



Yes we CAN!

Training for women

- ◆ Do you want to build your own confidence?
- ◆ Do you want to be active in the public, private or third sector
- ◆ Do you want to make a difference in your community?
- ◆ Would you like to have your views listened to?
- ◆ Are you concerned about issues that particularly affect women?

Yes we CAN! course

Who is it aimed at?

The course is for women who want to build their confidence and skills. It is designed to help you take part in public life and feel you can make a difference in your community, or tackle issues you feel are important.

Participants should;

- ✓ want to build their own confidence and skills
- ✓ be interested in taking part in public life
- ✓ be interested in tackling issues they want to do something about
- ✓ want to look at the barriers that women face and how to overcome them

What is it meant to achieve?

By the end of the course you should have;

- confidence in yourself,
- confidence to put your views across and to have your voice heard
- an understanding of decision-making processes
- an understanding of some of the barriers to having your voice heard
- an understanding of some of the barriers to equality
- skills; to put together and make your case effectively, lobby and campaign, to help you think strategically and build alliances

When, Where, Times?

The course will be run on Mull, at Craignure, and in Inverary

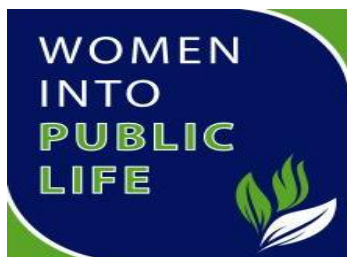
Inverary

Tues 26th Oct 10 - 4pm
Thurs 28th Oct 10 - 4pm
Tues 9th Nov 10 - 4pm
Thurs 11th Nov 10 - 4pm

Craignure, Mull

Wed 27th Oct 10 - 4pm
Fri 29th Oct 10 - 4pm
Wed 10th Nov 10 - 4pm
Fri 12th Nov 10 - 4pm

Cost The four day course is **free**. We will pay travel and care costs you may have.



Yes we CAN!

Training for women

Approach

The four day course will draw upon your own experiences and draw out your strengths. It will be interactive and fun!

Each day covers different areas and you need to be able to attend **all** four days to get the most out of the training.

Trainers

Jeanette Timmins developed the Engendering Change training which this course is based on. This very successful training, supported by Oxfam has been used across Scotland for a variety of courses. Jeanette is a very experienced trainer and Engender Associate, as well as an ex Councillor and political activist.

Lorna Ahlquist is also an Engender Associate who has a community development and training background. She ran the campaign to elect women to the first Scottish Parliament and is now running WiPL.

For **application forms and further information** contact Lorna Ahlquist
01369 830 877 lornaahl@aol.com

Application Forms need to be returned by **Oct 16th**

Women into Public Life is working with women in Argyll. We aim to help women have their voices heard, influence the delivery of services and engage locally and nationally in politics. We are doing this by offering training, seminars, mentoring and a range of experiences of decision making structures and processes. WiPL is a project managed by Engender in Scotland. www.engender.org.uk. It is an EU Interreg IVa Project with partners in Northern Ireland and the Republic of Ireland. It is managed by the Special EU Programmes Body (SEUPB) www.seupb.eu



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Yes we CAN!

Training for Women Oct to Nov

2010

We would like your personal details but also a bit more about you so we can tailor the course to meet everyone's needs as much as we can.

Do you want to attend Inverary or Criagnure?

If these venues don't suit, tell me where you could manage to go to a course

Personal details

Name

Organisation if any

Address

Email

Tel No

Is there anything you need me to do to make your participation easier? Eg Support needs:, care costs, transport costs, Other needs; signing, interpreting, access, Special dietary needs:

The Course

Can you make all 4 days of the training course?

Have you already done some training that is relevant to this course? Please describe briefly.

What issues are you interested in making a difference to?

**Have you been involved in any issues or campaigns before?
If so what did you do? :**

The aim of the training is to provide women with confidence and tools. Please prioritise the following list by putting 1 next to what is most important to you, 2 for the second etc

- **confidence in yourself,**
- **confidence to put your views across and to have your voice heard**
- **an understanding of decision-making processes**
- **an understanding of some of the barriers to having your voice heard**
- **an understanding of some of the barriers to equality**
- **skills; to put together and make your case effectively, lobby and campaign, to help you think strategically and build alliances**

Are there particular skills etc that you think you can bring to the course?

Are there particular areas where you feel you are weaker in terms of what the course will cover?

Will you be able to do some 'homework in between the training days?

What do you hope to get out of doing the course?

What would you consider to be a successful course for you?

Can we keep your personal details on a database so we can contact you about training courses and other events we might put on?

Signature..

Email to Lornaahl@aol.com

Post to:

Lorna Ahlquist
Engender, Women into Public Life
Holyrood,
Innellan
Dunoon, Argyll PA23 7SP

tel 01369 830 877

www.engender.org.uk

