



Co-funded by  
the European Union

# Migrant Women Empowerment

Project nr KA210-ADU-185721EC

# 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

MENTI.COM

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?



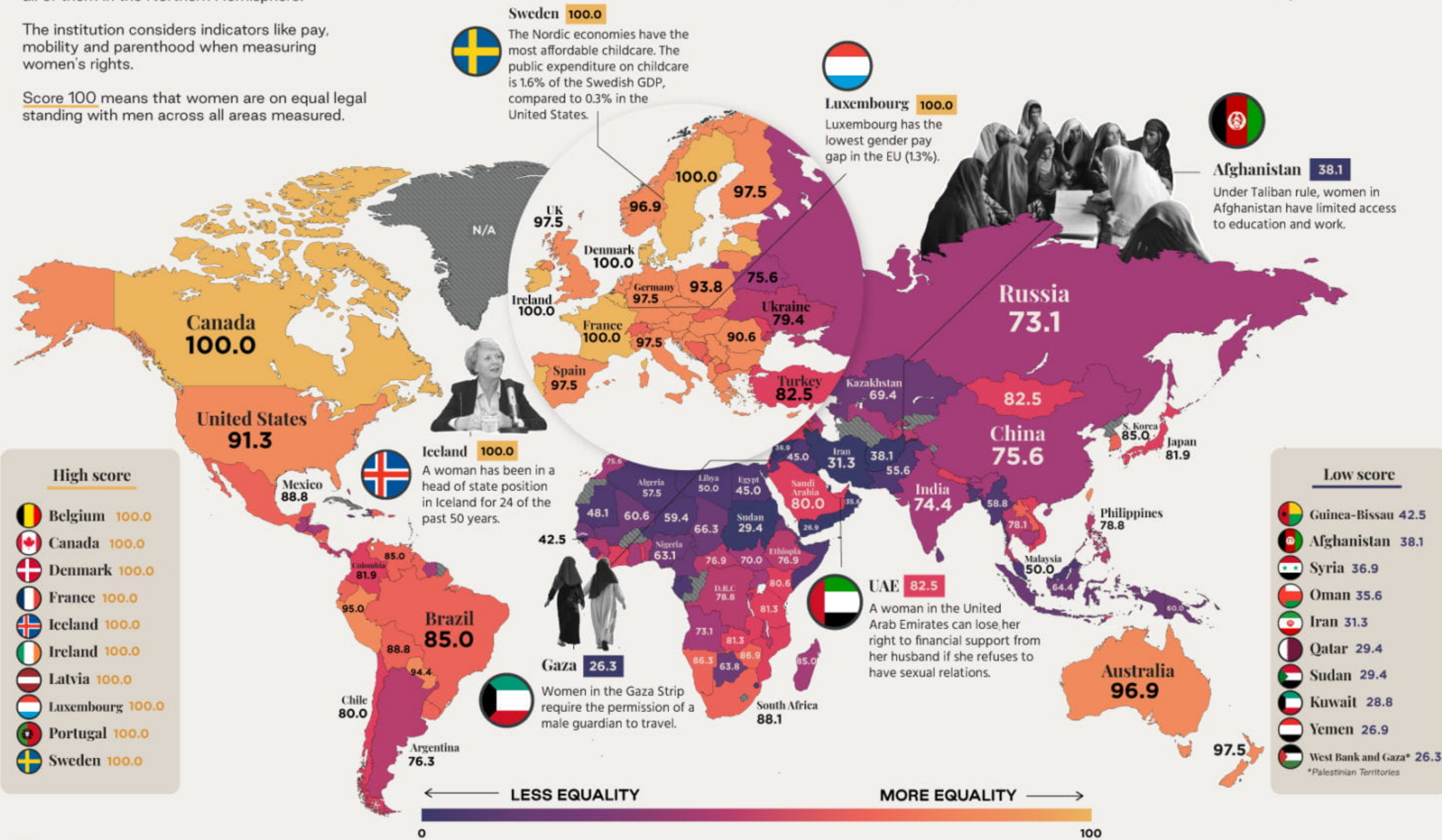
**Assets**

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?



### High score

- Belgium 100.0
- Canada 100.0
- Denmark 100.0
- France 100.0
- Iceland 100.0
- Ireland 100.0
- Latvia 100.0
- Luxembourg 100.0
- Portugal 100.0
- Sweden 100.0

### Low score

- Guinea-Bissau 42.5
- Afghanistan 38.1
- Syria 36.9
- Oman 35.6
- Iran 31.3
- Qatar 29.4
- Sudan 29.4
- Kuwait 28.8
- Yemen 26.9
- West Bank and Gaza\* 26.3




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.



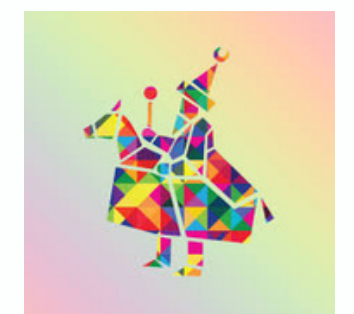
providing free legal aid to people from groups at risk of social exclusion and discrimination.



Acting for foreigners and intercultural education.



Promote the development of an open and multicultural society



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!





