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Migrant Women Empowerment Project

"Women Leadership and Initiative" Workshop Activities

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Goal-Setting Activity

The goal of this activity is to empower migrant women to take initiative and become leaders in their new community. By setting clear and achievable goals, these women can develop their skills, build confidence, and make a positive impact on their community.

Duration: This goal setting activity can be conducted over the course of several sessions, depending on the participants' needs and availability, for example, in 1 or 2 days, maybe even 3 days.

Session 1: Introduction and Building Trust (+/- 30mins)

- **Welcome and Introductions:** Begin by creating a welcoming and inclusive environment where all participants feel comfortable sharing their experiences and aspirations.
- **Icebreaker Activity:** Use an icebreaker activity to help participants get to know each other and build trust within the group.
- **Sharing Stories:** Encourage each woman to share her migrant experience and the challenges she has faced in the new country. Validate their experiences and emphasize that they are not alone in their journey.

Session 2: Identifying Strengths and Passions (+/- 30mins)

- **Strengths Assessment:** Facilitate a strengths assessment exercise to help participants recognize their individual skills, talents, and abilities.
- **Passion Mapping:** Guide the women in identifying their passions, interests, and areas where they feel motivated to make a difference.

Session 3: Setting Personal Goals (+/- 45mins)

- **Goal-Setting Principles:** Introduce the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) principles of goal setting and explain their significance in the context of leadership development.
- **Personal Goal Setting:** Assist each woman in setting her own leadership goals based on her strengths, passions, and desired impact on the community.



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Goal-Setting Activity

Session 4: Overcoming Challenges (+/- 1h)

- **Group Discussion:** Initiate a group discussion on common challenges faced by migrant women in the new country and potential strategies to overcome them.
- **Guest Speaker:** Invite a successful migrant woman leader or an expert in leadership development to share their experiences and insights on overcoming challenges.
- **Role-Playing Exercises:** Organize role-playing activities to practice leadership scenarios and gain confidence in their leadership abilities.
- **Networking Strategies:** Teach effective networking techniques and encourage participants to expand their professional and social networks.

Session 7: Support and Accountability (+/- 1h)

- **Support System:** Emphasize the importance of supporting each other's growth and forming a peer support system.
- **Accountability Partners:** Pair participants with accountability partners who will regularly check in and provide encouragement in achieving their leadership goals.

Session 8: Celebrating Progress and Graduation (+/- 30mins)

- **Progress Review:** Allow each participant to share her progress in achieving her leadership goals and any challenges encountered along the way.
- **Graduation Ceremony:** Organize a celebratory event to recognize the participants' commitment and growth throughout the goal-setting activity.



Follow-up:

Alumni Network: Establish an alumni network for the participants to stay connected, share their achievements, and continue supporting each other.

Evaluation: Conduct a feedback session to assess the effectiveness of the activity and make improvements for future sessions.

Remember,

the key to the success of this goal setting activity is to create a safe, supportive, and empowering space for migrant women to explore their potential as leaders and take positive action in their new community.

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Ice Breaker Activity: "Our Shared Journey"

This ice breaker activity is designed to create a sense of connection and empowerment among migrant women by highlighting their shared experiences and strengths.

Instructions (30mins)

1. Gather all the participants in a comfortable and relaxed setting.
2. Provide each woman with a small piece of paper and a pen or marker.
3. Ask them to write down one challenge they have faced since moving to the new country on the paper.
4. Collect all the papers and mix them in a bowl or basket.
5. Now, have each woman randomly pick a paper from the bowl (not their own) and read the challenge out loud to the group.
6. After reading the challenge, encourage the woman who wrote it to briefly share her experience and how she dealt with the challenge.
7. Open the floor for the other participants to offer words of encouragement, support, or advice to the woman who shared her challenge.
8. Repeat the process until each woman has had a chance to share and receive support.

Key Messages:

This activity reminds participants that they are not alone in facing challenges in their new country. Others have experienced similar difficulties and have found ways to overcome them.

By sharing their challenges and experiences, participants can draw strength and inspiration from one another, empowering them to face their own obstacles with confidence.

It fosters a supportive and empathetic atmosphere, reinforcing the sense of community and togetherness among migrant women.

Note: It's essential to approach this activity with sensitivity and respect for each woman's experiences. Encourage a non-judgmental and supportive environment, ensuring that participants feel safe to share their challenges and stories.



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Leadership Activity: "Voices of Empowerment"

The "Voices of Empowerment" activity aims to help migrant women discover and embrace their leadership qualities while building self-confidence and communication skills.

Duration: Approximately 30 minutes

Materials Needed:

1. Flipchart or whiteboard
2. Markers
3. Sticky notes
4. Pens or pencils



Instructions:

1. Introduction (5 mins):

- Gather the participants in a circle or around a table.
- Start by briefly explaining the purpose of the activity: to explore the concept of leadership and empower each woman to recognize her unique leadership qualities.
- Share a short inspirational story of a successful female leader, preferably someone from a diverse background or a migrant woman who made a positive impact in her community.

2. Leadership Qualities Brainstorm (10 minutes):

- Write the word "LEADERSHIP" on the flipchart or whiteboard and ask the participants what it means to them.
- Facilitate a group discussion and invite the women to share their thoughts on leadership qualities.
- As they share their ideas, write down key leadership qualities on the flipchart.
- Encourage the participants to think beyond traditional notions of leadership and embrace qualities they possess.

