



Co-funded by
the European Union

Migrant Women Empowerment

Project nr 2021-2-PL01-KA210-ADU-000050955

W2 Women's rights in action:

Empowerment & Equality



MOVE to Be You



ABOUT US



Founder
&
Coach



Project's
Master



Women's
Mentor
Activist

Agenda



- Society & Women
- Inclusion Equality
Empathy : changing
the stories
- Break time
- Super Power
- Message to...

MORNING ICEBREAKER



Choose someone that
never has meet properly
before and introduce each
other .

5 MINUTES

MORNING ICEBREAKER

MENTI.COM



MORNING ICEBREAKER

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Using your phone and this
code lets answer the
following ...

5 MINUTES

MORNING ICEBREAKER

Now , Let's truly meet each other and
have fun .

Each one pick a card
from the center of the
table and discuss
about it with your
partner .

8 MINUTES



Society & Women



We know that investing in and empowering women and girls is popular and ubiquitous.

Women's full and equal participation in all facets of society is a fundamental human right. Yet, around the world, from politics to entertainment to the workplace, women and girls are largely underrepresented.

WOMEN'S FOOTPRINT IN HISTORY

Throughout history
women have made
extraordinary
contributions to their
societies. Some are well
known, some less so, but
all have been trail
blazers.

VISUALIZED

Women's Rights

in Each Country

According to World Bank, only **10 countries** in the world offer full legal protections to women, all of them in the Northern Hemisphere.

The institution considers indicators like pay, mobility and parenthood when measuring women's rights.

Score 100 means that women are on equal legal standing with men across all areas measured.

INDICATORS



Mobility

Can a woman travel outside her home in the same way as a man?



Workplace

Can a woman get a job in the same way as a man?



Pay

Does the law mandate equal remuneration for work of equal value?



Marriage

Is there no legal provision that requires a married woman to obey her husband?



Parenthood

Is paid leave of at least 14 weeks available to mothers?



Entrepreneurship

Can a woman sign a contract in the same way as a man?



