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Migrant Women Empowerment Project

Riga "Women Leadership and Initiative" Workshop

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About the project

Following unexpected challenges in their lives, all women experience a series of events that cause them to question whether they are on the right track and whether they made the right decisions. Many of them face a lack of information or confusing data about women's issues, struggle to meet new people and friends, and limit themselves with their own beliefs and self-doubt about their full potential.

The project Migrant Women Empowerment aims to promote inclusion, gender equality, non-discrimination, 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, 4 different workshops will be held in Latvia, Poland, and Austria to achieve the project's objectives.



Features



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1. The Key Topics

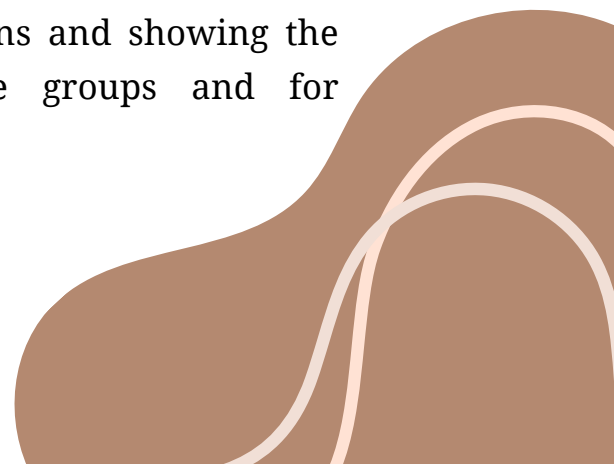
- Inclusion, promoting equality and non-discrimination.
- Promoting gender equality, women's rights, and women's education.
- Reception and integration of refugees and migrants.
- To give the "new women in town" the confidence to believe in themselves and believe that they can add value to the local community.

2. The Target Groups

- Migrant women
- Women refugees
- Adult educators and social workers working with migrant women
- Organisations working with and for migrant women
- Local government offices that assist migrants

3. The Erasmus Priorities

- **Inclusion and diversity**- Empowering women, specially migrant women that feel lost and excluded from new society.
- Improving the competences of adult educators.
- Promoting Erasmus+ among all citizens and showing the programs support for disadvantage groups and for migrants.
- Inclusion.





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Workshops

Each workshop features three hours of engaging discussions, activities, and interactions as well as a place for networking and integration. Coffee and snacks are served during the workshop, along with some free time for socializing.

Women Leadership and Initiative

Riga, Latvia

The goal of the workshop is to teach women skills for creating concepts and to increase their awareness of the power of action. The event focuses on empowering women to start new projects and share their ideas. Women left the workshop feeling empowered and ready to shape their future.



Women's Rights in Action

Kraków, Poland

The "Women's Rights" workshop educates women about local rights and how to function in local society. Women was informed about localities where they can expand their network and try new activities.





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Workshops

Raising Up: Building Better Communities

Kraków, Poland

Women learned how to establish a better society, support other women, and solve problems together in the "Raising Up" workshop. Through interactive sessions and experiential learning, participants gained a deeper understanding of their personal strengths and abilities, and how to leverage them to effect positive change in their communities.



Be Yourself

Vienna, Austria



"Be yourself: mental women wellbeing" workshop focuses on stress and emotion balance, taking into account reasons that may cause migrant women to feel lost and depressed in a new country, particularly in countries where societies are still not that open minded. The workshop provide strategies for dealing with this and finding inner inspiration.



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Riga "Women Leadership And Initiative" workshop

On November 11, 2022, we held a workshop as part of the Migrant Women Empowerment project in Riga, Latvia. The workshop was well attended and brought together a diverse group of women from the local migrant community.

The Migrant Women Empowerment project has achieved significant results in its aim to empower and educate migrant women.

The presentations provide a comprehensive overview of the key issues facing migrant women, including cultural differences, language barriers, and challenges in finding work and accessing services. The scripts provide step-by-step guidance on how to carry out these workshops, including detailed instructions on how to facilitate discussions, activities, and exercises.

