



## 4women project

CONVENTION NUMBER 2020-1-DE02-KA204-007371

Erasmus+ KA2 Strategic Partnership

### Training Programme “Art, Civics, Sport & Coaching for Migrant Women’s Inclusion”

#### Unit *MIGRANT WOMEN LIFE AND GROUP COACHING* developed by Il filo d’Arianna (Italy)

**Overall duration: 150 minutes**

**Introduction:**

Within the field of non-formal education, it has become increasingly evident that a variety of support methods and strategies are required to ensure active participation, quality standards, recognition, and even health and safety. Group Coaching initiatives is a great tool for active participation of migrant women in their local realities. The idea behind this concept is that, with the support of a coach, these women themselves should take the initiative to make their life better, solve their problems around them and respond to their needs (within their possible scope of action and influence) instead of waiting for somebody to do it for them. Most of these activities are thus directly linked with local community life, but some of them could concern regional, national or trans-national issues.

By using alternative methods of teaching, like encouraging migrant women to get involved in civic actions and volunteering programs, we can build a more active, engaged, and inclusive community.

**Necessary materials:**

-  Pens, paper A4, markers, flipchart paper
-  Worksheets: Wheel of Life

**Preparation for the session/recommendation for additional resources:**

A Group Coaching programme to be led by professional coaches is available at ....**(please include the link to the programme on 4Women site).**

#### METHODOLOGIES

-  Energizer, interactive presentation on the key issues and terminology, creating the project vocabulary to ensure that the participants understand the key terms. Working in mixed teams, discussing and sharing cases from participants ‘countries and creating common understanding in the group on the key issues
-  Introducing the Coaching tool - Wheel of Life analysis: individual work
-  Analysis of possibilities to change and of act
-  How to set goals and take action

#### Lesson plan



This coaching workshop is addressed to groups consisting of 4 to max 10 migrant women. By the completion of the module, they should be able to:

- ✚ Identify and raise the awareness of key issues related to inclusion, exclusion, discrimination and to create common ground.
- ✚ Plan a life that is more satisfying and closer to their definition of balance and to clarify priorities for goal setting.

#### ACTIVITY/IES

##### ✚ Energizer (Below an Energizer example – Duration max. 10 min.)

1. All participants should count from the number 1 to the number of players in the room. If there are 10 people in the room, count from the number 1 to the number 10. Each participant may only say one number per round, but which player's turn is not specified. So, the first player starts with 1, the second calls the number 2 and so on. Counting as a team building exercise. However, since the order has not been determined, it can happen that two players say the same number at the same time. The round is then stopped, and you have to start again with the number 1.

##### ✚ Defining Migrant Women Issues (40 min.)

1. Give every woman a task to create the Frontpage of some magazines that will present different types of the migrant life in this country. The participants have to find out what are the obstacles to be a migrant at all, and what are the obstacles to be a migrant woman; what is important to know as a migrant woman?
2. All participants will be requested to present briefly their posters/frontpages.
3. At the end of their presentation discuss the similarities and differences facilitating the dialogue asking:
  - a. Are there different understandings of who a migrant woman is?
  - b. Was it hard for them to define who a migrant woman is? If yes, why?
  - c. What proposals have they got to make their life and that of migrant women better, favouring their inclusion in the society of the receiving country?

##### ✚ The Wheel of Life – Initiating the Change (55 minutes)

The Wheel of Life is a circle divided into sections, each of which represents an area of our life. This exercise raises participants' awareness and enables them to plan a more fulfilling life that is closer to their definition of 'balance'.

It helps to understand where we are today and to clarify priorities for goal setting.

