

Empowering coaches and trainers to support women towards work life balance



Ladies first! Project aims to empower teachers, trainers and counselors to support women beneficiaries in order to gain the necessary stability in-between working and personal life, especially in the framework of crisis.

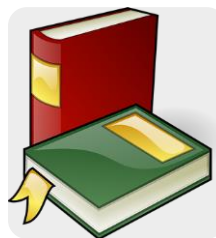
The main target users of the project products are Counselors/ Coaches and VET educators. Final beneficiaries are women - users of these services who face issues with their work life balance.



State of the Art



Curriculum



Handbook



Toolbox



E-Apps



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