



Education and Culture DG

Lifelong Learning Programme

LIGHT

INNOVATIVE METHODS AND PRACTICES TO FACILITATE SOCIAL INCLUSION

Project No. 503575-LLP-1-2009-1-LT-GRUNDTVIG-GMP

ATHENA

PRESENTATION OF

ATHENA

**- Association for Education and
Development of Women**



Education and Culture DG
Lifelong Learning Programme

LIGHT

INNOVATIVE METHODS AND PRACTICES TO FACILITATE SOCIAL INCLUSION

Project No. 503575-LLP-1-2009-1-LT-GRUNDTVIG-GMP

ATHENA

Who?



ATHENA is NGO,
for adult education
supporting
disadvantaged
groups of people,
especially women



Education and Culture DG

Lifelong Learning Programme

LIGHT

INNOVATIVE METHODS AND PRACTICES TO FACILITATE SOCIAL INCLUSION

Project No. 503575-LLP-1-2009-1-LT-GRUNDTVIG-GMP

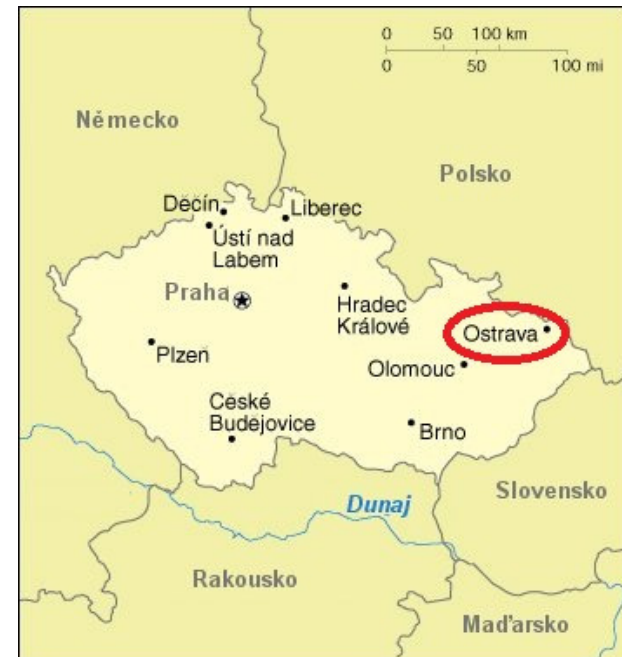
ATHENA

Where?

Region of
North Moravia
and Silesia,
Czech
Republic



ATHENA works
in Ostrava



WHAT?

- Various activities for disadvantaged adults (mainly women) to support their personal and professional development



HOW? (1)

1. Empowerment of personality and support of self-confidence in several steps:

- a) assessment of actual needs
- b) individual consultancy – „personal plan“ design
- c) guidance by mentoring
- d) soft skills training – self-presentation, communication skills, flexibility, stress management, time management, independence and responsibility

HOW? (2)

2. Individual training in virtual firm – learning by doing:

- a) invitation to common work – method „step-by-step“ – participation in small tasks
- b) more and more individual work
- c) acceptation of the own responsibility
- d) the ability to work independently

HOW? (3)

3. Support on the way to employment:

- a) competence assessment
- b) preparation for job interviews **OR**
- c) preparation for starting of own entrepreneurship

ATHENA

Association for Education and Development of Women

Positive experience on overcoming unemployment – Andrea

ANDREA'S STORY (1)

Past situation:

- absolvent without practice, with missing self-confidence and some key competences (language skills, driving licence)
- In the region with high rate of unemployment and prevailing job offer for men

ANDREA'S STORY (2)

Services provided by ATHENA:

- assessment of actual needs
- individual consultancy – „personal plan“
design – recommendation of further
training: participation in language and
driving courses
- guidance by mentoring – identification of
possibilities, “strongs and weaknesses”

ANDREA'S STORY (3)

Services provided by ATHENA (2):

- mediation of working placement for Andrea in „Institute for Women“ (a newly built organisation)
- soft skills training – self-presentation, communication skills, stress management, time management at ATHENA at the same time



Lifelong Learning Programme

LIGHT

INNOVATIVE METHODS AND PRACTICES TO FACILITATE SOCIAL INCLUSION

Project No. 503575-LLP-1-2009-1-LT-GRUNDTVIG-GMP

ATHENA

ANDREA'S STORY (4)

Current situation:

- Employment in Institute for Women on a position of project and financial manager
- Continuing training (also in courses of ATHENA)

