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## Migrant Women Empowerment Project

"Be Yourself: Mental  
Women Wellbeing",  
Vienna

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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 - Bewegung für Wohlbefinden (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.

*You can read more here:*  
[www.women-power.eu](http://www.women-power.eu)



# Features



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## 1. The Key Topics

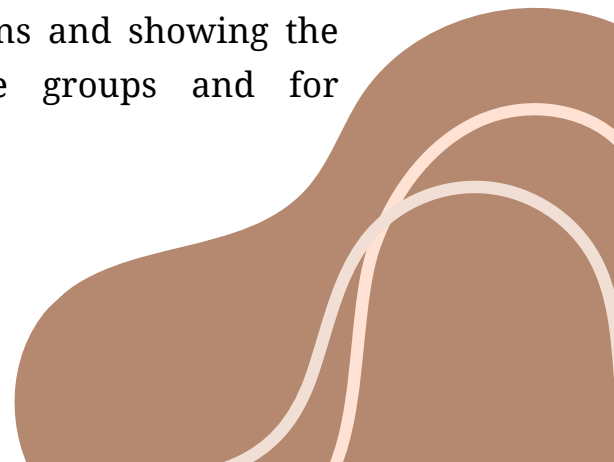
- Inclusion, promoting equality and non-discrimination.
- Promoting gender equality, women's rights, and women's education.
- Reception and integration of refugees and migrants.
- To give the "new women in town" the confidence to believe in themselves and believe that they can add value to the local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

*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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# Vienna "Be Yourself – Mental Women Wellbeing" workshop

On 17. June 2023, we held a workshop as part of the Migrant Women Empowerment project in Vienna, Austria. We have selected a cozy, comfortable yoga and dance studio, Hara Institute in the center of the city which gave a great atmosphere for the activities. With a garden, shower, sauna and kitchen additionally to the studio space, made the location the best for us.

The workshop provided strategies for dealing with stress, discomfort or lack of space for self-expression and finding inner inspiration. To create harmony within and around by forming a relaxed environment, creating a safe space where open mindedness and support is sustained.

The activities included in the workshop materials were 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 body work, NLP coaching & Silva method visualisation, movement and relaxation techniques for wellbeing and self-development, self-awareness and connection.





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# Warm up activity (45-50 mins)

## Introduction and welcome

We have started with the project Introduction by Coordinator organization One World One Heart, in order to put the initiative in context.

We introduced briefly Erasmus+ and dissemination materials creation guidelines and GDPR in regards to videos and pictures creation that do not harm the flow of activities and personal comfort.

Inntroduced guidelines of safe / open-space and supportive atmosphere within the group.

Than we came to the introduction of the host organization and some core elements of the topic of WS's layout







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# Warm up activity

Firstly all sit in a circle and personal introductions:  
Name + country + inspiration to be at the WS.





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# Warm up activity

**Breathing (pranayama) exercise** and basic intro on types of breathing:

- a. Alveolar
- b. Thoracic
- c. Diaphragm

Practice of all the 3 starting from shallow breath to wholesome, deep tummy breathing. Few rounds for each without force and possibility to breath 'normal' in between.

Once basic awareness of breath was established we learn about **OHM Mantra** and the 4 syllables / vibrations to raise the energy from root chakra (lower) to the crown (top chakra).

A – O – U – MA.

3 times chanting of OHM Mantra together in a circle as an opening ceremony for grounding and to support the arrival to space.





# Activity round 1.

## -INDIVIDUAL LEVEL EXPLORATION

"Walk around in space. Free movement to stretch the body.

Different parts of the body from head to toe are mentioned and stretched as for their personal need. Liberation of tension, easing of movement and getting familiar with the space/eachother/situation. Exploration and bodily expression of their inner and outer needs.

## -GROUP LEVEL EXPLORATION

"Walk around in space. Free movement to stretch the body.

Different parts of the body from head to toe are mentioned and stretched as for their personal need. Liberation of tension, easing of movement and getting familiar with the space/eachother/situation.

Exploration and bodily expression of their inner and outer needs.

Once they feel more comfortable and self-expressive in their movement the possibility to connect by basic contact improvisation movements is offered by the facilitator.

Establishment of trust.





# Activity round 1.

## - GROUP LEVEL EXPLORATION

### **Partner exercises :**

- 1) frontal pushups (straight arms together and doing pushups together by balancing the weight and force of each other)
- 2) Frontal squats together ( straight arms, slight lean back and squat to 90 degree and up, harder version is with the change of hands)
- 3) back 2 back squats ( without arms to be connected, lean with the backs and butt to each other and squat down and go up together)
- 4) 1 person stands behind the back of the other and starts to learn how to let the other lean back by being in full control and establish trust between them.