The activities included in the workshop materials are designed to be hands-on and interactive, promoting engagement and active participation among the women. The activities focus on building confidence, developing practical skills, and promoting self-empowerment. Topics include communication skills, financial literacy, and personal safety.

Activities



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Icebreaker bingo-game

Icebreaker Bingo is a game that encourages players to mingle and learn more about each other.

Rules:

- Divide workshop participants into groups and distribute handouts.
- 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.

GET TO KNOW EACH OTHER
Bingo!

I like cooking	I always stop to smell the flowers	I like to pick strawberries	I always visit my family on weekends
I am a cat person	I collect photocards	I favor using a car over a bicycle	I enjoy working out with others
I have read a book about womanhood	I did yoga today	I have more than 2 siblings	I play a musical instrument
I have a tattoo	I have met someone famous	I always prepare my own breakfast	I enjoy traveling
I prefer tea over coffee	I like to wake up early	I like sweet food more than salty	I like to work from home



Activities



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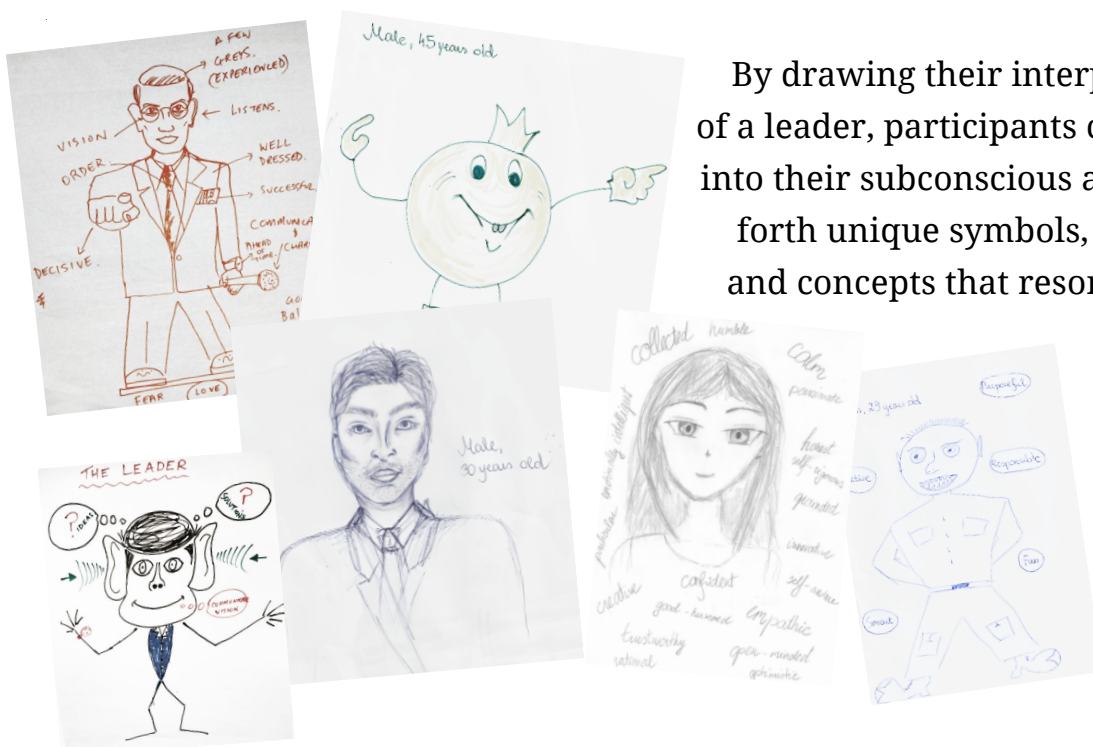


Picture a leader in your head Do you see a woman or a man?

