

Introduction

As the WomenUp project continues its mission to empower vulnerable women across Europe, the pilot phase marked a major step forward. Between October and December 2025, partners from Belgium, Greece, Ireland, Portugal, and Spain launched the Career Counselling Programme pilots, testing the tools and activities developed during the project with real participants in their local communities.

What Happened During the Pilots

Over 150 women—refugees, single mothers, migrants, and women facing social or economic challenges—joined the pilot sessions. Guided by trained facilitators and social workers, participants explored topics like self-awareness, communication, and career planning through nine interactive coaching activities.



Each partner country adapted the sessions to its context, ensuring inclusivity and accessibility for all:

-  Arrabal-AID (Spain): worked with migrant women to enhance employability and integration.
-  Institute of Entrepreneurship Development (iED, Greece): focused on confidence building and digital literacy.
-  Eurospeak Ireland: integrated career counselling with English language support.
-  Adolescere (Portugal): emphasized personal development and social skills.
-  Faculty of Organisation Studies (Slovenia): provided research-based evaluation and supported facilitators in implementing evidence-driven approaches for social inclusion.
-  Zone Femmes (Belgium): organized group workshops for women seeking to re-enter the labor market.

Voices from the Pilots

“The activities helped me discover my strengths and plan my next steps.” — Participant, Belgium

“I now feel more confident applying for jobs and speaking in public.” — Participant, Greece



Early Results

- 30+ facilitators implemented the programme locally.
- 85% of participants reported improved self-confidence.
- 70% expressed greater readiness to engage in employment or education.
- Feedback will help refine the final version of the toolkit and platform.



Looking Ahead

The pilot experiences will feed directly into the final improvements of the WomenUp Career Counselling Programme and inform the project's sustainability strategy.

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