3. Identify Your Leadership Qualities (10 minutes):

- Distribute sticky notes and pens/pencils to each participant.
- Instruct the women to take a few minutes to reflect on their personal strengths and leadership qualities.
- Ask them to write one leadership quality they believe they possess on each sticky note (e.g., empathy, resilience, communication, creativity, problem-solving, etc.).
- Collect the sticky notes and mix them in a bowl or basket.

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Leadership Activity: "Voices of Empowerment"

4. "Voices of Empowerment" Sharing (5 minutes):

- Randomly pick one sticky note from the bowl and read the leadership quality out loud.
- Encourage the woman who wrote it to stand up and briefly share an example of how she demonstrated that quality in her life or how she aspires to use it in her community.
- After her sharing, invite the other participants to offer words of support and affirmation for her leadership qualities.

Conclusion:

- Recap the activity by emphasizing the diverse and valuable leadership qualities that emerged from the discussion.
- Encourage the women to continue embracing and nurturing their leadership qualities as they contribute to their new community.
- Thank the participants for their openness and participation.

Key Messages:

This activity highlights that leadership comes in various forms and is not limited to formal positions or titles. By recognizing and celebrating their unique leadership qualities, migrant women can feel empowered to take initiative and make a positive impact. The supportive environment created during the activity fosters a sense of community and mutual encouragement among the participants.



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Practical Activity: "Community Action Plan"

The "Community Action Plan" activity encourages migrant women to take initiative and work collaboratively on a practical project that addresses a specific need or challenge in their new community.

Duration: This activity can be conducted over a few sessions, with each session lasting approximately 30-60 minutes, depending on the complexity of the project.

Materials Needed:

1. Flipchart or whiteboard
2. Markers
3. Paper
4. Pens or pencils
5. Relevant community resources and information



Identifying Community Needs (30 mins)

1. Start by discussing with the participants the importance of taking initiative and actively participating in community development.
2. Facilitate a brainstorming session to identify the most pressing needs or challenges in their new community. Encourage participants to share their observations and experiences.
3. As a group, shortlist the top three needs or challenges that the participants feel most passionate about addressing.

Project Planning and Goal Setting (60 mins)

1. Divide the participants into smaller groups, each focusing on one of the shortlisted needs or challenges.
2. Instruct each group to develop a project plan to address the chosen need or challenge. The plan should include:
 - Clear objectives and goals for the project.
 - Specific actions and steps to achieve those goals.
 - Roles and responsibilities for each participant within the group.
 - Timeline for the project's execution.
 - Resources required for the project (e.g., volunteers, materials, funding).

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Practical Activity: "Community Action Plan"

Implementing the Projects (Ongoing)

1. Over the next few weeks, the groups start executing their community action plans, staying true to their defined objectives, and following the set timeline.
2. Facilitate regular check-in sessions with each group to provide support, address any challenges, and celebrate progress.

Reflection and Celebration (30 mins)

1. After the projects have been implemented, gather all participants for a reflection and celebration session.
2. Each group presents the outcomes and impact of their project, sharing successes, lessons learned, and personal growth experiences.
3. Celebrate the achievements of all participants and acknowledge their initiatives in making a positive difference in the community.



Key Messages:

The "Community Action Plan" activity emphasizes the power of taking initiative and working together to create positive change in the community. By actively participating in addressing community needs, migrant women can build leadership skills, gain confidence, and foster a sense of belonging in their new home.

This activity promotes a practical and action-oriented approach to empowerment, empowering migrant women to be proactive leaders in shaping their community's future.

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Engaging Activity: "Cultural Recipe Exchange"

Promote socialization and cross-cultural understanding among migrant women by sharing and learning about each other's traditional recipes.

Duration: Approximately 30 minutes

Instructions:

1. Gather all the participants in a comfortable and inviting space, such as a community center.
2. Introduce the activity by explaining its purpose: to celebrate cultural diversity and foster connections through the joy of food.
3. Invite each participant to bring a printed or written copy of a traditional recipe from their home country. It could be a favorite dish they enjoy cooking or a special recipe passed down through generations.
4. Create a table or designated area where the participants can display their recipes and any related photos or stories they wish to share.

Activity Steps:

1. Recipe Sharing (15 mins)

- Have the women take turns presenting their recipes to the group.
- Each participant briefly introduces themselves, shares the name and origin of their recipe, and explains its cultural significance or any personal memories associated with it.
- Encourage the participants to ask questions and show genuine interest in each other's recipes.

2. Tasting and Socializing (15 mins) (A bonus activity)

- After the recipe sharing, set up a tasting station where the prepared dishes are displayed and sampled.
- Allow the participants to taste each other's dishes, experiencing the diverse flavors and culinary traditions.
- As they enjoy the food, encourage informal conversations and socializing among the women, fostering connections and friendship.



Key Messages:

Food is a universal language that brings people together and bridges cultural differences. By sharing and appreciating each other's recipes, migrant women can connect on a personal level and learn about each other's cultural heritage. This engaging activity encourages socialization in a warm and inclusive atmosphere, creating a sense of belonging and community among the participants.

