



European Women's Academy

Session I: personal career, values, goals and strategy

MEETING IN ZOOM, 2-3 OCTOBER 2020

Zoom link and technical instructions will be sent to participants week before
Participants need to guarantee following criteria during training:

- computer with solid internet connection
- webcam
- headphones and speaker
- silent room (no background noise) to work
- make sure when moderator asks you to stand up, you can still see and hear others and others can at least hear you (ideally also see)

NB! We will have private sessions with each of you before training and help you to set everything up. Haldi Helis Annus, our online training specialist will contact you week before training.

Times are in UTC +3

ABOUT THE EVENT

European Women's Academy is state-of-the-art training program for women to bring immediate result in the next coming ventures. After attending the Academy women are inspired and enriched with knowledge tools to take the next step of becoming more influential in their field.

EWA including three study sessions that due to COVID-19 will be held virtually. In case situation changes, physical meetings will be restored.

EVENT SCHEDULE

Friday, 2 October 2020

- 9:40** Log in to Zoom, sound and cam check
- 10:00** OPENING SESSION: Check-in round with everybody and welcome by **Sarka Prat**, ELF Board Member
Martin Kothee, Regional Director FNF East and Southeast Europe
Moderator: Annika Arras, Political Campaigning Consultant, founder of EWA
- 10:30** Virtual session rules, technical issues and agenda by **Haldi Helis Annus**, online training specialist
- 10:45** **My Career and My Personal Canvas introduction:** Who am I? What is my goal? How to build my own career?
Moderator: Annika Arras
- 11:00** **First** assignment, discussion in pairs
- 11:20** Sharing results, making mind map of the results

- 11:40 **Energy break 20 min.**
- 12:00 LEADERSHIP SESSION: Women in Leadership - Challenges and Opportunities
Moderator: Camelia Crisan, USR Romania, EWA Alumna 2019
- 13:15 **Second** assignment for self-learning
- 13:30-15:30 Lunch break and time to fill first part of canvas
- 15:15 Log in to make sure you are ready to start 14:30 sharp
- 15:30 DATA SESSION: Goal setting and strategy driven by research
Moderator: Annika Arras
- 15:45 **Third** assignment for self-learning
- 16:30 20 minutes self-learning time
- 16:50 Sharing in groups of 3 people
- 17:15 **Summary of the Day:** sharing group discussions; instructions to prepare next Elements on canvas for next training day
Moderator: Annika Arras

Saturday, 3 October 2020

- 10:00 Energizer “Breathe Freedom” - Yoga hour with Yoko
Trainer: Yoko Alender, Member of Parliament, Reform Party, Estonia, EWA Alumna 2016
- 11:00 30 minute break for breakfast
- 11:30 SELF LEADERSHIP SESSION: How to remain balanced and healthy under stress? Yoko’s story and advice + Q&A
Moderator: Yoko Alender, Member of Parliament, Reform Party, Estonia, EWA Alumna 2016
- 12:15 Instructions and filling My Personal Canvas
- 12:30 Sharing in pairs 30 min



- 13:00-15:00 Lunch break and time to finalize canvas
- 15:00-16:45 STRATEGY SESSION: From strategy to implementation interactive hours
Moderator: Annika Arras, Political Campaigning Consultant, founder of EWA
Theory 10 min + Filling canvas 10 min + Theory 10 min + Filling Canvas 10 min etc
- 16:45-17:15 MIRRORING MINUTES: Mirroring first session experience in pairs and in group
Moderator: Haldi Helis Annus, Online Training Specialist

END OF THE FIRST SESSION DAY

With the support of:



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