



Co-funded by
the European Union

2024-2-DE02-KA210-ADU-000267156



CoachingHer: Coaching for Empowerment and Success

Training course for mothers

Guide for Coaches

Lesson 7

Networks & Support Systems

The CoachingHer project is based on the realization that many women, especially working mothers or job seekers, are faced with the difficult decision of reconciling work and each other. In many cases, the lack of adequate social policies and the persistence of traditional cultural norms limit women's career opportunities, forcing them to abandon their professional ambitions or reduce their professional commitment.

Our goal is to create an environment where women can continue to work and pursue their ambitions without having to choose between career and family. The project focuses on two European countries, Italy and Germany, with different socio-economic and cultural contexts, but facing similar challenges regarding the role of women in the labour market and society.

In a context where women face numerous barriers to accessing positions of power and responsibility, CoachingHer offers a concrete solution; participants will be able to develop leadership, time management and multitasking skills that are crucial for successfully coping with the challenges of work and family.



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1. Presentation of the topic "Networks & Support Systems" (10 min)

- Aim of the unit: The participants learn how to build a reliable support network, they learn to expand the exchange with other working parents. In this way, you can evaluate and pass on experience

2. Introduction: What does "Networks & Support Systems" mean to you? (15 min)

- Group discussion or Mentimeter/pinboard:
 - "How do you use it to organize your everyday life?"
 - "What is the topic most useful to you in your daily routine?"
- Collecting typical challenges of mothers together

3. Impulse: Basics of "Networking & Support Systems" (25 min)

A. Networking:

- Building relationships
- Share resources and information
- Take advantage of career opportunities

B. The support systems:

- Access to resources
- Emotional support
- Feedback and Perspectives

4. Exercise: "Networks & Support Systems" (20 min)

- Worksheet
- Group work: Comparing – What optimizes this topic in my environment? What do I need for professional and personal success?
- Goal: Understand and apply networks and support systems correctly

5. Break (15 min)

Gladly with a snack table and exchange in small groups.

6. Exchange of Networks & Support Systems: (20 min)

- Barriers
- Strategies
- Group work:
 - "What works for you?"
 - "What other support do you need?"
- Collect and present results on posters

7. Tools & Tips (15 min)

- Maintain network
- Learning to accept help
- Communication of one's own limits

8. final round (10 min)

- "What do I take with me today?" / "What do I want to implement or change?" (1 set from each participant)
- Optional: Invitation to the WhatsApp/Telegram group for further exchange