Everyday life teaches you a lot

Studying, volunteering, meeting new people, managing daily responsibilities, moving to a new place, running a household, joining a community, learning as you go, caring for others or simply figuring things out day by day shape what you're capable of.

Yet, when it's time to describe what you can do, you might still wonder: "Where do I even start?"

If you...

- ☑ know you have **skills**, but it's hard to describe them clearly.
- ☑ want to feel **more confident** in interviews, courses, or everyday situations.
- ☑ have a **goal in mind** (work, training, a new direction), but you're not sure where to start.
- ☑ want to **strengthen** key soft skills.

EmpowerHer is for you.

Project & funding information

COORDINATOR

Wisamar Bildungsgesellschaft gemeinnützige GmbH

FUNDING PROGRAMME

Erasmus+ – Cooperation partnerships in adult education

DURATION

01/11/2024-31/10/2026

Find updates, new resources, inspiring stories, and contact details at

empowermigrantwomen.eu

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Empower Her

Recognise your strengths, make your experience count

Free online resources to help migrant women practise their skills and set goals.

Co-funded by the European Union

About the project

EmpowerHer is an Erasmus+ project that supports migrant women to build confidence and develop skills for work and for everyday life.

Our approach is practical and down-to-earth: we start from real experiences and focus on small steps that feel achievable.

That's why we created two free tools you can use at your own pace. They will help you recognise your strengths, develop essential skills, and take steps towards achieving your goals. Let's check them:

WebApp

The EmpowerHer WebApp is a friendly, interactive online space where you can build essential skills for work—step by step.

It focuses on key competencies:

Communication, cultural sensitivity, cooperation and teamwork, problem solving, and digital skills.

Inside the WebApp you can:

- Take an initial test to check your starting level in each competency.
- Learn & practise with short explanations, activities, and exercises.
- Get inspired by real stories from migrant women.

ProfilPass

The EmpowerHer ProfilPASS is a practical workbook that helps you discover, organise, and name your skills—including those learned through life experience (work, family care, volunteering, migration, hobbies, community life).

It supports you to:

- reflect on your journey and what you've learned
- visualise your strengths and competences
- understand what motivates you and what support you have
- set goals and plan your next steps

You can use it:

- on your own, at your own pace
- with a mentor / educator / counsellor (for guidance and confidence)

How to use the resources

You can use the WebApp and the ProfilPASS separately — each one is helpful on its own. But if you combine them, they work even better: one helps you name your skills, the other helps you practise and strengthen them.

Both tools are available in English, French, German, Greek, Portuguese, and Spanish, so you can choose the language that feels most comfortable.

01 Start with the ProfilPASS

Take a little time to reflect and put words to what you already know and can do.

02 Move to the WebApp

Take the initial test, start at the level that fits you, and choose the skill you want to work on first.

03 Practise little by little

Try one activity at a time, repeat what helps, and notice your progress as you go.

Tip: Keep your ProfilPASS nearby while you use the WebApp—your notes can help you choose activities and turn your experience into learning you can build on.

Scan this QR to find out how to add the WebApp to your phone's home screen for quick access.