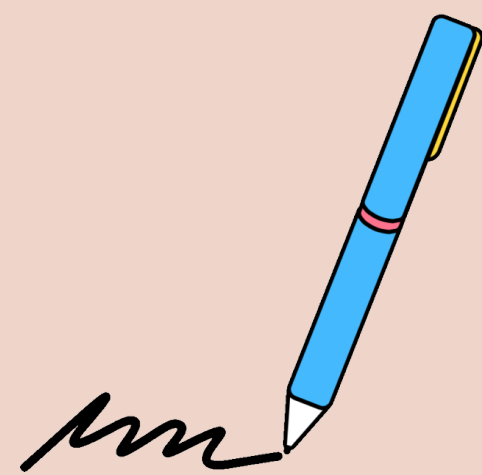


TAKE A TIME TO  
INSPIRE

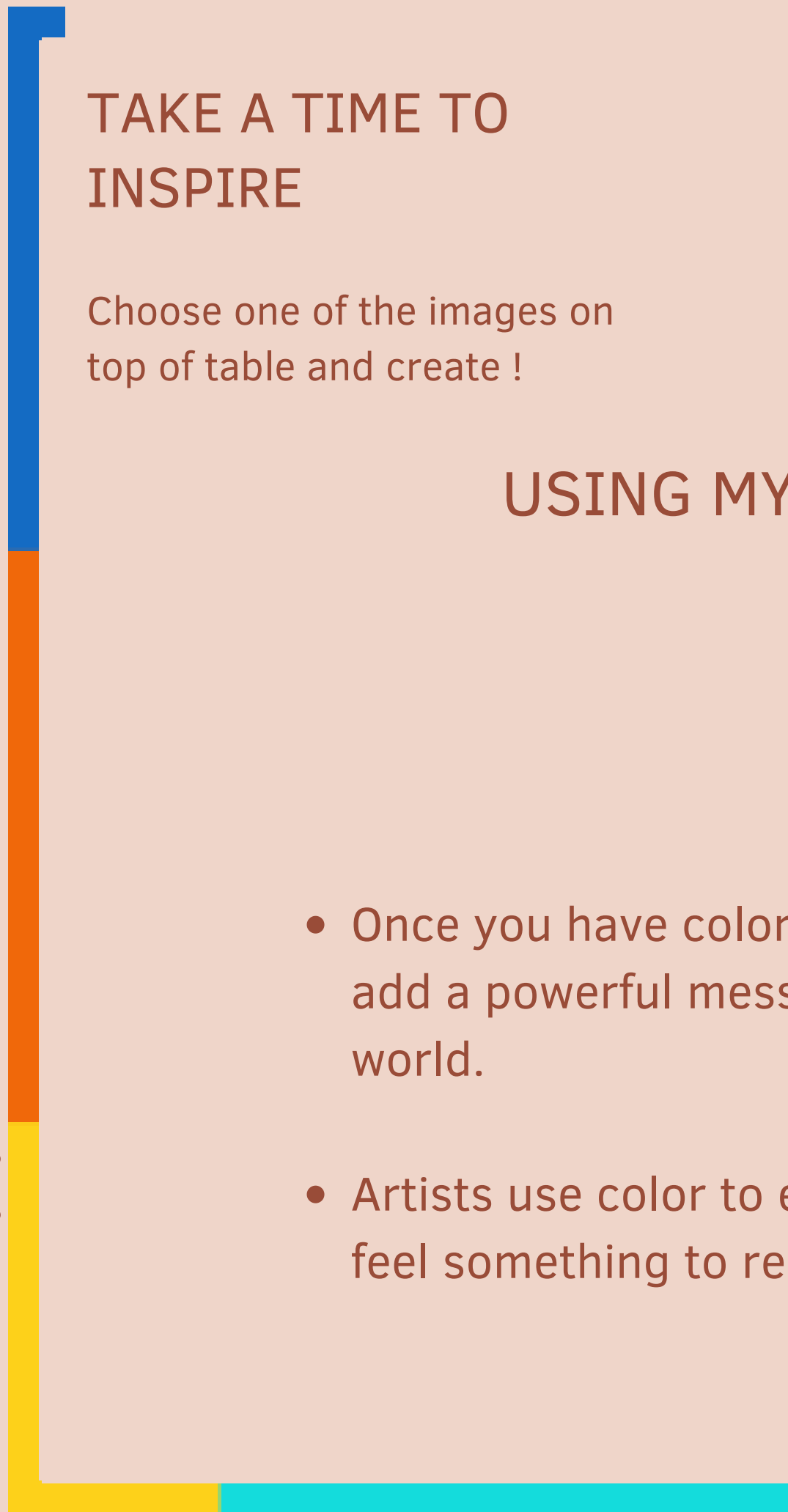
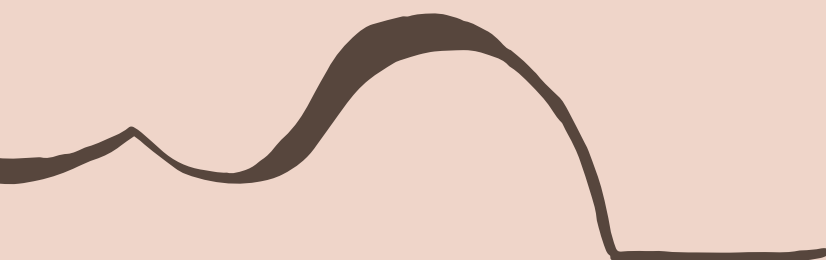
Choose one of the images on  
top of table and create !

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/](http://WWW.WOMEN-POWER.EU/)



Find us on

