



Mentoring for women re-entering the job market

labour market



Introduction

The Erasmus+ project 'BeMyHelp' was launched in September 2022. Its aim is to **implement the mentoring method in socio-occupational projects targeting socially excluded groups, in particular women.**

"Be My Help" provides effective tools for personal development and facilitates a return to the labour market. Four organisations from Poland, Spain and Greece are participating in the project.

Current status

We are thrilled to present the latest edition of our newsletter. After some intense months of work, we bring you news about our latest activities. In this newsletter we will tell you about the experience of the partners in carrying out the training sessions and we will tell you more about the mentoring programme that the partners are setting up in organisations in their countries. These are the latest results of the project and we are committed to making them extraordinary.

Training in mentoring

During these months the partners have been implementing training sessions on mentoring for organisations and individuals interested in applying the mentoring method, together with the training materials that will be provided to the participants.

In these sessions the content of the developed material has been explained and members of the organisations that worked on the realisation of the mentoring method have participated.

In addition to this and for those interested BeMyHelp has a free e-learning training course available on the project website where the materials can be consulted.

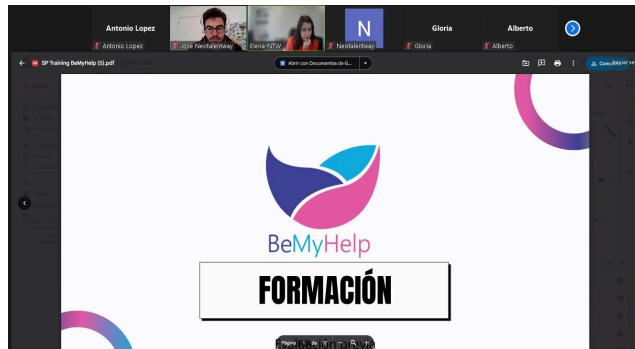


Training by Neotalentway

During the first week of January, a training program was carried out by Neotalentway with the participation of 20 attendees. This was developed in two online sessions that were highly participative and enjoyable. The sessions were effective and the objectives were



achieved, thanks to the active participation of the attendees. Highlights included a deeper understanding of effective mentoring, increased confidence in guiding mentees, and mastery of mentoring tools. The materials provided were effective and contributed to making the sessions more dynamic and enjoyable. Overall, the objectives of the training were met and the survey conducted showed that the participants were satisfied and were able to acquire or expand their knowledge in mentoring.



Training by Women On Top

During the training phase of the program, Women On Top held two training sessions, one online and one offline with the participation of 103 people from more than 50 organizations in Greece. During both training sessions we covered the basic principles of mentoring, as well as tools for planning, implementing and evaluating mentoring programs.



Through interactive exercises and case studies, the aim of the training was to provide organisations wishing to design and implement mentoring programs, either for their team or for their beneficiaries, with tools and materials that can support the project team, as well as the mentor(s) and mentee(s). The participants were greatly engaged into the conversation and proved the increase in awareness of mentoring as an empowerment tool.



Training by Fundacja Mamo Pracuj

The Fundacja Mamo Pracuj recently hosted two online training sessions focused on empowering NGOs through effective mentoring programs. Titled "Effective Mentoring Program: How to Develop and Implement It," the sessions covered essential topics such as program design, fundraising strategies, and coordination best practices. Led by industry experts Anna Łabno-Kucharska and Agnieszka Czmyr-Kaczanowska, the training attracted 20 participants eager to enhance their organizations' capacities. Beyond the sessions, the Foundation offers ongoing support to ensure sustained growth and impact in implementing mentoring initiatives within NGOs.

Implementation of mentoring in organisations

We are currently engaged in a crucial activity: the organisation of mentoring programmes for four organisations, as part of a pilot project. This initiative involves implementing mentoring as a form of project action within these four organisations, two of them in Poland, and one each in Spain and Greece.

At this stage, our partners take responsibility for recruiting these organisations, organising and carrying out the mentoring. Each participating organisation will receive a total of 50 hours of mentoring, allowing for an in-depth and personalised approach for each organisation. In addition, a comprehensive report will be prepared documenting and evaluating the implementation of the mentoring in each context.

This process not only offers a valuable opportunity to strengthen the capacities of these organisations, but also provides us with a platform to continuously learn and improve our mentoring approaches. We are excited to collaborate with these organisations and anticipate significant results that will help inform and enrich our future mentoring initiatives.

We thank you for your continued interest and support throughout this exciting journey and wish you a happy holiday season and a prosperous new year full of success and continued collaboration!

THANK YOU FOR READING!

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MEDIA AND STAY TUNED FOR THE

NEXT EDITION OF THE BEMYHELP NEWSLETTER!



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