



Co-funded by  
the European Union

# MIGRANT WOMEN EMPOWERMENT

PROJECT NR 2021-2-PL01-KA210-ADU-000050955

# W3 Raising Up:

BUILDING BETTER  
COMMUNITIES



MOVE to Be You



ABOUT US



Founder  
&  
Coach



PROJECT'S  
MASTER



Women's  
Mentor  
Activist



- The power of the pack
- Networks & challenges
- Coffee Break
- Small initiatives  
big changes  
coming...

## MORNING ICEBREAKER

# Colorful confession

Please ladies take each one a candy or two from the box .

Keep it

Do not eat it ... yet



1. Introduce yourself and according to the color of the candy you got tell us a fact related to it



**Red** – What was the worst haircut you ever had?

**Brown** – If a movie was made of your life what genre would it be and why

**Orange** – What was your least favorite food as a child? Do you still hate it or do you love it now?

**Yellow** – If you had to eat one meal everyday for the rest of your life what would it be?

**Blue**: What is your favorite item you've bought this year?

**Gold** : What is your favorite magical or mythological animal?

**White** : What was the worst job you ever had?

**Purple**: name your favorite hobby and why you like it

**Green**: Dream place to live

**Black**: Describe your perfect day

**Grey**: The most unusual pet you've had

**Red- Pink** : What job did you want as a kid

The power of the pack

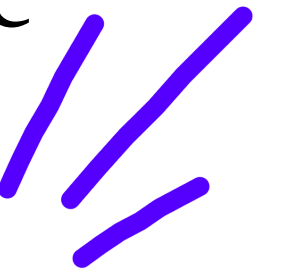


# The power of the pack

Women trying to rise up into leadership face cultural and systemic hurdles that make it harder for them to advance, such as unconscious bias.

We need to reverse the stereotype that women don't support other women.

We have been taught to be competitive with one another





# Networks & challenges

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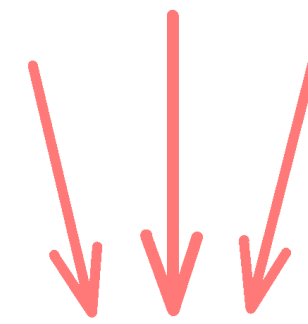
**BREAK**  
the  
**BIAS**

The truth is that raising each other up and channeling the power of collaboration is truly how we'll change the equation





# wOMEn NetWorK



woman alone has power; collectively we have impact

Our personal strengths and abilities, give us a leverage to effect positive change in their communities.

♀ women ♀  
empowerment

Any idea why and how ?



Paula moved from Brazil to New York to study fashion, she began making brigadeiros – her grandmother's traditional  
° My sweet brigadeiro



*She couldn't  
so she did*



Catrinka is an ethical fashion brand, providing fair work for women and donating back to education and mentoring programs

# Let's take a small look

....

Jenny founded her jewellery line. She designed each piece as an extension of herself with care to inject meaning and purpose into every piece.



Carcel : Based in Copenhagen, the brand has defined a revolutionary business model with a high social impact and a low environmental footprint by setting its production sites inside women's prisons and working directly with the inmates.



Nobody  
said is easy

....

