



BeMyHelp

Mentoring of women returning to the labour market

Erasmus+ BeMyHelp project

Hello, good to see you!



Introduction

BeMyHelp is a mentoring project for women returning for labor market. Mothers are desirable employees, but it is worth considering their needs. Mentoring is a flexible response for them and **it helps, supports and motivates to grow**. In the end, it could be a **life change** that is often necessary to take a step forward.

The project involves four organizations from Poland, Spain, and Greece: Edumocni, Mamo Pracuj, Women on Top and Neotalentway.

What's going on in the project?

Handbook: publication forthcoming

The mission and goal of BeMyHelp is to support organizations, trainers, psychologists who want to introduce mentoring for women employees of their company, returning to the labor market.

That is why we created Handbook - a tool ready to use and implement in the organizations. This is a complex guide in English and translated in Greece, Spanish and Polish.

Handbook consist of 5 parts:

- Why mentoring: Some basic concepts,
- How to design, build and coordinate a mentoring program,
- How to estimate costs and fundraise for your mentoring program,
- Useful tools & materials,
- Sources.



GOOD Practices: publication forthcoming

This is the next great and inspirational thing for our stakeholders!

GOOD Practices Database is a **collection of 20 best practices in mentoring** implemented in Greece, Spain and Poland. Every organization shows examples of **the most interesting mentoring programs in English, Greek and Spanish**. Are you interested in it? We can uncover you a secret. Explore some examples:

- Dare IT - the Dare IT Mentoring program is for women who **want to find their first job** in one of the selected specializations (as mentioned above).
- Mother Empower - the programme was created to **support and empower mentees** – women reentering the workforce after a break or exploring new career paths.
- #GirlsLoveTech by Telefonica - Telefonica aimed to **foster STEAM vocations in girls and young women** and **reduce the gender gap**.
- Women On Top, powered by Orthostatical - The initiative was designed for **women with disabilities** looking for support and **guidance** in their professional journey.

“My mentor showed great empathy towards me as a mother of two young children. She never made me feel like I was falling short. Her constant reassurance helped me understand that progress doesn't always have to be rapid; sometimes taking small steps is better.” (mentee’s feedback)

THANK YOU FOR READING!

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