Change the roles and make sure that safety measures are well explained





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# Activity round 1.

Group exercise:

1.5 person groups. They all stand in a circle and one in the middle with closed feet together and eyes closed. Arms on the chest in front.

Trust exercise when they start to push slowly and safely around the person in the middle. Expansion of comfort zone, team building, self-confidence raising, letting go.

THEORY: Máté Gábor : 3 factors leading to stress:

- 1.Uncertainty
- 2.Lack of info
- 3.Loss of control

Last exercises were about LEADING / FOLLOWING / CONTROL







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## Activity round 2:

### Exercise for positive psychology & body language (45-50 mins)

Everyone gets in pairs. Different country and they shall not have known each other from before. They will take role A & B and then switch.

Role A – observer, Role B – performer.

One shall be on the side and just remain as an observer. The other one shall be performing / moving / acting according to feelings that are said out by the facilitator. (Tip for facilitation – help them to feel into it by playing according to the feeling and making them easier to let themselves loose into it)

§ Joy § Frustration / Anger

§ Anxiety § Satisfaction

§ Love





## Activity round 2:

### **Debriefing:**

After both have accomplished both roles it's important to have debriefing between the partners about their experience. Guiding questions for reflections for them:

- How was it for you to be in role A / role B?
- What was challenging for you in this activity?
- Which role was easier?
- How was your body / mind / emotional connection working?





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## Activity round 2:

Last activity from Round 2 as a preparation for meditation and visualisation in the next activity:

**3 breathing (pranayama) exercises** based on and Indian PHD professor's, Giridhar Karajgaonkar sequence.  
3 different positions and breathing sequences attached to it ( shall be guided only by qualified teachers)







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## Activity round 3: (45-50 mins)

### Visualisation based on Silva Methods – Ideal Relaxation Place

Participants are explained what kind of visualisation and meditation exercise they are going to do. All steps are clearly explained and they are invited to let themselves go while finding a comfortable position (preferably not laying but it's ok as long as they do not fall asleep).

With the guidance of the facilitator they will have to visualise:

3 times number 3 in front of their closed eyes

3 times number 2 in front of their closed eyes

3 times number 1 in front of their closed eyes

They shall arrive the Alpha state of relaxation which is very healthy and good for the mind, body and emotional balance. A space where they can release tension, let their face and eyelids relax and sink into a deeper state of comfort.

Once arrived they are invited to imagine their own IDEAL RELAXATION PLACE.

How does it look like? What is around? Is it a holiday location or maybe their favourite place or might be their home?

Facilitator to support the elaboration and deeper visualisation of this place will go through all the 5 senses to evoke a deeper imagination and involve all senses of the meditator participant.

Once the guided relaxation with all details is accomplished, facilitator counts from 1 to 5 and brings them back to a healthier, more relaxed, strong and accomplished self and consciousness. Ask them at the end to open their eyes.





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## Activity round 3

# Write a letter to yourself

-Participants are invited to take a coloured paper from the middle of the room and write a letter to NOT their PAST or FUTURE, but their PRESENT self!

They are asked to be kind and be self-caring in their approach. To be appreciative about their achievements / accomplishment and challenges they overpassed till now in their life. They may summarise their struggles, happy moments and more.

It's good to remind themselves about:

- their inner authentic self
- vision
- dreams
- hopes they aim for







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# Activity round 3

## Closing

Sharing circle about the WS experience , their impressions, questions / feedback or anything such.

Everyone shares one affirmation that we all repeat. This is to let their thoughts to sparkle, to be grateful for what they have, to share and strengthen the affirmation's power by repeating it with the whole group in the circular setting. Connection, liberation and groundedness

As a closing we chant again the OHM Mantra 3 times together in the circle.

We say goodbye and thanks with Namaste.





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# Feedback



Making a survey after the 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.



**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

The overall response from the participants were positive and encouraging. Even though 3 hours for bonding in such sensitive topics is not easy, the group had a good approach and opened perspective for learning, sharing and spending time together.

Certainly the necessity to establish regular meetings, space for sharing and connection were identified as a need.

We had some participants who travelled all the way from Poland as well following the previous workshops they have participated at there.

By creating a harmonious environment which supports the 5 senses and creates valuable memories were truly helpful in the experience.

The good ayurvedic Indian home cooked food, the institute's atmosphere, the cozy colours and scents, the comfort of mats and blankets.

Certainly by creating the right space, learning and openness can be enhanced.

We were happy to impact around 20 ladies lives and have a spark of connection together for these hours.

