

Development of the EMPOWERED training programme

27 June – 01 July 2022

In order to be better prepared for the meeting, we kindly ask you to go through our FBA training programme, which we will need to adapt, based on the needs of our target group, as these were defined in Result 1: State of the art Report on the obstacles that women face to change their employment status. You can access all FBA modules [here](#). Please go through the modules, write down thoughts, questions, and ideas.

Overview of Sessions

- **Day 1:** Kick-Off & Working Session 1 and 2
- **Day 2:** Working Sessions 3, 4 and 5
- **Day 3:** Working Sessions 6, 7 and 8
- **Day 4:** Working Sessions 9, 10 and 11
- **Day 5:** Working Sessions 12 and 13 + Meeting Wrap-up & Conclusions

	Duration	Tasks	Outcomes
Monday 27/06/2022	10.00-13.00 Kick- Off	Introduction <ul style="list-style-type: none"> • Icebreaking Session • Warmup Activities • Insights exchange • Share our expectations from this LTA 	<ul style="list-style-type: none"> • Introduce ourselves • Share personal experiences • Warm up the conversation • What are the common challenges we're facing
	13.00- 14.00 Lunch Break		
	14.00-15.30 Working Session 1	FBA - Module 1: The New Business Imperative <ul style="list-style-type: none"> • Content Overview • Areas of Adjustment 	<ul style="list-style-type: none"> • Finalisation of Module 1 • Learning Objectives and Content • Methodologies and assessments • Duration and prerequisites
	15.30- 16.00 Coffee Break		
	16.00- 18.00 Working Session 2	FBA - Module 2: Mastering Remote Work <ul style="list-style-type: none"> • Content Overview • Areas of Adjustment 	<ul style="list-style-type: none"> • Finalization of Module 2 • Learning Objectives and Content • Methodologies and assessments • Duration and prerequisites

Tuesday
28/06/2022

10.00-13.00
Working
Session 3

FBA - Module 3: Digital Media and Marketing Principles

- Content Overview
- Areas of Adjustment

- Finalisation of Module 3
- Learning Objectives and Content
- Methodologies and assessments
- Duration and prerequisites

13.00- 14.00 Lunch Break

14.00-15.30
Working
Session 4

FBA - Module 4: Intro to Design Thinking

- Content Overview
- Areas of Adjustment

- Finalisation of Module 4
- Learning Objectives and Content
- Methodologies and assessments
- Duration and prerequisites

15.30- 16.00 Coffee Break

16.00- 18.00
Working
Session 5

FBA - Module 5: Creativity, Innovation and Transformation

- Content Overview
- Areas of Adjustment

- Finalisation of Module 5
- Learning Objectives and Content
- Methodologies and assessments
- Duration and prerequisites

Wednesday
29/06/2022

10.00-13.00
Working
Session 6

Active Listening, empathy and providing feedback

- Content Overview
- Training Outline
- Training Methodology
- Training Activities

- Design of Learning Unit
- Learning Objectives and Content
- Methodologies and assessments
- Duration and prerequisites

13.00- 14.00 Lunch Break

14.00-15.30
Working
Session 7

Balancing Personal and Professional Life

- Content Overview
- Training Outline
- Training Methodology
- Training Activities

- Design of Learning Unit
- Learning Objectives and Content
- Methodologies and assessments
- Duration and prerequisites

15.30- 16.00 Coffee Break

16.00- 18.00
Working
Session 8

Motivation/ Self-confidence and personal empowerment

- Content Overview
- Training Outline
- Training Methodology
- Training Activities

- Design of Learning Unit
- Learning Objectives and Content
- Methodologies and assessments

Thursday 30/06/2022			<ul style="list-style-type: none"> • Duration and prerequisites
	10.00-13.00 Working Session 9	Problem Solving <ul style="list-style-type: none"> • Content Overview • Training Outline • Training Methodology • Training Activities 	<ul style="list-style-type: none"> • Design of Learning Unit • Learning Objectives and Content • Methodologies and assessments • Duration and prerequisites
	13.00- 14.00 Lunch Break		
	14.00-15.30 Working Session 10	Setting and achieving Goals <ul style="list-style-type: none"> • Content Overview • Training Outline • Training Methodology • Training Activities 	<ul style="list-style-type: none"> • Design of Learning Unit • Learning Objectives and Content • Methodologies and assessments • Duration and prerequisites
	15.30- 16.00 Coffee Break		
Friday 01/07/2022	16.00- 18.00 Working Session 11	Time Management <ul style="list-style-type: none"> • Content Overview • Training Outline • Training Methodology • Training Activities 	<ul style="list-style-type: none"> • Design of Learning Unit • Learning Objectives and Content • Methodologies and assessments • Duration and prerequisites
	10.00-13.00 Working Session 12	CV Building and Job Search <ul style="list-style-type: none"> • Content Overview • Training Outline • Training Methodology • Training Activities 	<ul style="list-style-type: none"> • Design of Learning Unit • Learning Objectives and Content • Methodologies and assessments • Duration and prerequisites
	13.00- 14.00 Lunch Break		
	14.00-15.30 Working Session 13	Making Presentations <ul style="list-style-type: none"> • Content Overview • Training Outline • Training Methodology • Training Activities 	<ul style="list-style-type: none"> • Design of Learning Unit • Learning Objectives and Content • Methodologies and assessments • Duration and prerequisites
	15.30- 16.00 Coffee Break		

	16.00- 18.00 Closure	Training Programme Overview <ul style="list-style-type: none">• Debrief• Setting the next steps• Self-reflection activities	<ul style="list-style-type: none">• Finalisation of EMPOWERED Training Curriculum• Alignment of all consortium partners• Qualitative Feedback
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All hours indicated in the programme below are in the local time zone (GMT+3).

We remain at your disposal for any questions and/ or clarifications

The Foundation Team