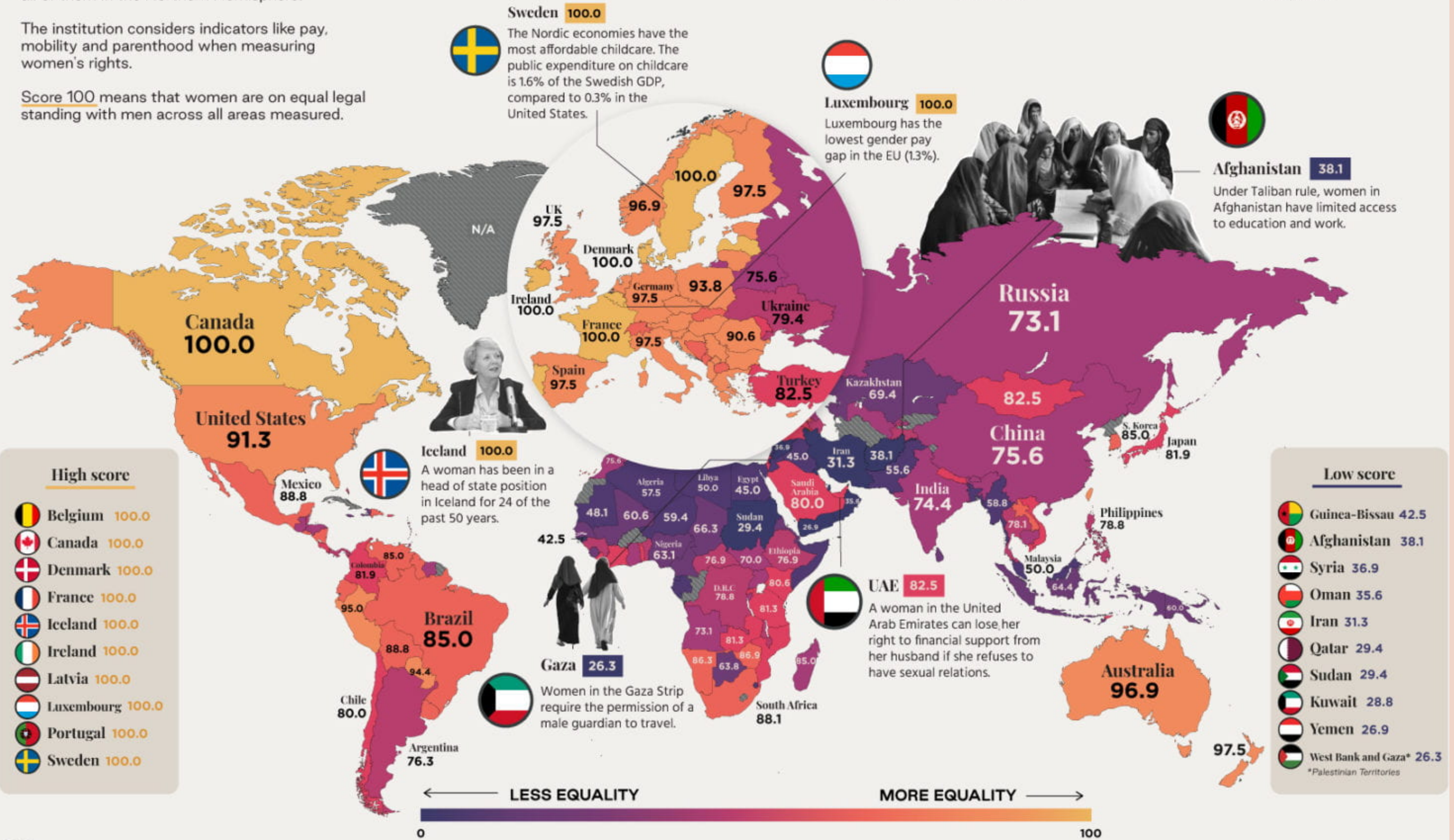
Assets

Do sons and daughters have equal rights to inherit assets from their parents?



Pension

Is the mandatory retirement age for men and women the same?



The UN Millennium Development Goals set specific targets to reduce poverty, including targets for increased gender equality in education, work, and representation.

Globally, more women are now in school and work. Yet girls are still more likely than boys to be out of school

And although the number of women in elected office has risen, we still see gender gap raise and level positions.

And women who are already marginalized because of their race, sexuality, income, or type of job or location see the fewest gains of all and are revictimized.

But which are
our real
experiences ?

Share with us



How can we change the story or HERhistories?

Inclusion
Equality
Emphaty

HOW TO CHANGE OUR ROLE & EXPERIENCES?

- Gender-Based Violence
- Workplace Discrimination
- Lack of resources
- Reproductive Health & Rights
- Employment Opportunities
- Women's representation in leadership



Connect and collaborate

which opportunities we have ?



Promote multilingualism in children and adults, help foreigners living in Poland to cultivate their children's language of origin and support families in helping each other

Diversity Hub Association : whose thematic axis is diversity in the work environment.



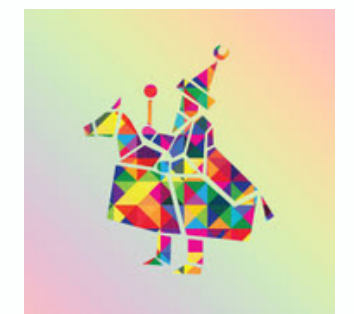
providing free legal aid to people from groups at risk of social exclusion and discrimination.



Acting for foreigners and intercultural education.



Promote the development of an open and multicultural society



Provide legal, psychological and educational help for violence and discrimination victims. Organize meetings and workshops, disseminate information & 24-hour helpline for women.



Deals, inter alia, with education and social activities aimed at stopping intolerance, discrimination and violence based on sex, sexual orientation, the ethnic or national origin

BREAK TIME

15 MINUTES



Our Super Power

What are strengths?



