



## Women Up Project: Continuing Our Journey of Empowerment

The Women Up project remains steadfast in its mission to empower vulnerable women across Europe through tailored career counseling and training programs. Since our launch, we have witnessed encouraging progress in equipping adult educators with the tools they need to help women overcome barriers to employment. Our commitment to fostering inclusion, skill development, and social integration continues as we build on our successes.

Discover more about our ongoing work and impact:

 [Women Up official website](#)

## Success of the Braga LTTA Training – September 2024 Highlights



From September 15 to 21, 2024, the Women Up Learning, Teaching, and Training Activity (LTTA) took place in Braga, Portugal. Over 120 educators, trainers, and social workers gathered to participate in intensive sessions aimed at boosting their capacity to support vulnerable women. This milestone event enhanced knowledge sharing and introduced participants to innovative teaching tools aligned with the European Life Skills Framework (LifeComp).

Access the Women Up Moodle platform here: [Women Up Moodle platform](#)

## Voices from the Field: Educators' Testimonials



- “The training in Braga was a transformative experience. The course modules are well-structured and practical, enabling me to better support vulnerable women in my community.” – Ana, Adult Educator, Portugal
- “Using the Women Up resources has empowered me to guide refugee women more confidently toward employment opportunities.” – Dimitra, Trainer, Greece

## Get to Know the Training Modules

Women Up’s curriculum includes 5 core modules, each aligned with the European LifeComp Framework:

- Module 1: Introduction & Challenges to Labor Market Access
- Module 2: Personal Development & Well-being
- Module 3: Social Skills & Communication
- Module 4: Learning to Learn & Growth Mindset
- Module 5: Training Strategies for Educators

Each module includes:

 Ebook |  Audiobook |  Evaluation Quiz |  Presentation

Explore the modules directly: [🔗 Training Modules](#)



## How to Get Involved and Support Women Up

Women Up invites organizations, educators, and supporters to join us in making a difference for vulnerable women. Whether through collaboration, sharing resources, or participating in training, your involvement is vital to expanding our impact. Together, we can create pathways to economic independence and social inclusion for women across Europe.

Contact us to learn how you can participate:

[Contact Women Up](#)

