



## 05 Talent exchange market

### Competence covered

Self-awareness and self-efficacy; mobilizing others; spotting opportunities; taking the initiative

### Aim of the tool

Specifically to support migrant women in recognising their own points of strengths and capabilities, as well as talking about themselves, through improving skills about communication, self-awareness and self-belief.

### Timing

60 minutes

**Source:** This is a new version of the tool *Talent exchange market*, implemented under the project “FORWARD, Competence portfolio and pedagogical tools to identify, recognise, validate and improve the competences acquired by migrant women in formal, non-formal and informal learning contexts”, (n° 517538-LLP-1-2011-1-ES-GRUNDTVIG-GMP) co-funded by the European Commission.



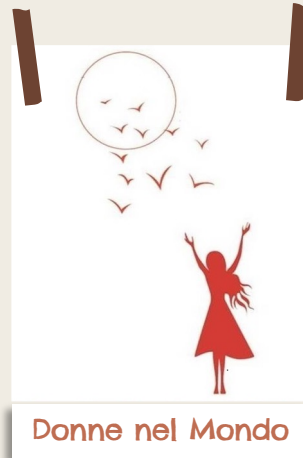
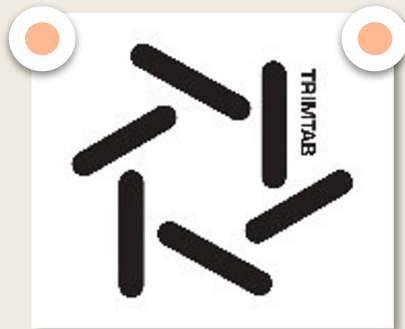


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# EMPOWER

## The partners



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