



Women's Mentorship Project

Mentoring Women for Economic Equality

Workshop Modules

Modules

The following modules can be used individually or jointly to tailor a workshop for your organization/group. Each component would take between 20 and 90 minutes.

ADVOCACY 101 (USING YOUR VOICE TO TAKE ACTION)

Gives women skills to advocate on behalf of themselves and their communities. Uses real-life case studies and role-playing.

ORGANIZING A CAMPAIGN

Teaches women the basic steps of campaign organizing from strategizing to educating to mobilizing to documenting up their experiences.

THREE LEVELS OF GOVERNMENT (WHO DO I TALK WITH ABOUT WHAT?)

Introduction to the three levels of government and what each is responsible for starts from concerns that workshop participants raise about issues in their communities.

COMMUNICATING WITH DECISION-MAKERS

How to meet with government and other decision-makers on the issues that matter to you. Helps women think about tailoring their message and assess risks, strong use of role-play to teach skills.

USING THE MEDIA

Gets women to think about why it's important to get your message into the media. Helps women think about tailoring their message and assess risks, uses role-play and simulation to teach skills.

NETWORKING AND COALITION-BUILDING

Teaches women the basic skills of building networks from a very basic level (i.e. how to talk with someone who impressed you at a meeting).

Helps women think how to organize and make use of networks, how much you can ask of people and how you can encourage others to take initiative.

How you can develop your own and other's leadership skills.

WOMEN, POVERTY, AND THE ECONOMY

Starts with women's day-to-day experiences.

An overview of women's basic economic realities both in Manitoba and around the world.

WOMEN AND OUR GOVERNMENT BUDGET

Introduces women to the provincial budget by getting them to think about their household budget.

Basic primer on the Manitoba budget (pie charts).

Brief discussion on budgets and values.

Discussion on why budgets are important for women.

Global perspective on gender budgets.

WOMEN AND ELECTIONS

Covers the basics of how to talk with your candidates, how to ask questions at a forum, also discusses how to organize a forum.

How to follow-up with candidates post-election.

Understanding the media's role in elections.

ALTERNATIVES AND STRATEGIES (SURVIVING IN THE HERE AND NOW)

Time for women to discuss alternative economic arrangements and strategies for survival in the here and now, while they work and wait for systemic change.

Workshop Format

Each workshop (whether it be one hour or a full-day) will include the following:

- a. case studies of women who've made change happen
- b. opportunity for action (ie. Writing a letter to your MLA)
- c. global perspective
- d. community-specific information/references
- f. time to listen to women's experiences

We will also use energizers and check-in times and will be sure to have a full opening and closing in order to create a positive and safe space where participants feel their time and knowledge has been valued and respected.

Overarching Themes

As much as possible we will try to use women's key concerns as we discuss how to make change.

We will primarily focus on:

- a. housing
- b. childcare

and will have information available on the current situation and what to do about it.

Who Do I Contact?

For more information please contact:

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