

EmpowerHER!

SHEWISE EMPOWERED LIVING PROGRAMME

Empowered Living Programme is dedicated to helping women recognize their personal aspirations and provide them with the chance to develop their skills in various aspects of everyday life helping them reach their full potential and to live a life of dignity.

The 12-week Bilingual Programme is divided into three sections: Personal Development, Digital Skills, and Employability Skills or Business Startup.

WEEKS 1-4

Personal Development (Growth Mindset)

Introduction to the program, raising aspirations and setting goals. Developing a growth mindset: understanding the power of mindset, overcoming limiting beliefs, and fostering resilience. Building self-confidence and assertiveness: techniques for self-assurance, effective communication, and self-promotion. Emotional intelligence and self-awareness: managing emotions, empathy, and interpersonal skills.

WEEKS 5-8

Digital Skills and Leadership

Introduction to digital skills: basic computer literacy, internet navigation, productivity tools and introduction to Microsoft. Effective time management: prioritization, setting goals, and managing distractions. Communication skills: written and verbal communication, active listening, and professional etiquette.

WEEKS 9-12

Employability Skills or Business Start-up

Option 1: Employability Skills

Resume/CV writing and cover letter preparation. Job search strategies, networking, online job portals, and interviewing skills. Personal branding and professional online presence.

WEEKS 9-12

Option 2: Business Startup

Identifying business ideas and market research. Developing a business plan, vision, mission, target market, and competitive analysis. Marketing and sales strategies, branding, pricing, promotion, and customer acquisition. Financial management and legal considerations, budgeting, funding options, and legal requirements.

Enrolment on 12th Sept
10.00 am - 2.00 pm

Workshops Start on 19th Sept
10.00 am - 2.00 pm

For Further Information Contact:

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