Strengths are the innate or acquired abilities and qualities that enable individuals to perform well, overcome obstacles, and find fulfillment in their lives.

Our Super Power

Why identify my strengths?

A strengths-based approach means that everyone has the ability to take control of their own lives. If we can figure out what we are good at, it can help us see our own strengths and use them in our life.



Our Super Power

How do you identify strengths?



There are many different types of strengths you may have. We have prepared some starter questions for you to ask yourself in key categories. For each category, try to think of 2-3 strengths that are important to you.



Personal strengths.

Identify your own personal strengths. These can include your hobbies, your dreams, your values, or your personal attributes (e.g., having a sense of humour).

- What do you like most about yourself?
- What are you most proud of accomplishing in your life?
- Is there anything about your ability to help you cope with the problem you have?
- What strengths do you have?
- What do you still want to accomplish?



Social strengths

Think about your social supports (e.g., relationships, family, and friends).



- Who do you consider family?
- Who can you rely on?
- Who helps you out when you are stressed?
- Who do you trust?



Good times

Giving yourself opportunities to recall your good moments can help you to feel positive and motivated.



- What was a time that you felt most things were going well?
- What were you doing to make things go well?
- If you were to revisit the best time in your life, when would it be?



Coping skills

Strengths with coping describe how you deal with adversity and the challenges in your life.

- How have you managed to overcome adversity?
- What adversity in your life has made you stronger?
- How did you manage to become stronger because of this adversity?
- What did you learn about yourself by getting over this adversity?



Positive settings

Positive settings are areas where you feel like you are safe and where you can grow. They are areas both formal and informal where people come together and connect, like a community center, library, school, park, or coffee shop.

- What are some places in your neighborhood or city that you feel safe and comfortable in?
- Can you think of any places where you have met people and made connections that have been meaningful to you?
- Are there any places where you feel like you can learn and grow, or where you feel like you can be creative?
- Have you ever discovered a new place in your community that surprised you with its positive atmosphere or the opportunities it offered?



Group work!





