



**ART COACHING SESSION**

<b>TITLE</b>	WOOP IN ART
<b>OBJECTIVES</b>	To find and fulfil wishes, set preferences, and change the habits.
<b>EXPECTED OUTCOMES OF LEARNING</b>	Analysed and overcome personal limiting beliefs related to career path.
<b>TARGET GROUP</b>	Migrant women seeking to participate in labour market.
<b>DURATION</b>	1:00 - 1:30
<b>SPACE</b>	A room which can host 10 – 12 people. Notify: a quiet place where participants can think without distractions.
<b>RESOURCES</b>	Journals, magazines in various languages depending on the participants' spoken language, A4 blank sheets for each participant, glue, scissors, markers or pens. For facilitators, a few pages of A2 – A1 blank sheets.
<b>PREPARATION</b>	Facilitator has to prepare a room with all equipment and resources required. *if a session organized online then to set a meeting date time and invite participants for the “meeting”.
<b>IMPLEMENTATION:</b>	
<b>INTRODUCTION</b>	Facilitator should introduce the session and organize warm –up activity seeking to be familiar with each other and to create a confidential atmosphere. Facilitator should remind the main rules working in a group: <ul style="list-style-type: none"> <li>✓ Have respect for each other.</li> <li>✓ All group members should do an equal amount of work.</li> <li>✓ Be open to compromise.</li> <li>✓ Effective communication.</li> <li>✓ Time management.</li> <li>✓ Be happy in the group you are in.</li> </ul>
<b>STEPS OF ACTIVITIES</b>	<b>Step 1 (15 min.).</b> Visualise a wish related to your career and find a picture in the journal presenting your wish and glue it on the paper.

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	<p>On the section named “Wish” write your wish in 3- 6 words.</p> <p><b>Step 2 (10 min.).</b> Imagine the outcome related to your career path. Find 3 to 6 words in the journal related to your outcome, cut them and glue them on the section marked “Outcome”.</p> <p><b>Step 3 (15 min.).</b> Think of an obstacle(s) that may hold you back, something that you have at least partial control over and focus on these questions:</p> <ul style="list-style-type: none"> <li>- How might you get in your own way?</li> <li>- What kind of external situations should you do your best to avoid or plan for in advance?</li> </ul> <p>Find suitable photos, pictures representing your obstacle(s) in the journals, magazines, cut them and glue on the section “Obstacle(s)”.</p> <p><b>Step 4 (15 min.).</b> Devise a Plan to overcome that obstacle(s). Write down the time and place where you believe the obstacle will arise. Then write down the if-then plan: ‘If _____ (obstacle) then I will _____ (action)’. Repeat it once to yourself out loud.</p>
<b>REFLECTION</b>	<p><b>(30 min.)</b> Each participant present their wish, outcome, obstacle(s) and plan, and answer questions provided by the facilitator:</p> <ul style="list-style-type: none"> <li>- What is your wish, a wish that is challenging, but feasible?</li> <li>- What would be the best outcome of fulfilling your wish?</li> <li>- What is your main inner obstacle that holds you back from fulfilling your wish?</li> <li>- What can you do to overcome your obstacle?</li> </ul> <p>Additionally facilitator asks questions to the group:</p> <ul style="list-style-type: none"> <li>- How did you feel during the session?</li> <li>- What was the hardest/easiest part of the session?</li> <li>- What have you learnt, if anything, from this session?</li> </ul>
<b>INSPIRATION/REFERENCE</b>	<p><a href="http://michaelbalchan.com/woop/">http://michaelbalchan.com/woop/</a> <a href="https://cmcbp.co.uk/wp-content/uploads/2020/08/4-WOOP-explained.pdf">https://cmcbp.co.uk/wp-content/uploads/2020/08/4-WOOP-explained.pdf</a></p>
<b>IDEAS FOR ACTION</b>	<p>This session is a great activity to implement by educators, social workers, career advisors, teachers when talking about career.</p>
<b>ANNEXES</b>	<p>Annex No. 2 “Woop in Art sheet”</p>

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**ART COACHING SESSION**

<b>TITLE</b>	FINDING WHAT MAKES YOU TICK AT WORK
<b>OBJECTIVES</b>	To identify migrant women success stories in their live.
<b>EXPECTED OUTCOMES OF LEARNING</b>	The strengths and achievements of a person's life are highlighted.
<b>TARGET GROUP</b>	Migrant women seeking to participate in the labor market.
<b>DURATION</b>	1:30 to 2:00
<b>SPACE</b>	Room with capacity to host 10-12 people. Chairs and tables.
<b>RESOURCES</b>	Metaphorical cards created by implementing Nordplus project, A3 sheets of paper for each participant, markers. *If the session is organized online then you will need computers, internet, meeting platform (Zoom, Skype, and MS Teams etc.).
<b>PREPARATION</b>	Facilitator has to prepare a room with all equipment and resources required. *If a session is organized online then to set a meeting date time and invite participants for the “meeting”. Notify: It can take some people a while to think they have achieved anything. They don’t have to be huge world-changing events. Patterns and themes can come from lots of smaller examples.
<b>IMPLEMENTATION:</b>	
<b>INTRODUCTION</b>	Facilitator should introduce the session and organize warm -up activities seeking to be familiar with each other and to create a confidential atmosphere. Facilitator should remind the main rules working in a group: <ul style="list-style-type: none"> <li>✓ Have respect for each other.</li> <li>✓ All group members should do an equal amount of work.</li> <li>✓ Be open to compromise.</li> <li>✓ Effective communication.</li> <li>✓ Time management.</li> <li>✓ Be happy in the group you are in.</li> </ul>

