

Trainers

Krisztina Meszaros (SK)
Livia BOTT Domonkos (SK)
KATARINA SERINOVA (SK)
PETRA LAKTIŠOVÁ / (SK)
IVETT PAVLIS (SK)

www.futureg.sk

MARKETA UBIKOVA (CZ)
HANA KANIOVA (CZ)
KLARA TIDRICOVA

www.rovnovazka.cz

ANA KUNTARIC (SI)
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www.drustvo-novus.com

Volunteers/Trainees

Kitti Vancsura
Barbara Kantnerova
Timea Szabo
Woman after maternity leave

Contributors

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Futu·Reg

WOWIT 11th- 13th
October 2022

Women on Workmarket with
Inclusive Techniques

Training of Trainers

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Funded by
the European Union

Modules



I. WHO AM I? WHAT CAN I DO?

SKILLS

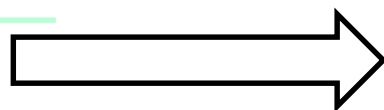
- communication
- accounting
- legal background of HR, work law
- social skills
- social entrepreneurship



III. HOW CAN I GET TO WORK MARKET?

KNOWLEDGE

- IT skills
- Digital Coaching
- Project Management
- Legal Background
- HR issues



II. WHAT ARE MY QUALITIES AND TALENT?

COMPETENCES

- talent management
- conflict resolution
- networking
- **Organizational skills**
- Career change
- **worklife ballance**
- creative techniques



Training of Trainers Programme

Place: Slovakia Dunajská Streda, Kukucinova Street, New York Saloon www.newyorkpension.sk

11/10/2022 Tuesday

10.00 -12.00 Ice breaker with coffee break-
Selfmarketing: **Krisztina Meszaros**,

12.00 -13.00 Conflicts without conflicts at
workplaces **Livia Bott**- mediator, coach trainer

13.00- 14.00 Lunch

14.00 -16.00 Women businesses in EU and HR issues-
(online) **Katarina Serinova**, economist,
accountant

16.00-17.00 Worklife ballance **Hana Kaniova (CZ)**

18.00 -21.00 -Dinner, Social and cultural event

12/10/2022 Wednesday

8.30 - 10:00 Project Internal Meeting

10.00 -12.00 IT skills **Marketa Ubikova** - Google
Trainer (CZ)

12.00-13.00 Lunch

13.00-15.00 - **Creative Techniques in
Communication** **Ana Kuntarič, Helena Felicijan**

15.00-16.00 Visiting career centre of Dunajská Streda,
Career Centre Counsellor, Ing. Tibor Iró
director of ÚPSVaR

17.00 - 20.00 Sailing in one boat - Teambuilding and Networking Skills - **Ivett Pavlis**
18.00 - Dinner in Traditional Mill of Rye Island

13/10/2022 Thursday

8.30- 10:00 **Project Internal Meeting**
Coffee Break

10.00-12.00 **Harness Your Talents - MamaCoaching-**
Petra Laktišová / coach,mediator

12.00-13.00 How to get sources Klára Tidrichová
(CZ) - **coach, grant manager**
13:00 - 14.00.Lunch

14.00- 17.00 Bratislava sightseeing/visiting centre
for women in Bratislava (**Rodič ľavou zadnou**)

Profile of educators
Trainers, university teachers, lecturer

Outputs
= 9 trainings
= 9 trainers
= 9 modules

Profile of the trainers

- Krisztina Mészáros - www.mertnoneklennijo.com
- Katarína Serinová - www.ezeny.sk
www.podnikave-zeny.sk
- Petra Laktišová - www.petralaktisova.sk
www.outdoorcoaching.sk
- Ivett Pavlis - www.rodiclavouzadnou.sk

PARTNER COUNTRIES TRAINER

- Marketa Ubíková CZ - www.smartzena.cz
- Klára Tidrichová CZ - www.rovnovazka.sk
- Hana Kaniová - CZ
- Ana Kuntarič-SLOVENIA
- Helena Kuntarič - SLOVENIA



GOAL

Aim of the 3 day training is to create a 3 module educational programme for trainers, coaches to help women

TARGET GROUP OF TRAINERS

Trainers, coaches, lecturers, professionals in the field of workmarket inclusion, new workmarket opportunities

TARGET GROUP OF TRAINEES

Women after maternity leave, women in minorities, women with worse workmarket situation, women with career change decision