"Picture a leader in your head. Do you see a woman or a man?" is a thought-provoking game that challenges societal assumptions and stereotypes about leadership. It encourages participants to reflect on their ingrained biases and expand their perceptions of who can be a leader.

The game starts by posing the question, asking individuals to imagine a leader in their mind's eye. Traditionally, the image that comes to mind for many people is that of a man. This automatic association is influenced by historical and cultural factors that have often portrayed men as the primary figures in positions of power and authority.

However, the purpose of the game is to challenge this bias and broaden the concept of leadership. The intention is to encourage participants to consider the possibility of women as leaders, breaking free from preconceived notions and embracing diversity in leadership roles.



By drawing their interpretation of a leader, participants can delve into their subconscious and bring forth unique symbols, imagery, and concepts that resonate with them.

Activities



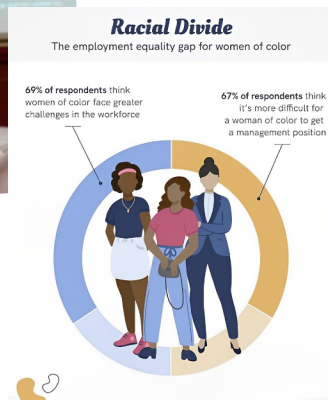
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Presentation

The presentation encompasses the following components:

1. Introduction to the project
2. Icebreaker game
3. "Picture a leader in your head" game
4. Presentation of various statistics about women in workplaces
5. A list of ways women can become more effective leaders
6. Inspiring women in the field
7. Vision board creation



Ways Women Can Become More Effective LEADERS

- Communication
- Commitment
- Courage
- Character
- Creativity
- Caring
- Confidence
- Competence

Don't be afraid.
Be focused.
Be determined.
Be hopeful.
Be empowered.

Michelle Obama

Activities



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Vision board creation

A vision board is a powerful tool used for manifesting goals and dreams. It serves as a visual representation of what you want to achieve in various areas of your life, such as career, relationships, health, and personal growth. By creating a vision board, you can clarify your desires, increase motivation, and stay focused on your aspirations.

To create vision boards we provided following materials:

1. Poster board: This served as the base for vision board
2. Scissors: To cut out images, words, and phrases from magazines or printed materials
3. Glue: Adhesive to attach the images and words
4. Magazines and printed images
5. Markers and pens
6. Additional decorative elements





Vision board creation

How to create vision board step-by-step

Set your intentions: Before you begin creating your vision board, take some time to reflect on your goals and aspirations. What do you want to achieve in different areas of your life, such as career, relationships, health, or personal growth? Be specific and think about the emotions and experiences you want to attract.

Gather your materials: Collect the necessary materials to create your vision board. You will need a poster board or corkboard as a base, scissors, glue or tape, magazines, colored markers, stickers, inspirational quotes, and any other items that resonate with you, such as photographs or trinkets.

Visualize and plan: Think about the overall theme or feel you want your vision board to have. It could be focused on a particular area of your life or encompass a broader vision. Consider how you want the board to look and what elements you want to include, such as images, words, or symbols. Visualize your ideal outcome as you plan your vision board layout.

Collect visual representations: Flip through magazines, books, or search online for images that align with your goals and aspirations. Look for pictures that evoke positive emotions and make you feel inspired. Cut out or print these images and set them aside.

Select meaningful words and quotes: In addition to images, gather words and quotes that resonate with you. They can be affirmations, empowering statements, or snippets of wisdom. Write or print these words on small pieces of paper or cardstock.

Arrange and glue: Begin arranging your images, words, and other items on the poster board. Experiment with different layouts until you find one that feels harmonious and visually appealing. Once you're satisfied with the arrangement, start gluing or taping everything in place.

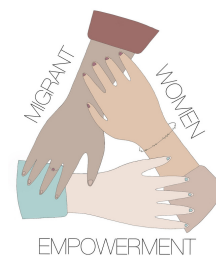
Add personal touches: Enhance your vision board with personal touches that reinforce your goals and aspirations. Include photographs of loved ones, inspirational items, or anything that holds special meaning to you. You can also use colored markers or stickers to embellish the board further.