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<p align="center"><b>STEPS OF ACTIVITIES</b></p>	<p><b>Step 1 (10 min.)</b>  This step is to generate multiple situations over the individual’s life that have been rewarding and where they have felt good. Think about achievements in specific time periods.  To choose 3 – 5 cards which present their achievements. Every person draws a line on the paper and marks achievement representing the year of the person's life. Put metaphorical cards on relevant years.</p> <p><b>Step 2 (15 min.).</b>  Every participant individually answers to the questions below according to each card (in writing):</p> <ul style="list-style-type: none"> <li>- How did you get involved?</li> <li>- As you went about [xxx], what did you do?</li> <li>- How did you know it went well?</li> <li>- What did you feel when it finished?</li> <li>- What makes it an achievement in your eyes?</li> </ul> <p><b>Step 3 (30 min.).</b>  To look for patterns and themes that keep occurring and answer to the questions in a group:</p> <ul style="list-style-type: none"> <li>- What do you notice?</li> <li>- Which periods of time had more examples?</li> <li>- What does this mean to you now?</li> </ul> <p><b>Step 4 (20 min.).</b>  Use the acquired information to make plans for the future. In blind way choose 2 new metaphorical cards and answer to the questions in a group:</p> <ul style="list-style-type: none"> <li>- So what?</li> <li>- What can you do with this information?</li> </ul>
<p align="center"><b>REFLECTION</b></p>	<p><b>(15 min.)</b>  The facilitator invites participants to share their thoughts and discuss about the session:</p> <ul style="list-style-type: none"> <li>- How did you feel during the session?</li> <li>- What was the hardest/easiest part of the session?</li> <li>- What have you learnt, if anything, from this session?</li> </ul>
<p><b>INSPIRATION/ REFERENCE</b></p>	<p>Anna Anne Archer “FINDING WHAT MAKES YOU TICK AT WORK”  Isbister, N. and Robinson, M. (1999) Who do you Think you Are? , London: HarperCollins.</p>
<p><b>IDEAS FOR ACTION</b></p>	<p>This session is a great activity to implement by educators, social workers, career advisors, teachers when talking about career.</p>
<p><b>ANNEXES</b></p>	<p>Annex No. 1 “Metaphorical cards”</p>



**ART COACHING SESSION**

<b>TITLE</b>	FUTURE VISION
<b>OBJECTIVES</b>	To encourage migrant women to look into their future career.
<b>EXPECTED OUTCOMES OF LEARNING</b>	Reviewed and analyzed steps for the future career.
<b>TARGET GROUP</b>	Migrant women seeking to participate in labor market.
<b>DURATION</b>	1:30 to 2:00
<b>SPACE</b>	Room with capacity to host 10-12 people. Chairs and tables. *If the session is organized online then will need computers, internet, meeting platform (Zoom, Skype, and MS Teams etc.).
<b>RESOURCES</b>	Metaphorical cards “My success story” created by implementing Nordplus project, A4 sheets of paper (can be different colors) for each participant, pen, markers.
<b>PREPARATION</b>	Facilitator has to prepare a room with all equipment and resources required. *if a session organized online then to set a meeting date time and invite participants for the “meeting”.
<b>IMPLEMENTATION:</b>	
<b>INTRODUCTION</b>	Facilitator should introduce the session and organize warm -up activities seeking to be familiar with each other and to create a confidential atmosphere. Facilitator should remind the main rules working in a group: <ul style="list-style-type: none"> <li>✓ Have respect for each other.</li> <li>✓ All group members should do an equal amount of work.</li> <li>✓ Be open to compromise.</li> <li>✓ Effective communication.</li> <li>✓ Time management.</li> <li>✓ Be happy in the group you are in.</li> </ul>
<b>STEPS OF ACTIVITIES</b>	<b>Step 1 (10 min.).</b> Facilitator asks participants to select one card (cards should be put on the table face up). While choosing the cards, participants should consider their future vision of