Women  
as  
NO LIMITS



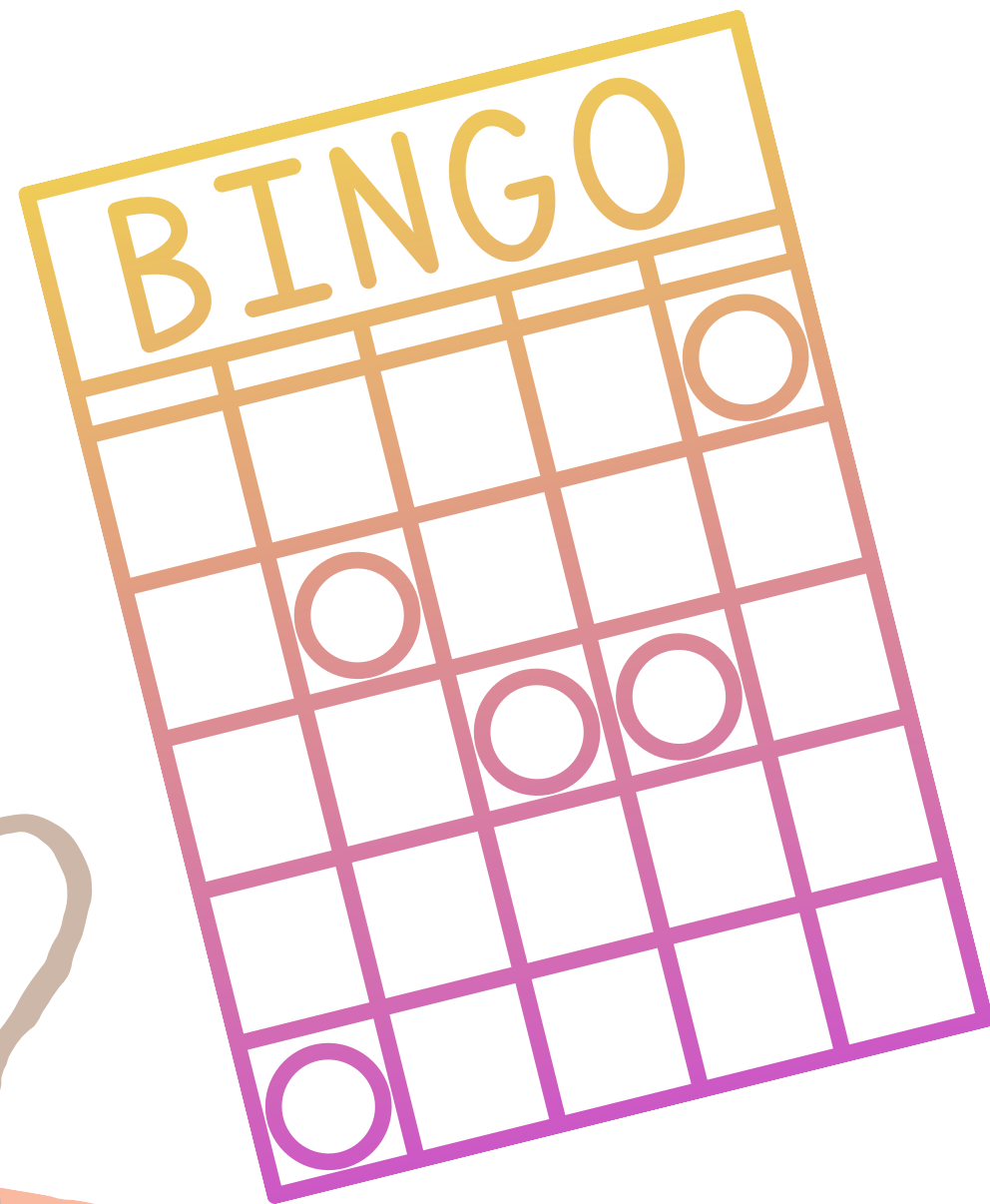
Luüna Naturals : While menstrual cups have taken Western countries by storm, menstrual health is still a source of shame, taboo and misconceptions in Asia. The company led by Olivia Cotes-James has been operating since 2019 to change menstrual stigma and give women the power to choose the sanitary option which suits them best.

# BREAK TIME



# NOW THAT WE HAVE MORE ENERGY

LETS HAVE A GAME



- Your task for the next several minutes is to search the room for 1 women who match the descriptions listed on your bingo card.
- When you find a match, ask them to put their signature in that box.
- Search carefully though, as you can only have each woman sign ONE box.
- NOT SHOULD REPEAT in same Bingo card & NOT sign more than 3 cards.
- Search quickly as the first one to fill the entire card wins a prize.
- Let us know your card is full by shouting “Women!”

Small initiatives Big  
changes coming!!!



