



Mentoring for women re-entering the job market

labour market



Introduction

The **Erasmus+ BeMyHelp project** was launched in September 2022 and it aims to implement the mentoring method in socio-professional projects targeting socially excluded groups, particularly **women**.

Its objective is to provide an effective tool for personal development and facilitate their re-entry into the labour market. The project involves four organizations from Poland, Spain, and Greece.

Current status

In recent months, the Erasmus+ BeMyHelp project has made significant progress in implementing the mentoring methodology in socio-professional projects targeting socially excluded groups, especially women. Our collaboration among the four participating organizations in Poland, Spain and Greece has been strengthened through coordination meetings, and we have made progress in the selection and training of key mentors. We are committed to providing an effective tool for personal development and reintegration into the labor market. Discover our latest news in this newsletter.

Launching of the website

The project's official website is now accessible in four languages: English, Spanish, Polish, and Greek, offering a valuable platform for accessing comprehensive project information, including the latest news and updates, alongside a rich repository of mentoring-related resources. Furthermore, the project handbook and best practice guide will soon be readily accessible to all interested parties on the website. We invite you to explore our website at www.bemyhelp.eu for a wealth of information and resources.

One of the significant achievements in our project is the successful completion of our

Mentoring Handbook

Mentoring Manual, a pivotal resource poised to assist organizations interested in embracing the mentoring approach. Within this handbook, we have meticulously compiled accessible and pertinent information on the fundamental elements of mentoring and its effective implementation within an organizational context. This comprehensive guide offers practical insights, proven strategies, and clear guidelines to ensure the seamless execution of mentoring programs. Notably, this resource will serve as invaluable support for both mentors and mentees who will actively engage in our

Good practice guide

forthcoming mentoring initiatives in the subsequent phases of the project.

In addition to the handbook, we've crafted a Best Practice Guide that showcases five exemplary mentoring programs from each of our partner countries, culminating in a rich repository of best practices in mentoring. This compilation encompasses 20 detailed descriptions, with each of our four partners contributing insights into five chosen best practices.

This guide serves as a valuable resource for comprehending the most effective practices within the realm of socio-professional mentoring. Our vision is for this guide to evolve into an indispensable reference tool



for those seeking to enhance their mentoring proficiency, offering tangible examples and proven success stories that can be readily applied across diverse situations and contexts.

Next steps

Conducting Three Remote Training Sessions

We will be hosting three remote training sessions, with one in each of our partner countries (Greece, Spain, and Poland). These sessions will be actively promoted through our social media channels and email outreach. They have been thoughtfully designed to cater to a diverse audience, including managers, project leaders, professional advisors, job mediators, and coaches. Our objective is to engage at least 20 participants in each training session, and we will subsequently assess the quality and impact of these sessions through electronic surveys. Furthermore, we will make a wealth of online training materials available on our project website in four languages. These resources can be easily accessed after registration and newsletter subscription, ensuring widespread accessibility.



Introducing E-Learning Training

We are excited to introduce e-learning training as a key component of our project. Our plan involves making this e-learning training available on our project website, offering it in four languages. To access these valuable resources, individuals will simply need to provide some basic information and subscribe to our newsletter. This convenient process ensures that the e-learning materials are readily downloadable for everyone.

Organizing Mentoring Initiatives for Four Organizations

As part of our testing phase, we will implement mentoring as a support mechanism in four organizations, with two based in Poland and one each in Spain and Greece. Our trusted partners will oversee the selection, organization, and execution of these mentoring programs, with each organization benefiting from a substantial 50 hours of mentoring support. We are committed to providing a comprehensive report that meticulously documents the entire process of implementing mentoring within these organizations.

THANK YOU FOR READING!

BE SURE TO FOLLOW US ON SOCIAL

MEDIA AND STAY TUNED FOR THE

NEXT EDITION OF THE BEMYHELP NEWSLETTER!

