner countries, as well as the Final Conference which will be held in Sheffield in June.

What we have been up to

After a busy few months, we have finalised the delivery of the second pilot of the 'EMPOWER Others' and 'EMPOWER Yourself' training programmes, as well as the 'EMPOWER Circles™'. We are very happy to say that it has been a great success. We also had our 5th Transnational meeting in Iceland in March.

Our next steps

On June 14th 2018, Inova will be hosting the 'EMPOWER Final Conference' in Sheffield which will include presentations from participants along with some networking and a World Café. We hope to see you there!

To book your place, please click [here](#).



Our mission:

To equip vulnerable women with the confidence and skills they need to regain independence, and to equip support workers with the knowledge to support them in this.

2nd Pilot

In the partner countries the 2nd pilot training sessions of 'EMPOWER Yourself' (for vulnerable women) and 'EMPOWER Others' (for support workers) started in Autumn 2017. The participants developed their skills and confidence to empower themselves and/or their clients.

United Kingdom

Inova had a truly dedicated and inspirational group of women for the 'EMPOWER Yourself' training, meaning that it was a pleasure to teach skills which empowered the women to become economically active and independent. The 'EMPOWER Others' training gathered a huge group of support workers and volunteers who all wanted to improve the confidence and skills of their clients. The Inova team enjoyed every second of delivering the training!



Greece

The 'EMPOWER Others' training took place from October in Thessaloniki. The training was facilitated by a female psychologist and the participants really got involved, especially with the 'SMART-goals' tool. The feedback of the sessions was very positive and many participants said that they would add these extra skills to their professional agenda. The 'EMPOWER Yourself' training was equally as



in a similar position.

successful and had extremely positive feedback. The women appreciated the chance to train alongside women

Iceland

Polish, Dutch, Spanish, Colombian, Venezuelan, Indian, Malaysian and Hungarian, applicants gathered together to



benefit from the 'EMPOWER Yourself' training. There was a definite change in attitudes with regards to soft skills as the training developed. 'EMPOWER Others' was equally well received, with active participants who mostly agreed that the tools would be used in their working lives.

Lithuania

The EMPOWER training programmes were conducted by Social Innovation Fund in Lithuania from October 2017. The majority of participants expressed their interest in the practical techniques such as SMART goals, soft skills evaluation, time management and resilience exercises.

It was a busy time, but the sessions were active, energising and will remain in the memories of the participants for a long time!



E-learning Hub

The EMPOWER Learning Hub, our online training platform, is available for all! The Hub includes training packages for support workers (both professionals and volunteers) and for women wishing to (re)enter the labour market.

Both the 'EMPOWER Others' and 'EMPOWER Yourself' training packages consist of 8 Units and are available in English, Greek, Icelandic and Lithuanian.

Sign up now at: <http://empower.kmop.gr>

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