Display and review: Find a prominent and easily visible place to hang or display your vision board. It could be in your bedroom, office, or any area where you'll frequently see it. Make sure it's easily accessible so you can review and visualize your goals regularly.

Activities



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Kahoot quiz

This interactive quiz is designed to celebrate the remarkable achievements of women leaders and highlight their inspiring initiatives across various fields. We embarked on a fun and educational journey to learn about influential women who have made significant contributions to society, highlight the struggles faced by migrant women in workplaces, and address the issue of gender inequality.



Activities



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What's is Kahoot and how to use it

Kahoot is an online learning platform that allows users to create and participate in interactive quizzes, surveys, and discussions. It is widely used in educational settings to engage students and promote active learning. Here's an overview of what Kahoot is and how to use it:

Creating a Kahoot:

- Visit the Kahoot website (kahoot.com) or download the Kahoot app on your mobile device.
- Sign up for a free account or log in if you already have one.
- Click on the "Create" button to start creating your Kahoot.
- Choose the type of Kahoot you want to create: Quiz, Survey, Discussion, or Jumble.
- Give your Kahoot a title and add relevant information such as description, cover image, and audience details.
- Create your questions and provide answer options. You can include images, videos, and diagrams to make your Kahoot more engaging.
- Set a time limit for each question and assign points to correct answers.
- Save your Kahoot and choose whether to make it public or keep it private.

Activities



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Playing a Kahoot:

- If you want to participate in a Kahoot created by someone else, you can do so by accessing the game using a unique game PIN provided by the host.
- Open a web browser and go to kahoot.it or launch the Kahoot app on your mobile device.
- Enter the game PIN displayed on the screen and click "Enter" or tap "Enter PIN."
- Provide a nickname or use your real name to join the game.
- Wait for the host to start the Kahoot. Once it begins, you will see questions and answer options on your screen.
- Choose the correct answer within the given time limit. Points are awarded for correct and quick responses.
- After each question, the leaderboard will be displayed, showing the current rankings of all participants.
- At the end of the Kahoot, the final leaderboard will be shown, and the winner will be announced.

Kahoot Features:

- Kahoot provides various features to enhance the learning experience. For example, you can include images, videos, and diagrams in your questions to make them more visual and engaging.

Activities



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- You can enable the "Randomize order of questions" option to present questions in a different order for each player.
- Kahoot offers options for collaboration and discussion through its "Discussion" mode, allowing participants to share their thoughts and ideas on a given topic.
- Kahoot provides a library of pre-made quizzes and surveys created by other users, which you can search and use in your own sessions.

Kahoot is a versatile tool that can be used for both formal and informal learning settings, such as classrooms, corporate training sessions, and social events. It promotes active participation, gamification, and interaction among participants, making learning more enjoyable and engaging.

Activities



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Group discussions / Personal reflection exercises

Workshop included a variety of activities designed to support and empower the women participants.

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.





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Feedback

Making a survey after a Women Leadership and Initiative Workshop is a valuable way to gather feedback and insights from the participants. It allows you to assess the effectiveness of the workshop, understand the attendees' experiences, and gather suggestions for improvement. Here's a guide on creating a survey after a Women Leadership and Initiative Workshop:

Determine the survey goals: Before creating the survey, clarify the specific goals and objectives you want to achieve. Do you want to evaluate the overall satisfaction of the participants? Assess the effectiveness of specific workshop sessions? Gather suggestions for future workshops? Clearly defining your survey goals will help shape the questions you ask.

Select an online survey platform: Choose an online survey platform that suits your needs. There are several options available, such as Google Forms, SurveyMonkey, or Typeform. Select a platform that allows you to create and distribute the survey easily, and provides robust analytics and reporting features.



