



1st Newsletter - January 2023



The Project

Empower is a multidimensional word including social, physical, spiritual, mental, political and psychological dimensions. Empower means personal growth in decision-making, analysing critical situations, coping with all circumstances and facing challenges.

The **EMPOWERED** project is designed to create a training programme for women to achieve a two-fold purpose: on one hand, it will equip women with digital skills which are necessary in the era of digital transformation and are valuable for accessing the labour market with a competitive disadvantage, and on the other, it will address a spectrum of psychological obstacles women are facing when they need to claim a better position in the world of work.

[Learn more](#)



Objectives

The objective of the project is the empowerment of women through the development of a training course for their digital upskilling, as well as their psychological empowerment to reinforce their position in the labour market. In addition to the digital skills that will be enhanced, the partners will also develop a horizontal set of modules, aiming at helping women address the psychological factors that demoralise women for claiming a better employment.



Target Group

The partnership works with different target groups: women in unemployed status; women in socio-economical difficulties; women with migrant cultural background; young mothers want to access employment; divorced women in situation of economic disadvantage.



Meetings

The **first virtual meeting** of the EMPOWERED consortium was held on the 23rd of February 2022, where all partners, participants and organizations were introduced. The target groups and the first results were also part of the agenda, finalizing all details.

The **second virtual meeting** followed in quick succession on the 28th of March, 2022. At this meeting, the main topics of discussion were the website and dissemination tools of the projects, the branding, the joint desk research for the topics of interest and the scheduling of the next meetings.

The **first LTA activity** hosted in Athens, from the 27th of June until the 1st of July 2022, saw the participation of all the partners involved in the EMPOWERED project. The main objective was the one of setting the base for the development of the modules to be used during the EMPOWERED training courses at a local level.

The **first TPM** was conducted on the 24th of October, 2022, where all the partners met in Lisbon. This meeting was the occasion to discuss crucial questions concerning the EMPOWERED training programme for women, the EMPOWERED community platform and several management issues.

[Learn more](#)



Results

The 1st result of the project that has been concluded, is a **state-of-the-art report focusing on the obstacles women are facing to change their employment status** (either access employment, or change career paths). The consortium focused on women in rural areas, women in different socio-economical difficulties, migrant women with different cultural, political and religious background, mothers who were forced to quit the job and now wish to return to employment, and divorced women in situation of economic disadvantage.

The 2nd result that the consortium will produce, is the **EMPOWERED training programme for women**. The innovative character of the EMPOWERED training course lies within the combination of the two elements (digital upskilling and psychological empowerment) which will be presented in a single training programme. The programme structure is modular, so that each member of the target group will have the opportunity to select the modules which correspond to their background and specific needs.

The 3rd result is the **EMPOWERED handbook for AE trainers and providers, career counsellors, teachers and CSOs**. The handbook includes valuable information on what the training programme is about, which are the learning objectives, which are the learning outcomes, as well as which is the knowledge and skills the participants are expected to have gained after having successfully completed each module. Moreover, the handbook includes information on learning techniques to motivate women on attending the programme, focusing on the added value it will have and the ways in which it can help them change their employment status.

Finally, the 4th and last result of the EMPOWERED project will be the **EMPOWERED community platform**. The objective of the final result of the project is twofold: it will be the virtual space on which the EMPOWERED training programme will be uploaded, while also being the virtual community within which all interested target group members will have the possibility to exchange experiences about the programme. The platform will also be the virtual space connecting women with AE trainers, career counsellors, and CSOs where they can benefit even further from the project results and, building on them, formulate new needs and means to address them.

[Read the 1st result](#)



About Us

The project consortium consists of the following organizations: **Asociatia Culturala Artec** (Romania), **Municipality of Castiglione del Lago** (Italy), **Found.ation** (Greece), **Mindshift** (Portugal), **Wisefour** (Cyprus).