



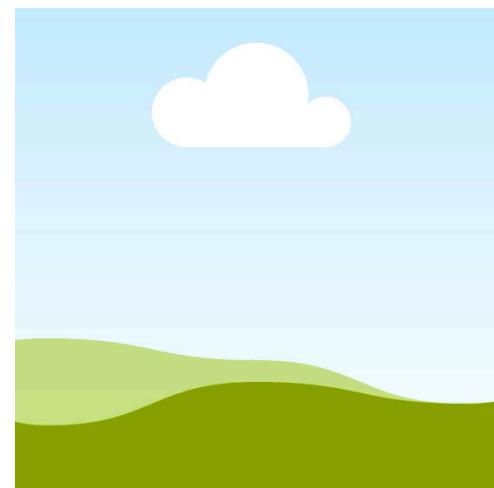
Real Tools, Real Support: Spotlight on the Career Counselling Programme

In this issue, we celebrate a key achievement of the WOMEN UP project: the Career Counselling Programme. This initiative offers 9 interactive coaching activities designed specifically to support vulnerable women, such as single mothers, refugees, and migrants. The programme helps build self-confidence and develop essential skills for entering the labour market, through flexible sessions available online and in-person, following a practical model easy to apply in daily life. So far, over 120 women have been empowered, 30 facilitators trained, and the programme has reached many stakeholders across Europe.

Why the Counselling Programme Matters ?

WOMEN UP's Career Counselling Programme is more than a training toolkit—it is a pathway to empowerment.

By focusing on real challenges and using tested coaching methods, it helps women take tangible steps toward independence and inclusion.



Trainer's Perspective

“The activities are accessible, engaging, and deeply reflective. They help women explore not only career options but also their strengths and identity.”

— Trainer from Greece



Target Groups

- Adult Educators & Trainers – Equipped to deliver personalised coaching and guidance
- Social Workers & Caretakers – Supporting day-to-day engagement and motivation
- Vulnerable Women – including single mothers, migrants, and those facing economic or social barriers

Life Skills Modules – This Issue's Focus:

Module 1 – Introduction

This foundational module introduces the key barriers that vulnerable women face in the labour market and explains how the LifeComp framework can guide educators and trainers in supporting them through essential life skills.

◆ Module 2 – The Personal Area

This module emphasises emotional self-regulation, adaptability, and personal well-being. Participants learn to manage stress, navigate uncertainty, and build healthy daily habits—all vital for personal and professional growth.

 [Explore the modules: academy.womenup-project.eu](http://academy.womenup-project.eu)



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