



## **Momentum: Reducing Barriers to Women's Economic Security Women's Leadership Group**

### **What is the Women's Leadership Group?**

The WLG is an 11 month program facilitated by the Momentum project and various stakeholders that trains women in the skills and knowledge necessary from leadership in their communities, including workshop facilitation, coordinating public events, project design and implementation. The program is designed for women who are new to community building work and wish to make a difference in their lives as well as the lives of others. Participants will be supported to design and implement a project of their own choosing in their own community. Examples could be: creating a stress support group, coordinating an after school childcare group or designing and presenting a workshop in their community on various topics from childcare to transportation.

### **What will women get from the Women's Leadership Group?**

- Confidence. An opportunity to practice speaking from your experiences in a supportive environment, and eventually the opportunity to lead projects with other women.
  - Training in facilitation, planning public events and project design
  - Guidance and support to design and implement your own project
  - Networking opportunities with other female leaders in the community
    - Letter of reference to use towards job applications
- Opportunities for further involvement with your community organizations

### **What will you do in the Women's Leadership Group?**

The program will be delivered in two phases.

The first phase will run from February to June 2014, the second from September 2014 to February 2015.

The first phase will have 3 sections: unpaid

- 1) Basic Training: Feb/Mar/Apr- 6 days
- 2) Facilitation Training: May- 2 days
- 3) Field Trips/Community Experience and General Project Planning: Jun- 2 days

February workshops: Finding and Building Your Strengths, Community Outreach

March workshops: Inter-personal Conflict Resolution, Group Conflict Resolution

April workshops: Public Speaking, Advocacy

May workshops: Facilitation Training- 2 days

June workshops: General Project Planning and Problem Solving, Field Trip

The second phase will have 2 sections: paid

- 1) Individual Project Design-Sep/Oct/Nov/Dec- 8 days
- 2) Individual Project Implementation- Jan/Feb- 4 half days

Participants will plan and implement a project. The first 8 sessions will include planning your project, sharing your plan, and receiving feedback from fellow participants and facilitators. The remaining 4 half day sessions will focus on project implementation and execution. Facilitators will also schedule weekly check-in meetings to provide continuous support. Participants will also make at least one on-site visit to



the organization or community group they have partnered with for their project. Projects are to be completed by March 15<sup>th</sup> 2015?

In March 2015, participants will have the opportunity to be involved in planning the International Women's Day events, if partnerships allow. It will be a wonderful way to complete the program and celebrate the group's successes.

### **What will the Women's Leadership Group Cost?**

The program is **free** for participants. In fact, **we will pay you** an income for hours spent working on your projects during the second Phase.

### **What about childcare?**

Childcare will be provided for Women's leadership Group participants. We will make appropriate arrangements once we know the specific needs of the women selected.

### **What about transportation?**

We will provide transportation for you and your children to attend the program.

### **What about meals?**

Food and drinks will be provided for workshop participants and their children on planning/workshop/training days?

### **How much time will you have to commit to the Women's Leadership Group?**

As a program participant, you will need to attend training at least twice a month and attend regular meetings in one of our working groups. Meetings will generally be once a month.

There will also be independent work that will need to be completed outside of regular program hours. In the 2<sup>nd</sup> phase substantial independent work will be required to successfully design and implement a project. The amount of time you can expect to devote to your project will depend greatly on the nature of the project you choose. A safe anticipation is 3 days of committed time a month to your project.

### **What do you need to join the Women's Leadership Group?**

- Commitment. Participants must be committed to completing the program.
- Openness. Participants must be willing to learn from and accept other's experiences, perspectives, and ideas. Everyone will have something special to bring to the group.

**To register for our information session call Project Coordinator Stephanie at 240-0036.  
Please let her know of you require childcare or transportation.**

**PLEASE BRING YOUR COMPLETED APPLICATION FORM TO THE INFORMATION MEETING JANUARY 16, 1-3 PM AT THE FAMILY RESOURCE CENTRE.**