

WE ARE STARTING PILOTING THE ONLINE TRAINING

With the **RE-START** project, partners from Spain, Greece, Cyprus, Iceland, Bulgaria and Poland aim to develop a very helpful online tool to support women – after staying at home – to re-enter the labour market. It shall therefore address the 3 biggest challenges for women at this stage of their life:

- Gain motivation and self-confidence to do so.
- Receive support in orientation on the market in order to succeed in finding a suitable job.
- Promote their skills to identify support networks to overcome structural and social lacks of support.

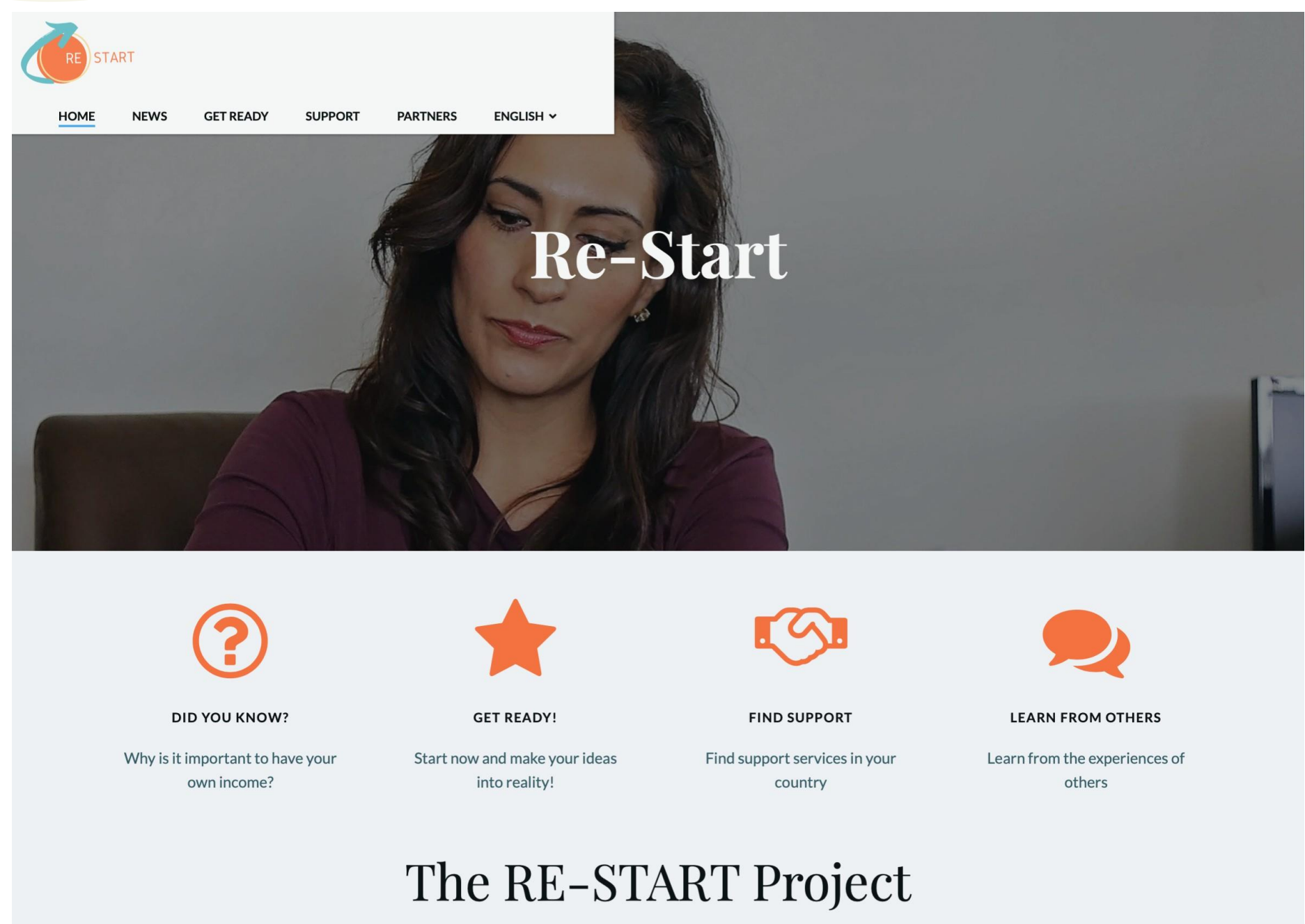
WHO CAN PARTICIPATE IN OUR PILOT?

Women who want or have to rejoin the labour market after staying at home due to family duties.

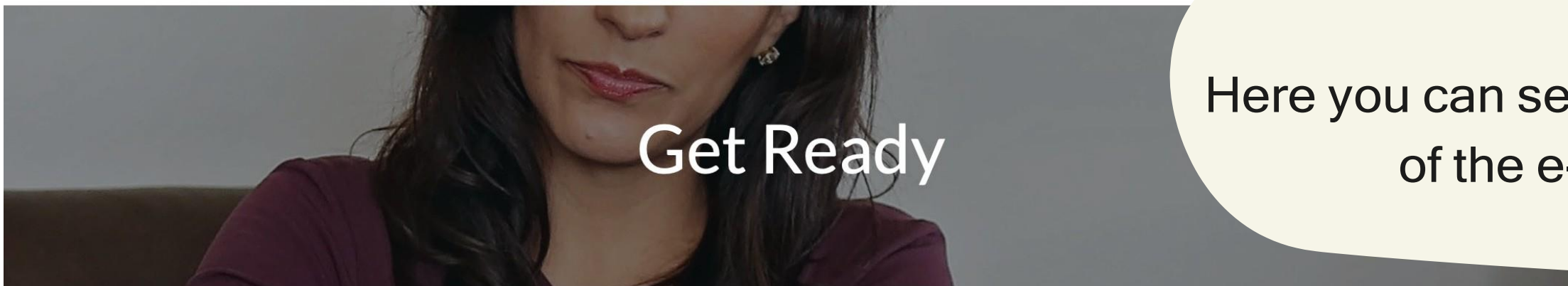


More information you can find on our **website**:

[Click here](#)



TRAINING ABOUT?



Here you can see the **5 modules** of the e-learning



Get Ready and act now!

If you want to improve your situation there are several things you personally can do. Here you can find materials, tools and activities for your orientation, help to set new goals and, at the end, change your situation. You can follow them step by step or choose the most appropriate ones for you in your personal situation. For each step you can find background information and related activities.

MODULE 1

Develop an action plan and make decisions

MODULE 3

Explore your own needs and resources to re-enter the labour market

MODULE 5

Learn about labour rights, especially regarding your own situation

MODULE 2

Get more self-confidence and empowerment

MODULE 4

Get to know your upskilling opportunities



WHY PARTICIPATE?

Get encouraged and find **solutions** in this specific situation of **reentering the labour market**

