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Women Leadership And Initiative

Presentation script

- 1) Hello everyone, and welcome to our presentation on Migrant Women Empowerment. Today we will be discussing the unique challenges faced by migrant women, and the importance of empowering them through education and support.
- 2) A little introduction about the project:
 - The project Migrant Women Empowerment aims to promote inclusion, gender equality, nondiscrimination, women's rights, and other important values among migrant women, women refugees, and other relevant stakeholders.
 - The project is a collaboration between ArtSmart (Latvia), MOVE to Be You (Austria) and Fundacja One World One Heart (Poland).
 - During the project's period, three different workshops will be held in Latvia, Poland, and Austria to achieve the project's objectives.
- 3) **Activity: Icebreaker bingo game (template available on website).** Divide workshop participants into groups and distribute handouts. Icebreaker Bingo is a game that encourages players to mingle and learn more about each other. Cards contain questions and personal prompts relating to the players. Participants must talk to other players and mark the square of another player who fits the description. At the end of the game, each group presents the number of things they share.
- 4) Picture a leader in your head. Do you see a woman or a man?
 - <https://www.nytimes.com/2018/03/16/health/women-leadership-workplace.html>
- 5) To underline some of the problems that migrant women encounter, you can include some statistics to your lesson. Migrant women often struggle with language barriers, cultural differences, and limited access to services and employment opportunities. These challenges can leave them feeling isolated, vulnerable, and powerless.
- 6) Speak on how women can become more effective leaders. For example,- Women can become more effective leaders by focusing on the following key areas:
 - Developing self-awareness: Self-awareness is critical to effective leadership. Women can become more effective leaders by understanding their strengths, weaknesses, and tendencies. This can involve seeking feedback from others, engaging in personal reflection, and regularly assessing their progress.
 - Building strong relationships: Leaders who build strong relationships are better equipped to motivate and inspire their teams. Women can become more effective leaders by developing their interpersonal skills, including their ability to communicate effectively, listen actively, and collaborate with others.



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- Embracing diversity: Effective leaders are able to leverage the strengths of diverse perspectives and experiences. Women can become more effective leaders by seeking out diverse perspectives, promoting an inclusive environment, and challenging their own biases.
 - Encouraging innovation: Effective leaders are able to drive change and innovation in their organizations. Women can become more effective leaders by encouraging creativity and risk-taking, and by fostering an environment that supports innovation.
 - Staying adaptable: Effective leaders are able to respond to changing circumstances and remain flexible in the face of adversity. Women can become more effective leaders by being open to new ideas, continuously learning and adapting, and remaining resilient in the face of setbacks.
 - Maintaining integrity: Effective leaders are trusted by their teams and are known for their honesty and integrity. Women can become more effective leaders by being transparent and ethical in their decision-making, and by demonstrating a strong moral compass.
- 7) In the workshop, the women participants can be encouraged to share the stories of women who have inspired them.
- This exercise can provide an opportunity for the women to learn from each other and to gain insight into the experiences and challenges faced by other women. Each woman can be asked to share the story of a woman who has inspired them, and to explain why this woman has had such a profound impact on their life.
 - This can be a powerful exercise, as the women are likely to have been inspired by a wide range of women, including family members, friends, teachers, and public figures. By sharing these stories, the women can gain a deeper appreciation for the achievements and challenges faced by other women, and can be inspired to continue working towards their own goals and aspirations.
 - The stories can also provide a valuable source of support and encouragement for the women, as they learn about the resilience and determination of other women who have overcome adversity and achieved their goals.
 - This exercise can also provide a valuable opportunity for the women to reflect on the role that women play in their own lives and to gain a deeper understanding of the impact that women can have on each other. By sharing their stories and learning from each other, the women can build a sense of community and solidarity, and can be inspired to continue working together towards their common goals.
- 8) Activity: Vision board creation**
- In the workshop, an activity on creating a vision board can be a powerful and engaging exercise for the women participants. A vision board is a collage of images, quotes, and affirmations that represent the things that a person wants to achieve or the person they want to become.



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- The purpose of creating a vision board is to help the women focus their energy and attention on their goals and aspirations, and to visualize their future selves in a tangible and concrete way. By creating a vision board, the women can see their goals and dreams in front of them, and can use it as a source of inspiration and motivation as they work towards their aspirations.
 - To create a vision board, the women will need a poster board, magazines, glue, and any other materials they would like to use, such as stickers, markers, or colored pencils. The women can begin by brainstorming their goals and aspirations, and by searching for images and quotes that represent these goals. They can then arrange these images and quotes on their poster board in a way that is meaningful and inspiring to them.
 - This activity can be a fun and creative way for the women to explore their aspirations and to build their confidence and motivation as they work towards their goals. The vision board can serve as a reminder of their aspirations and can help them stay focused and motivated as they work towards their dreams.
- 9) A workshop can include **a variety of activities** designed to support and empower the women participants. For example,-
- **Group discussions:** Encourage the women to engage in open and honest conversations about the challenges they face as migrants and as women. These discussions can provide a supportive environment for the women to share their experiences, build relationships, and gain insight into the experiences of other women.
 - **Personal reflection exercises:** Encourage the women to reflect on their own experiences, values, and aspirations through activities such as journaling, visualization exercises, or guided meditations. These exercises can help the women gain self-awareness and build selfconfidence.
 - **Skill-building workshops:** Offer workshops that focus on specific skills that can help the women achieve their goals. For example, workshops on networking, public speaking, or conflict resolution can help the women build the skills they need to succeed in their personal and professional lives.
 - **Guest speakers:** Invite guest speakers who can share their experiences and insights on topics related to migrant women's empowerment. These speakers can provide inspiration and advice on how to navigate the challenges faced by migrant women and how to build a successful life.
 - **Networking opportunities:** Provide opportunities for the women to connect with each other and to build relationships that can support their personal and professional growth. This can include structured networking activities, such as speed networking or peer mentoring, or more informal social activities, such as a potluck dinner or a group outing.