



Center for Social
Innovation



Empowering coaches and trainers to support women towards work-life balance

<https://ladiesfirst.fvaweb.eu/>

This project has been funded with support from the European Commission.
This publication [communication] reflects the views only of the author, and the
Commission cannot be held responsible for any use which may be made of the
information contained therein

Project Number: 2017-1-EL01-KA202-036219



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



Center for Social
Innovation



[ABOUT PROJECT](#)

[PARTNERS](#)

[PROJECT RESULTS](#)

[TRAINING COURSE](#)

[APP TOOLKIT](#)

[NEWSLETTERS](#)

 [ENGLISH](#)



Center for Social
Innovation



Project Aim

To empower educators, trainers, and counsellors to support women beneficiaries in order to gain stability in-between working and personal life.





Center for Social
Innovation



Target users

Counsellors/ coaches, psychologists, social workers, and VET educators, who work with women.



The project offers:

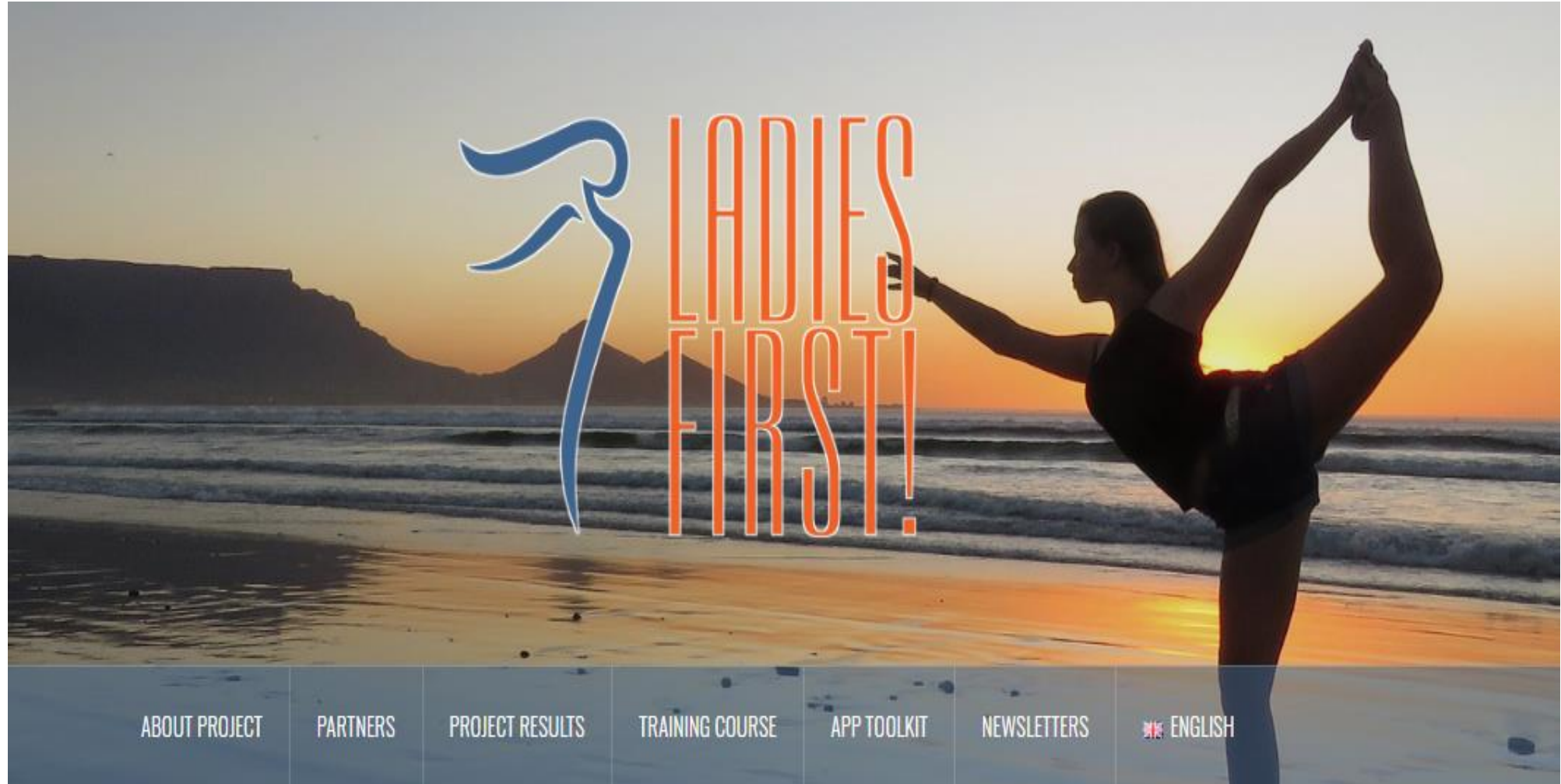
Online & offline training for trainers and women, in order for them:

- ✓ To have a more balanced life.
- ✓ To stand up for themselves.