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	<p>their ideal career path, where they would like to be and what they would like to achieve in 5/10 years' time.</p> <p><b>Step 2 (30 min.).</b></p> <p>Each participant is given a blank sheet of paper. They have to write their stories by answering to these questions:</p> <ul style="list-style-type: none"> <li>- How will you have made a difference?</li> <li>- What are the key events?</li> <li>- What will you look like?</li> <li>- What will it feel like?</li> <li>- What will be around you?</li> <li>- What will you be doing?</li> </ul> <p>Encourage the participants to prepare a relaxing and uninterrupted environment to write the piece (phones off!).</p> <p><b>Step 3 (30-45 min.).</b></p> <p>Participants are asked to present their stories. The facilitator asks the following questions:</p> <ul style="list-style-type: none"> <li>- How important is this to you?</li> <li>- How would you feel/what would you think if you were to achieve this accolade?</li> <li>- How serious are you about this?</li> <li>- What actions can you take to start moving forward?</li> </ul>
<b>REFLECTION</b>	<p><b>(15 min.)</b></p> <p>The facilitator invites participants to share their thoughts and discuss about the session:</p> <ul style="list-style-type: none"> <li>- How did you feel during the session?</li> <li>- What was the hardest/easiest part of the session?</li> <li>- What have you learnt, if anything, from this session?</li> </ul>
<b>INSPIRATION/REFERENCE</b>	Christine K. Champion "Future vision"
<b>IDEAS FOR ACTION</b>	This session is a great activity to implement by educators, social workers, career advisors, teachers when talking about career.
<b>ANNEXES</b>	Annex No. 1 "Metaphorical cards"



**ART COACHING SESSION**

<b>TITLE</b>	SMART ART
<b>OBJECTIVES</b>	To set specific measurable achievable and timely implemented goals related to career path.
<b>EXPECTED OUTCOMES OF LEARNING</b>	Perceived goal and planned steps for achieving the goal.
<b>TARGET GROUP</b>	Migrant women seeking to participate in labour market.
<b>DURATION</b>	1:30 - 2:00
<b>SPACE</b>	A room which can host 10 – 12 people. *if a session organized online then to set a meeting date time and invite participants for the “meeting”.
<b>RESOURCES</b>	Pencils, A4 blank sheets for each participants, “My success story” metaphorical cards.
<b>PREPARATION</b>	Facilitator has to prepare a room with all equipment and resources required. *if a session organized online then to set a meeting date time and invite participants for the “meeting”.
<b>IMPLEMENTATION:</b>	
<b>INTRODUCTION</b>	Facilitator should introduce the session and organize warm -up activities seeking to be familiar with each other and to create a confidential atmosphere. Facilitator should remind the main rules working in a group: <ul style="list-style-type: none"> <li>✓ Have respect for each other.</li> <li>✓ All group members should do an equal amount of work.</li> <li>✓ Be open to compromise.</li> <li>✓ Effective communication.</li> <li>✓ Time management.</li> <li>✓ Be happy in the group you are in.</li> </ul>
<b>STEPS OF ACTIVITIES</b>	<b>Step 1 (5 min.).</b> <b>(S - specific)</b> Choose the card which could be responsible for the specificity of your goal in the career path. The goal should be specific. Facilitator asks the questions to the group: <ul style="list-style-type: none"> <li>- What do I want to achieve?</li> </ul>

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- Where do I want to achieve it?
- How, exactly?
- What are the limitations/challenges?

Participants write answers on the paper.

**Step 2 (5 min.).**

**(M - measurable)** Choose the new card which could be responsible for permanent monitoring and measurability of your goal in the career path.

Facilitator asks the questions.

- How much of something do you need to reach the goal?
- What is your goal in terms of numbers/weight/money?
- How will I know when I have achieved the goal?

Participants write answers on the paper.

**Step 3 (5 min.).**

**(A - attainable)** Choose the new card which could be responsible for your goal attainability in the career path.

Facilitator asks the questions to the group:

- Can this goal actually be accomplished?
- How realistic is this goal? Give the specific constraints?

Participants write answers on the paper.

**Step 4 (5 min.).**

**(R - relevant)** Choose the new card which could be responsible for the relevance of your goal in the career path.

Facilitator asks the questions to the group:

- Is this actually worth achieving?
- Is this the right time?
- Is the effort in line with the rewards?

Participants write answers on the paper.

**Step 5 (5 min.)**

**(T- timely)** Choose the card which could be responsible for the time management of your goal.

Facilitator asks the questions to the group:

- When exactly should this be done?
- When should the goal be completed?

Participants write answers on the paper.

**Step 6 (50 min).**

Each participant presents their goal according to the S-M-A-R-T order in the groups.

**Step 7 (recommendation for homework).** *Facilitator could suggest for participants to put the card in an order according to the resources. Facilitator could suggest*

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	<p><i>writing free actions which they can do this week seeking to strengthen the realization of cards no. 5 (Timely).</i></p>
<b>REFLECTION</b>	<p><b>(15 min.)</b>            The facilitator invites participants to share their thoughts and discuss about the session:</p> <ul style="list-style-type: none"> <li>- How did you feel during the session?</li> <li>- What was the hardest/easiest part of the session?</li> <li>- What have you learnt, if anything, from this session?</li> </ul>
<b>INSPIRATION/REFERENCE</b>	<p><a href="https://www.jennidonato.com/life-coaching-basics-the-smart-model/">https://www.jennidonato.com/life-coaching-basics-the-smart-model/</a></p>
<b>IDEAS FOR ACTION</b>	<p>This session is a great activity to implement by educators, social workers, career advisors, teachers when talking about career.</p>
<b>ANNEXES</b>	<p>Annex No. 1 “My success story” metaphorical cards.</p>