

THE WOMEN'S CENTRE GLASGOW



EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future

CHANGING LIVES SHAPING FUTURE

**Training Programme /workshops Available throughout 2018
Designed to
Change Lives and shape Futures.**

We have recently accessed funds from ESF Aspiring Communities which is allowing us to introduce additional training courses and Interventions for women throughout Glasgow.

We are attempting to meet the needs of:

WOMEN that are vulnerable unable to move on with their lives. as they lack confidence and skills required to make informed choices

WOMEN in communities who do not have the confidence to articulate their needs

WOMEN in leadership roles in voluntary sector organisations to be able to draw on their natural leadership skills

MOVING ON WITH YOUR LIFE:

4. Skill and behavior required to move on ..MAKE CHOICES

- Self esteem/confidence building
- Assertiveness
- Communication skills
- Behaviours and Boundaries
- IT Skills
- Job preparation

**DELIVERED AS 3 HOUR WORKSHOPS OVER 6 WEEKS OR
STAND ALONE 3 HOUR WORKSHOPS**

LEADERSHIP DEVELOPMENT:

1. Skills required to lead effective teams in a dynamic environment

- Leadership Definition
- Famous female leaders
- Feminine Qualities as assets to leadership
- Dealing with difficult meetings
- Goal setting

- Reviewing performance
- Communication
- Review/giving positive and negative feedback

DELIVERED AS A FULL DAY WORKSHOPS USING REAL CASE STUDIES- MENTORING OFFERED AS A FOLLOW UP PLANNED FOR APRIL 26TH

In addition, we will be providing workshops for those involved in making FUNDING APPLICATIONS, dealing with ORGANISATIONAL CHANGE and any requests that emerge out of the leadership workshop.

VISIONING WORKSHOPS- Interventions with groups of women in different communities throughout Glasgow to identify the interventions that could prevent gender based violence.

EMPOWERMENT WORKSHOPS- That build confidence and self esteem and helps women to identify barriers to becoming empowered.

As a result of these interventions it is possible that we will have to buy in Training from EXTERNAL sources e.g.
Relationship First Aid
Mental Health First Aid