#### First Step

- a) Draw a circle and divide it into 10 segments. Assign each segment an area:

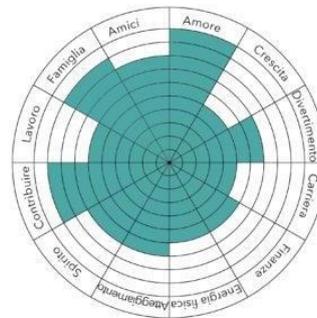
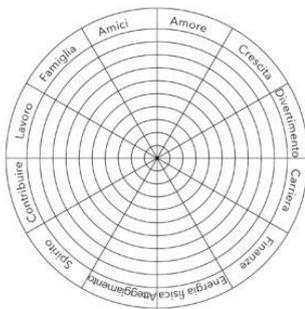
- 1) *Physical, Health*
- 2) *Emotions*
- 3) *Environment*
- 4) *Material goods*
- 5) *Personal growth*
- 6) *Fun and leisure*
- 7) *Family*
- 8) *Social life, Relationships*
- 9) *Work, Career*
- 10) *Finances, Savings, Investments*
- 11) *Love*
- 12) *Spirit, Personal mission*



- b) Evaluate the level of satisfaction of each area where within each section 1 represents the lowest level and 10 the highest level of current satisfaction. Colour the segments from 1 to 10 according to the personal satisfaction you have in that macro area.

Here below some examples of questions you can ask to make it easier for migrant women the assessment of their lives' different areas:

- 1) *Physical, Health*: Are you satisfied with your body? Do you enjoy good health? Do you do physical activity?
- 2) *Emotions*: Are you able to manage your emotions or are you often overwhelmed by them? Do you have difficulty in communicating your feelings to others?
- 3) *Environment*: Are you satisfied with your home? Is it located in a place you like?
- 4) *Material goods*: Are you satisfied with what you have? Is there anything you would absolutely like to own?
- 5) *Personal growth*: Do you devote sufficient time to your personal growth? What topics do you explore, through courses, books, etc.?
- 6) *Fun and leisure*: Do you allow yourself sufficient time for rest and recreation? How often do you spend time with friends?
- 7) *Family*: What is your relationship with the people in your family? Is there anything you could do differently?
- 8) *Social life, Relationships*: How many and which people do you see with some regularity outside of work? How do you rate the quality of these relationships?
- 9) *Work, Career*: How satisfied are you with your job? Is there something you would like to improve?
- 10) *Finances, Savings, Investments*: Are you satisfied with your savings? Are your purchases proportionate with your finances?
- 11) *Love*: What satisfies you in a couple relationship? What could you not give up?
- 12) *Spirit, Personal mission*: Do you live your life in a way that is consistent with your values? Are you satisfied with your contribution in the lives of others?



The one above is an example of before and after exercise, in which a snapshot of the women's situation emerges in the coloured wheel. Invite them to reflect:

- How do you feel about your life while looking at your wheel?
- How do you spend your time in these areas?
- Which of these areas would you like to improve the most?
- What would make you give them a score of 10?
- How could you make room for these changes in your life?
- What help and support might you need?
- Which change should you make first?
- Which change would you like to make first?

Finally, women can be asked to select an objective that they consider to be a priority.



**Second Step    How to define the objective (20 min.)**

- Specific (clear, concrete)
- Measurable (monitored)
- Achievable (realistic)
- Relevant (important, useful, stimulating)
- Time-Bound (defined in time)

**Third Step        Plan the actions (10 min.)**

Establish the first 3 ACTIONS to be done within one week.

**Fourth Step      Check the effectiveness of the actions along the way**

Keep a written record of all activities and plan weekly further actions to achieve the target.  
Monitor progress by consulting the written track of activities weekly.  
Every 3/6 months complete the Wheel of Life exercise again to see what has changed.  
Determination, perseverance and availability to make adjustment along the way are essential to achieve results.

At the end of the workshop each woman writes on the board a short sentence or word representing what they have gained during that day. Final sharing with the group **(15 min.)**

**EVALUATION / REFLECTION**

- What elements of awareness have emerged, what have you gained in this time?
- What are the strengths you can count on?
- What are the resources that will help you?
- What do you need to train (skills, abilities, qualities, inclinations etc.) to achieve your goals?

**Bibliography**

ALESSANDRO FERRARI (2021) Trainer (Ferrara)  
PANNITTI A., ROSSI F. (2012). "L'essenza del coaching" Milano: Franco Angeli  
<http://www.coachingstory.org/>  
<https://positivepsychology.com/life-coaching-tools/>

YOUR NAME: \_\_\_\_\_

Today`s date: \_\_\_\_\_