NETWORKS PROVIDE ACCESS TO IDEAS, RESOURCES,  
SUPPORT, ROLE MODELS AND HUMAN CONNECTION



LET'S  
COLLABORATE





# Taking a deep look

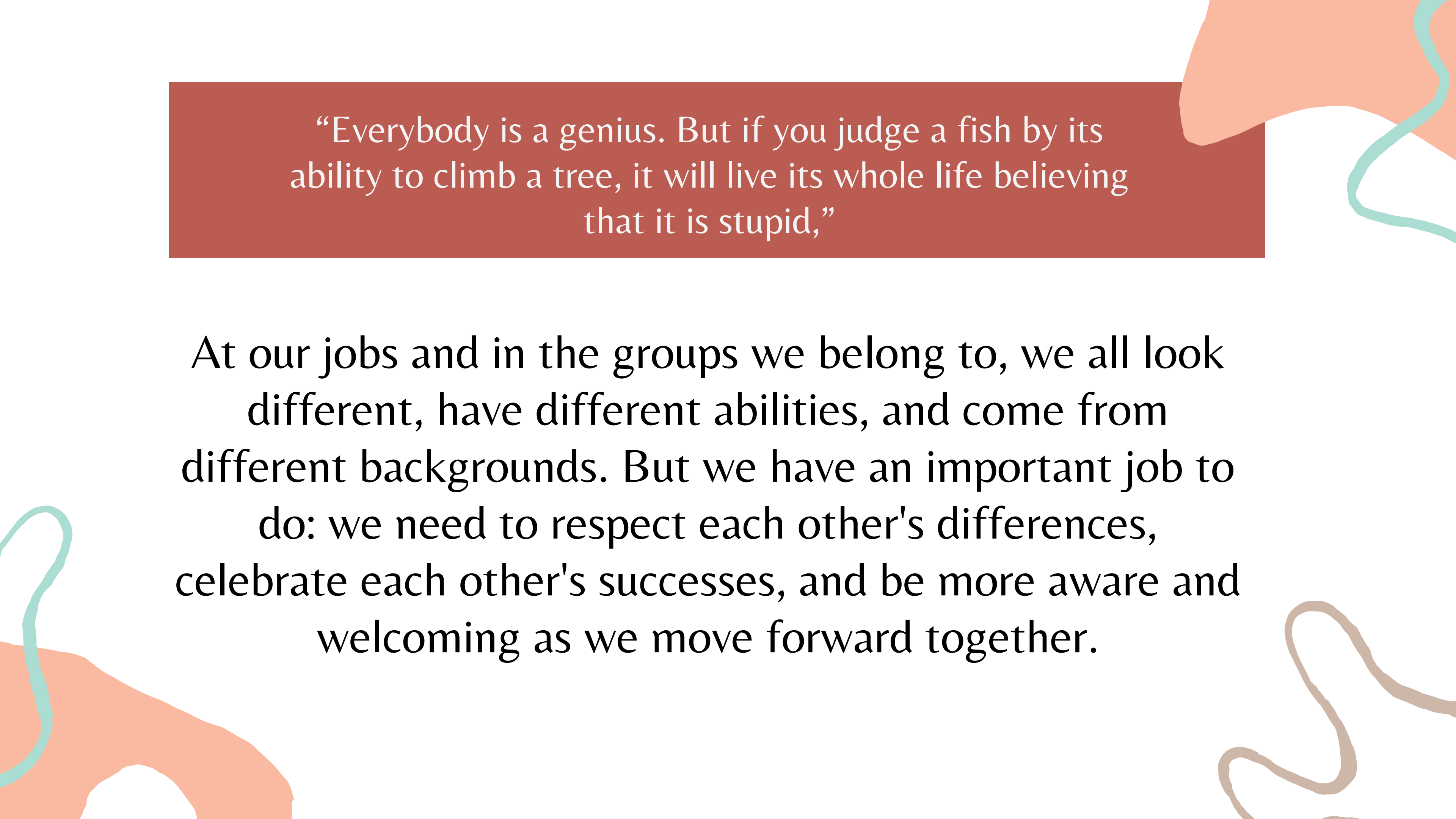
Can we confirm that the winning group was. The best ? Or...  
In fact was not ?

How did you feel during this activity?

How might someone feel who has one of those limitations?

What can we learn from this activity?





“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid,”

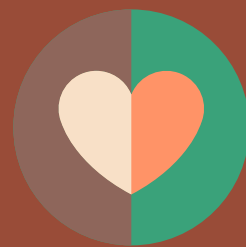
At our jobs and in the groups we belong to, we all look different, have different abilities, and come from different backgrounds. But we have an important job to do: we need to respect each other's differences, celebrate each other's successes, and be more aware and welcoming as we move forward together.

# THANK YOU SO MUCH

QUESTIONS, COMMENTS AND SUGGESTIONS

Website

[www.women-power.eu/](http://www.women-power.eu/)



Find us on 

