



## Empowering coaches and trainers to support women towards work life balance



## Newsletter # 1, Jan 18

### ABOUT LADIES FIRST! PROJECT

Ladies first! Project aims to empower teachers, trainers and counselors to support women beneficiaries in order to gain the necessary stability in-between working and personal life, especially in the framework of crisis.

Based on two successful, 7 partner organizations (Counselling NGO's, research centers and VET providers, companies and social partners) from 6 countries (Greece, Cyprus, France, Portugal, Bulgaria and Italy) work together to develop Ladies First! Project in order to define common strategies to address work life balance for women in Europe.

### PROJECT OUTCOMES

- **State of the Art:** aims to highlight key issues & specific needs regarding women work life balance
- **Training curriculum:** based on the European ECVET framework, will be addressed to Counselors & VET teachers & trainers.
- **Handbook:** will provide in depth information about basic concepts, definitions and innovative methodological approaches for handling women work life balance and stability.
- **Toolbox:** useful set of practical activities based on the Ladies first! Handbook with innovative practical tools to support teachers, trainers & tutors
- **User friendly online learning space & Apps:** addressed to both educators and learners to raise awareness and develop their knowledge.

### TARGET GROUPS

The main target users of the project products are Counselors/ Coaches and VET educators. Final beneficiaries are women - users of these services who face issues with their work life balance.

### RESEARCH ON CURRENT SITUATION

To develop a set of materials meeting the real needs, a detailed needs analysis research have been carried out by the Ladies first! partnership. Research methodology included desk research on women work life balance in partners' regions, survey with potential users & beneficiaries to assess the specific needs and interview based survey with experts of the topics. The final report will be uploaded very soon on the project website

### TRAINING CURRICULUM

Based on the research study results, the Ladies first! partnership will validate a first common draft of the training curriculum in Rome during the second transnational meeting. A curriculum in terms of knowledge, skills and competences needed to support women towards work life balance.

### NEXT STEPS ....

Currently the Ladies first! partnership's experts are working to validate State of the Art report and on developing the Project's Curriculum contents and Training materials.



*This project (nr. 2017-1-EL01-KA202-036219) has been funded with support from the European Commission. This website and all its contents reflect the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*



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Are you interested in our developments or want to find out more about our project? Visit our website <http://www.ladiesfirst-project.eu> or Facebook page and get in contact with us.

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