



NEWSLETTER 1

Project Reference Number: 2024-1-TR01-KA210-ADU-000255103



Project Description

This project aims to empower job counsellors and unemployed women (particularly in rural areas) through the development of training materials grounded in Emotional Intelligence and NLP (Neuro-Linguistic Programming). The initiative addresses the growing need to update career counselling practices to respond to current social and economic changes, especially post-pandemic challenges.

The motivation for the project stems from fieldwork and previous experience (notably the Emotional Employment Project), which revealed that unemployed women—especially in rural areas—lack targeted support and opportunities for personal and professional development. There is an urgent need to help this group overcome structural barriers, low self-esteem, and cultural stigmas that see care-related jobs as duties rather than opportunities. The project seeks to instill emotional awareness, personal responsibility, and long-term self-sufficiency, empowering women to take control of their own futures and reintegrate meaningfully into society and the workforce. More information: www.e-motion-eu.eu

Activities

The project will create two manuals: one for job counsellors and one for women job seekers, both including workshops and testing.

Counsellors will engage in role-play sessions, while job seekers receive practical training.

Multiplier events in each partner country will promote the results to 15 participants per country.

Local training with five organizations per partner aims to ensure lasting impact beyond the project's funding.



Target group

E-MOTION targets two main groups: job counsellors and low-skilled women job seekers, aiming to enhance employability, job stability, and promote self-employment. By integrating Emotional Intelligence and NLP tools, the project fosters motivation, self-awareness, and personal responsibility, helping participants develop strategies to upgrade their skills. A secondary group includes entrepreneurs and training organizations, recognizing that reinforcing soft skills within companies can boost productivity and help sustain existing jobs. To ensure lasting impact, E-MOTION will also involve key stakeholders—such as chambers of commerce, local governments, and NGOs—to support broad dissemination and future adoption of the project's methods.

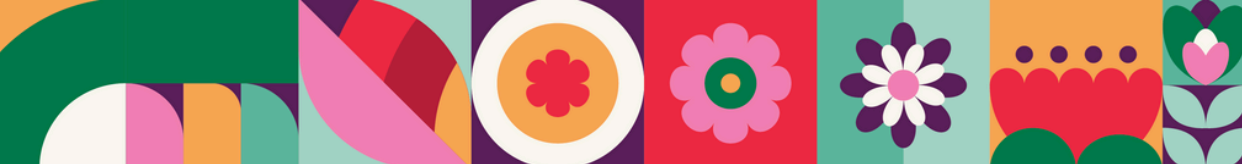
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Co-funding



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ULUSLARARASI İŞBİRLİĞİ KALKINMA VE GENÇLİK DERNEĞİ (ICDYA) – Turkey

Based in Şanlıurfa, ICDYA promotes inclusion, equal opportunities, and active youth participation through social, cultural, and educational programs. The organization focuses on empowering disadvantaged groups—especially young people and women—by developing their leadership, teamwork, and social responsibility through workshops, trainings, and international exchanges. Special attention is given to digital literacy, emotional intelligence, and soft skills, which are delivered through both regulated and non-regulated training.

ICDYA also runs programs aimed at socio-labour inclusion, women's empowerment, and attitudinal change, targeting those who often face barriers to participation. Their work includes coaching, mentoring, and collaborations with local institutions, businesses, and employment agencies. The association fosters intercultural understanding and helps participants gain the confidence and competencies needed to succeed in a globalized world. Their inclusive, learner-centred approach ensures everyone has a voice and a role in shaping each initiative.

APROFEM – Spain

APROFEM is a Spanish organization committed to improving employability and social inclusion, especially for women and young people, through sustainable entrepreneurship and skills development. It offers a range of workshops on business model design (using Lean methodology), entrepreneurial skills, financial education, and access to financing. As a regional partner of Youth Business Spain, APROFEM coordinates mentoring programs for young people and women entrepreneurs.

Its projects, such as FLAGA, YOUTHRICH, and "Dale la Vuelta", focus on green jobs, circular economy, and environmental sustainability. APROFEM supports a wide range of learners: young entrepreneurs (18–30), women (35–50), students, people with disabilities, and the general public. It works across multiple levels—from local to international—through a broad network of over 200 organizations. Its approach combines training, awareness-raising, and tailored support to help individuals build sustainable and inclusive professional paths.

Cooperativa Compacting – Portugal

Compacting is a dynamic, multidisciplinary cooperative based in Portugal, committed to empowering unemployed women through tailored training, mentorship, and personal development. Its core philosophy centers on human capital, prioritizing expertise, adaptability, and innovation within its team. The organization offers specialized training programs that enhance participants' employability, alongside guidance and mentorship to support women in re-entering the workforce.

Empowerment workshops help boost confidence and self-esteem, while networking opportunities connect participants with potential employers and relevant professional circles. Compacting also engages motivated volunteers and members who are eager to contribute actively to its mission. While no specific age group is defined, the focus is on working-age adult women seeking professional reintegration and skills enhancement. The cooperative emphasizes inclusivity, motivation, and gender balance in all its activities, creating a supportive and results-driven environment for personal and professional growth.

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