



Women's Mentorship Project

Mentoring Women for Economic Equality

Thanks for your interest in our project! We look forward to working with you to organize a workshop. The following provides more background information on our work and the workshop itself. We look forward to hearing your ideas and feedback and to working together to put together a workshop that works for you.

What is the goal of the workshop?

The overall goal of the Women's Mentorship Project is to increase women's economic equality by providing women with knowledge, skills and strategies they need in order to promote changes in their own lives and in their communities.



Okay, but what are the workshops actually about?

In response to the diverse needs of our partner organizations, we have created a flexible workshop design that allows us to tailor workshop content for each organization depending on the interests, needs, and capacity of their participants.

We will use the following modules to develop a workshop that is right for you:

1. Advocacy 101 (using your voice to take action)
2. Organizing a campaign
3. Three levels of government (who should I talk with about what)
4. Communicating with decision-makers
5. Engaging the media
6. Networking and coalition-building
7. Women, poverty, and the economy
8. Women and our government budget
9. Women and elections
10. Alternatives and strategies (surviving in the here and now)

How long are the workshops?

Depending on your needs we can offer workshops that are half-day, full-day, or a series.

What is the style of the workshop?

We approach our workshops with the assumption that workshop participants have valuable experiences and insights into what would make their communities more equitable, peaceful and healthy places to live. We use popular education techniques that start from participants' lived experiences and stress small group discussions as key to participants' learning. We make check-in times and energizers part of the day so that people can remain fully engaged.

Why UNPAC?

UNPAC brings a wealth of experience delivering popular education workshops to the Women's Mentorship Project. UNPAC delivered 50 Gender Budget workshops over 2 years to nearly 500 women in partnership with women's groups around the province. Participants' responses from Northern Manitoba to the Interlake to Winnipeg to Southern Manitoba were overwhelmingly positive.

*"I learned that change is possible if you work towards it."
"The workshop is energizing and inspiring. It's very valuable to bounce around ideas."
"The thing I found the most interesting was the similarities in the issues women face.
Many times I felt I was alone in the situations that were discussed in the workshop."*

The Mentorship Project

Our workshops represent the foundation of an ongoing project that will span the next three years. As we deliver workshops we hope to build relationships with participants who are particularly interested in advocacy and political engagement to mentor more intensively in the second phase of our project.

What do I have to do?

By far the most important support that you, our host, can offer is to assist with promotion. This includes putting up posters in key locations around town, placing a notice in the local newspaper and on the radio station, and most critically talking the workshop up with friends, clients, and colleagues. We are able to assist with press releases and posters. Assistance with registration, booking the space, and organizing child care and catering is also appreciated.

How much does it cost?

The workshop is free and we have funding to cover catering, child care, and disability accommodations. We bring most of the supplies necessary including hand-outs and packages for each participant. If you are able to fund the workshop in part or in kind (ie: able to provide childcare or lunch), we would greatly appreciate the support! This will allow us to offer more workshops to a greater number of women. We do appreciate if hosts can provide the following: a TV/VCR, flipchart stand, CD player, and overhead. We can provide the latter three items if necessary.

Who do I contact?

For more information please contact:

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