Center for Social
Innovation





Center for Social
Innovation



Project Partners



FVA NEW MEDIA RESEARCH



Business Foundation for Education



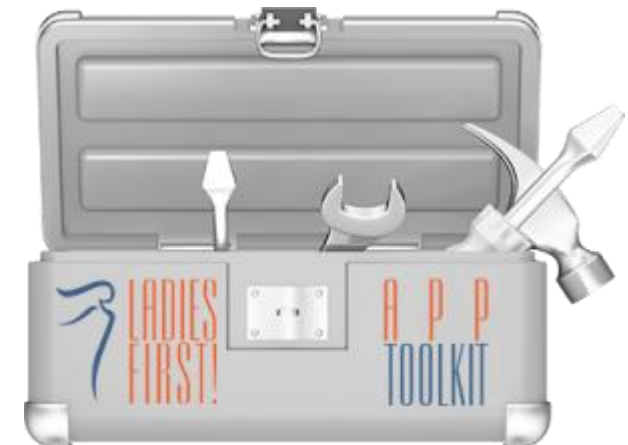
Center for Social
Innovation



Intellectual Outputs

1. State of the Art → National Reports → EU Report
2. Training Curriculum – 7 Units
3. Handbook – Study material
4. Toolkit – Written and Oral Exercises
5. Online platform and App – Available to the users:

https://ladiesfirst.fvaweb.eu/?page_id=449





LADIES FIRST!

[ABOUT PROJECT](#)

[PARTNERS](#)

[PROJECT RESULTS](#)

[TRAINING COURSE](#)

[APP TOOLKIT](#)

[NEWSLETTERS](#)

[🇬🇧 ENGLISH](#)



Units of competences



1. Time management
2. Emotion regulation
3. Self-awareness/ self-esteem
4. Assertiveness/ setting boundaries
5. Problem-solving/ flexibility/ decision-making
6. Cooperation within the family
7. ID /stereotypes/ values and beliefs





#ErasmusDays2019, the EPALE teams wished to raise awareness about the European Union commitment in adult lifelong learning. They created a digital exhibition with 28 different projects, demonstrating the variety of practices across Europe.



29/11/2019

CLINKS releases Impact Assessment 2019

25/11/2019

College Development Network Awards 2019 announce winners



24/11/2019

ERASMUSDAYS

[view all news](#)

Events

02/12/2019

Εκπαίδευση Ενηλίκων και Ψηφιακές Δεξιότητες: Πρακτικές του παρόντος και Προσεγγίσεις για το μέλλον για μια Δεύτερη Ευκαιρία για όλους

Adults seem to try to find a balance among three different aspects/ elds in their life: work, personal and social life. The most challenging task seems to be the effort to find a harmony between work life and family, especially for women, in the current occupational circumstances.

Ladies First! gives an innovative European dimension on women’s work life balance by providing consultants and trainers tools to boost women’s confidence and self - planning, from the coaching and non-formal learning perspectives.

Innovative methodologies which follows adult education principles like the experiential learning (learning that takes place through our own experience) and peer learning (which help beneficiaries and learners to play an active role in the coaching-teaching-learning process) will be adapted and applied to the special needs of the target groups of users and beneficiaries, in order to build gender oriented self-confidence.

NAME OF THE PROJECT	Ladies first!
AIM	To empower teachers, trainers and counsellors to support women in order to gain the necessary stability in-between working and personal life, especially in the framework of crisis
TARGET GROUP	Women in and outside the labour market, adult trainers, human resource managers, counsellors, coaches
WEB	https://ladiesrst.fvaweb.eu/
ORGANISATION AND PARTNERS	<ul style="list-style-type: none"> • CYPRUS: Center for Social Innovation • GREECE: IASIS NGO & IEKEP • FRANCE: ITG Conseil • BULGARIA: BFE (Business Foundation for Education)



ΑΝΕΒΑΣΤΕ ΚΑΙ ΕΚΤΥΠΩΣΤΕ ΤΗΝ ΕΥΡΩΠΑΪΚΗ ΕΚΘΕΣΗ ΕΚΠΑΙΔΕΥΣΗΣ ΕΝΗΛΙΚΩΝ

Αυτή η έκθεση συγκεντρώνει **28 ευρωπαϊκά προγράμματα σχετικά με την εκπαίδευση ενηλίκων σε διάφορες χώρες της Ευρώπης**. Τα έργα αυτά αποσκοπούν στην εξασφάλιση της ευημερίας όλων των ατόμων, δίνοντάς τους την ευκαιρία να αποκτήσουν δεξιότητες και γνώσεις ανεξάρτητα από το κοινωνικό τους υπόβαθρο.



Η έκθεση αυτή δημοσιεύεται σε αφίσες A3 και διατίθεται στο διαδίκτυο. Οποιοσδήποτε οργανισμός στην Ευρώπη μπορεί εύκολα να κατεβάσει, να μοιραστεί, να εκτυπώσει, να προβάλει την έκθεση και να οργανώσει την εκδήλωσή του για τις #ErasmusDays. Μπορείτε να βρείτε τις αφίσες στον σύνδεσμο:

<https://we.tl/t-CSwYCLy3CQ>



Center for Social
Innovation



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

Empowering coaches and trainers to support women towards work-life balance

Contact us:



info@csicy.com

www.csicy.com



CSI.CYPRUS