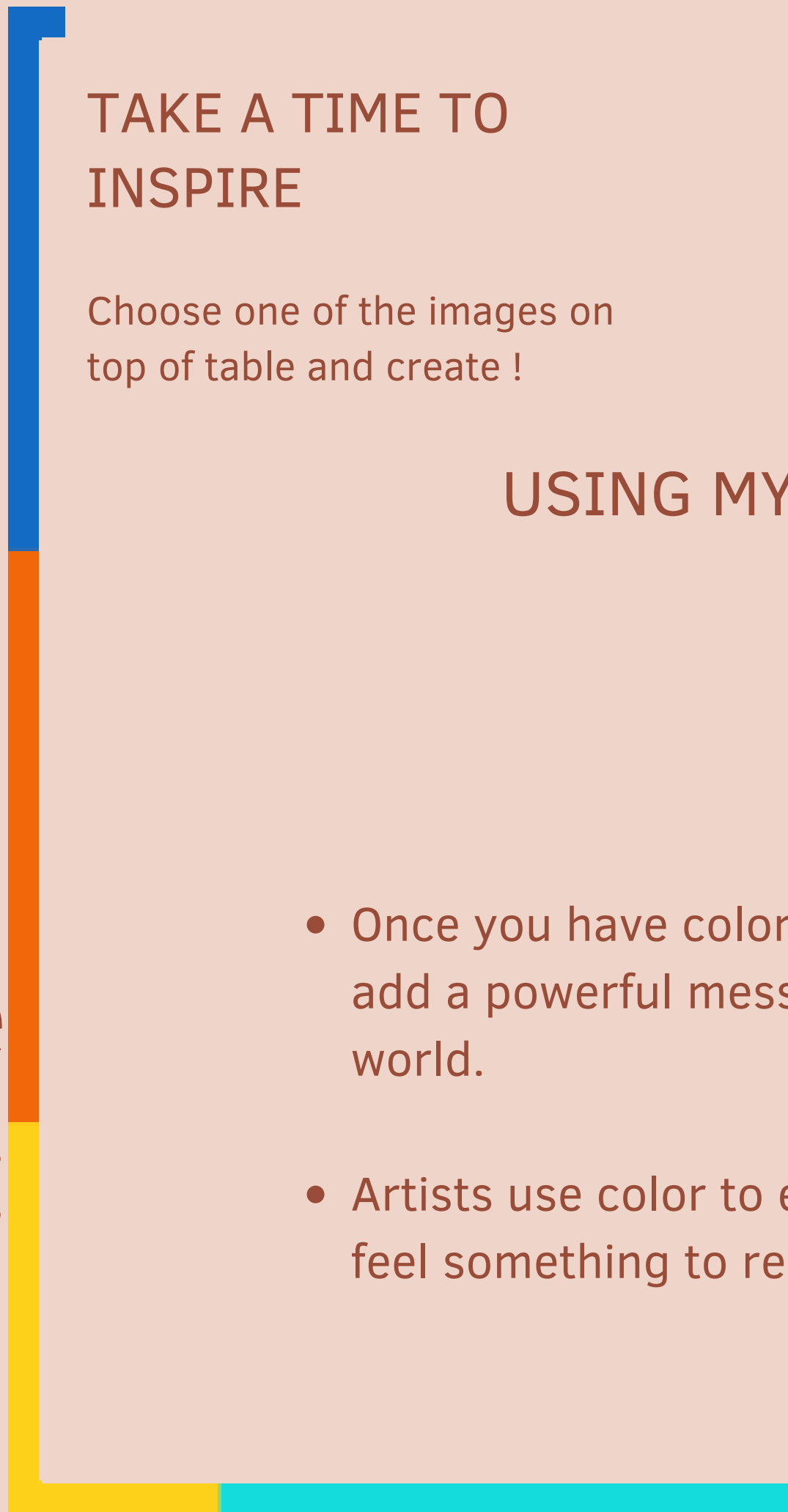
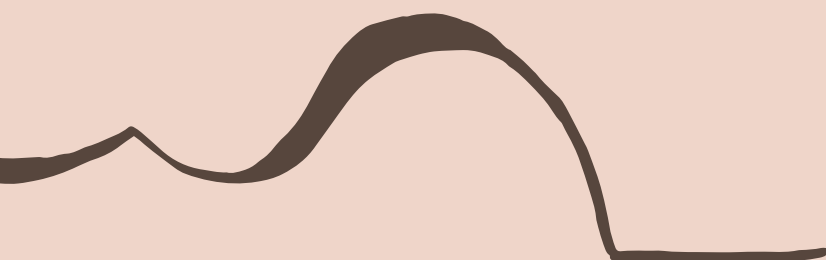
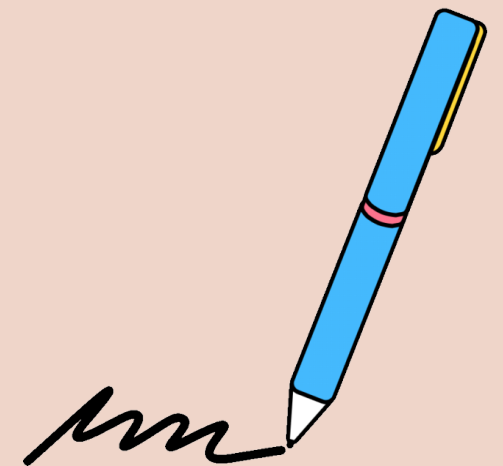
TAKE A TIME TO INSPIRE

Choose one of the images on
top of table and create !

USING MY SUPER POWER & INNER VOICE

- Once you have colored the image chosen please
add a powerful message to any women in the
world.
- Artists use color to express and aim to make us
feel something to remember or to make an impact

Message
to :



THANKYOU

QUESTIONS, COMMENTS AND SUGGESTIONS

WEBSITE

WWW.WOMEN-POWER.EU/



Find us on 

