

LiderA

Formación para el empoderamiento y la participación social de las mujeres



 **OPCIÓNATE**
mejora tu vida, mejora el mundo

On-line

December 1, 2020

January 31, 2021

Opciónate presents LiderA, a program that seeks to promote leadership, empowerment and social engagement among young women. This initiative is inspired by the UN Sustainable Development Goals, Agenda 2030, and more specifically, Goal 5 "Achieve gender equality and empower all women and girls", as a powerful tool for transformation,

Grounded in the belief that personal is political, we invite women between 18 and 35 years to take part in a process of personal development and leadership where they will take centre stage in their own learning process.

Who it is intended for?

The 30-hour program, which will take place between December 1, 2020 and January 31, 2021, is aimed at women between 18 and 35 years living in Gran Canaria willing to develop their personal skills from a perspective that encompasses feminism, self-reflection, personal knowledge, and social transformation.

With the support of the Gender Equality and Violence Service, Office for Equality, Diversity and Transparency of the Cabildo de Gran Canaria, LiderA wants to encourage women to reach their full potential and embrace feminist leadership.

Registrations:

If you need more information or want to register, contact us at:

Phone: 610340257

Mail: info@opcionate.com

Places are limited, applications meeting the requirements will be accepted in strict order of the date received.



Mail: info@opcionate.com, Tel. 610340257, www.opcionate.com

Methodology:

Given the current situation, the program will be delivered mainly online in a dynamic and participatory manner. It includes:

- Interactive learning via online theoretical-practical sessions using written and audio-visual material, videoconferences, as well as individual and group practical exercises. From an experiential approach, all participants will be guided along the path to greater personal, social and work empowerment that will enable them to enhance their capacities, practical and emotional skills to lead their lives.
- Online Meeting - Mentoring by leading women leaders who will speak about their careers, leadership and learning processes, struggles and proposals to promote the empowerment and leadership of women in different areas.
- Individual coaching. Two 90-minute sessions with each participant.
- Active sisterhood sessions involving participation and the creation of a Learning Community with the interactive collaboration of all participants.
- Motivational and awareness raising material developed collectively throughout the course.

Contents:

The program is structured around the following topics:

- I. Introduction to the gender approach and analysis applied to our context and social environment
- II. Analysis of the relationships between power, leadership and gender

III. Historical and current feminist movements

IV. Self-knowledge and self-analysis from a gender perspective: self-esteem, self-motivation, strengths, potential and areas for the development of leadership in life, and personal or professional environments

V. Effective tools for leadership

- Verbal and non-verbal communication
- Active listening, empathy and assertiveness.
- Oratory
- Decision making
- Negotiation
- Conflict resolution

SAW. My action plan for personal, social and work leadership

From Opciónate we foster the shaping of a living process involving the participation, exchange, creation and knowledge building of all participants in individual and collective learning, based on broadening the potential of women's citizenship as a way of participating in democracy, from the standpoint of gender equality, as in the words of María Zambrano: "the people's society."