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Create a mix of question types: Use a variety of question types to gather different types of feedback. Include closed-ended questions with response options like multiple-choice, Likert scales, or rating scales. These provide quantitative data and make it easier to analyze. Also, include open-ended questions that allow participants to provide more detailed feedback, suggestions, or share their personal experiences.

Start with demographic questions: Begin the survey with a few demographic questions to understand the profile of the participants. This can include their age, occupation, level of leadership experience, and industry.

Evaluate workshop content and delivery: Ask participants to rate the workshop content, organization, and delivery. You can inquire about the relevance and usefulness of the topics covered, the clarity of the presentations, the engagement of the facilitators, and the overall flow of the workshop.

Assess participant learning and growth: Include questions that measure the participants' perceived learning and growth from the workshop. Ask about specific takeaways, skills acquired, or insights gained. This helps you gauge the impact of the workshop on their leadership development.



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Evaluate workshop activities and exercises: Inquire about the effectiveness of specific activities or exercises conducted during the workshop. Ask participants to rate the engagement level, relevance, and impact of these activities on their learning experience.

Gather feedback on workshop facilitators and speakers: Include questions to assess the effectiveness and expertise of the workshop facilitators and guest speakers. Participants can provide feedback on their communication style, knowledge, ability to inspire, and overall effectiveness in delivering the content.

Provide space for additional comments: Allow participants to share any additional comments, suggestions, or ideas they may have. This section provides an opportunity for participants to express themselves freely and offer specific recommendations for future workshops.

Ensure anonymity and confidentiality: Assure participants that their survey responses will remain anonymous and confidential. This helps create a safe space for honest and constructive feedback.



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Pilot test the survey: Before distributing the survey to all participants, conduct a pilot test with a small group to ensure that the questions are clear, concise, and capture the intended information effectively.

Distribute the survey and set a deadline: Send the survey link to all workshop participants via email or other communication channels. Set a deadline for completing the survey to ensure a timely response.

Analyze and interpret the data: Once the survey responses are collected, analyze the data using the reporting and analytics features provided by the survey platform. Look for patterns, trends, and common themes in the responses. Identify strengths and areas for improvement.

Share the survey results and take action: Prepare a summary report of the survey results, highlighting key findings and recommendations. Share this report with the workshop organizers, facilitators, and participants. Use the feedback received to improve future workshops and tailor content to better meet the participants' needs.



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Conclusion

Feedback is a valuable tool that should be embraced as a source of inspiration and motivation when creating workshops for migrant women. By actively seeking and incorporating feedback, workshop organizers can gather insights that will help them refine and enhance future workshop experiences.

The feedback received plays a crucial role in the continuous improvement of workshop organizers' efforts to create meaningful and impactful workshops for migrant women. Each piece of feedback, whether positive or constructive, provides valuable information about the participants' needs, preferences, and experiences. It offers a unique perspective on what worked well and what could be improved upon.

By carefully analyzing the feedback, workshop organizers can identify areas of strength and success, allowing them to build upon those aspects in future workshops. Positive feedback serves as a powerful motivator, reinforcing the organizers' commitment and inspiring them to continue their work with enthusiasm.



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Additionally, constructive feedback serves as a guiding light, shedding light on areas that may require improvement. It enables workshop organizers to identify potential gaps or areas where participants felt dissatisfied or unfulfilled. By heeding this feedback, organizers can make informed adjustments and refinements, ensuring that subsequent workshops better meet the needs and expectations of migrant women.

Ultimately, the integration of feedback into the workshop creation process leads to more tailored, engaging, and impactful experiences for migrant women. It allows organizers to adapt and evolve their approach based on the participants' perspectives, resulting in workshops that truly resonate with and empower the target audience.

In summary, feedback is a vital source of inspiration and motivation for workshop organizers. It provides valuable insights that help shape the design and execution of future workshops, ultimately improving the experiences for migrant women. By embracing feedback and using it as a catalyst for growth, workshop organizers can create transformative and inclusive workshop environments that empower and support migrant women on their journey.



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