

FUNDACJA POMOCY NIEWIDOMYM

ŁOMIANKI, POLAND



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...

We propose to organize some activities titled: „How to encourage woman to do something...?”

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

We conducted workshops with our students. We were looking for ways: how to improve physical, mental and psychological well-being of people in pre-retirement age ? Our proposals are:

Planning a future together with Professional Job advisers, consult it with members of family, disseminating information about job market / two times a month/ 2h	Encourage people to use Internet, prove that Internet is a source of interesting information about free job places, job trainings, interviews, e.t.c. / two times a month /1 h
Strengthening self-confidence through participation in activities aimed to improve their own style (clothes, hairstyle,..) / two times a month/ 1 h	Participate together in EU projects , encourage people to be active and helpful / two times a month / 1 h
Searching for job actively : writing CV, interpersonal trainings, presenting yourself, attending in lessons “how to run your own business”, job fairs – classes with professional advisor/every week/ 2 h	Inspire them to participate in training courses to improve e.g. IT competences or foreign languages- knowledge. It should be acquired in an easy and fun way/ every week / 1h
Organizing some activities in cooperation with Cultural Center such as go to the cinema, museums, theatre, attending in creative workshops , motivate to smile / two times a month /2 h	Encourage people to become a volunteer , visit together: orphanages, hospitals, animal shelters, create atmosphere to improve social contacts / 2 times a month/ 1 h
Organizing some meetings with a therapist, psychologist - motivating, reinforcing confidence in their own capabilities. The need to have a support of the family (have a break in household duties) / 2 times a month/ 1 h	Participating in activities to increase the speed of thought , creativity and memory (Biofeedback) or therapy audio-psycho-linguistic – e.g. Tomatis method, introduction to relaxation techniques / 2 times a month/ 2 h

POSSIBLE OBSTACLES

Women can be passive, can afraid how to cope with new responsibilities if they get a job. Women can be passive during the classes, they can have lack of self-confidence so they should be positively strengthened and motivated!

ILLUSTRATION

