Muster-in Iwona Niedojadło
Scope of business activities:

- training
- consulting
- coaching
Training and consulting in areas:

- labour market
- personal development
- starting-up business activity
- elaboration of project offers (EU funding)
- project management
- inclusion policy / equality of chances
- gender equality
- development strategies for NGOs and start-ups
Coaching:

• for local leaders
• for entrepreneurs
• for institutions and NGOs
Promotion of gender equality:

- training courses for teachers, labour administration and local authorities
- training and counselling of teams managing projects financed by the European Union
- counselling and educational activities for women
Projects promoting flexible forms of employment
Artistic Passions –
The Chance for New Professions for Young Mothers
2008 – 2009

Target group: 50 unemployed women – mothers, who are talented and interested in developing their artistic and musical skills.

The forms of support within the project:

• Elaboration of customized individual development plans in scope of professional careers or starting-up a business
• Courses on skills like communication and problem solving, stress management
• Classes on various artistic skills (e.g. music, painting, handcraft)
• Training and consulting on business start-ups
• Education on flexible employment
Twoje artystyczne pasje szansą na nowy zawód i ciekawą pracę w przyszłości!

Jestes młoda mama, a czas spędzasz na zajmowaniu się domem i dziećmi?

A może masz ponad 45 lat, nie pracujesz zawodowo i chciałabys rozwijać swoje artystyczne zainteresowania?

Marzysz o połączeniu hobby z pracą, a nie wiesz jak to zrobić?

Uwierz w siebie, a my pomожemy Ci to zrobić!

Udział w naszym projekcie daje Ci taką szansę!

Instytucja szkoleniowa VENO'S STUDIO z Zabrza rozpoczęła realizację projektu SZANSA NA NOWY ZAWÓD DLA KOBIET Z ARTYSTYCZNĄ PASJĄ. Jest on skierowany do mieszkańców województwa śląskiego, które chcą połączyć swoje artystyczne zainteresowania z pracą zawodową.

www.musterin.pl
Project Manager – A New Profession for Unemployed Women
2010 -2011

Target group: 50 unemployed women

The forms of support within the project:

• Acquiring new skills required in project management
• Career counselling
• Development of skills: e.g. communication, team work, time management
• Education on labour law in respect of working mothers
• Workshops and counselling on dress code, styling, women’s health issues
Projects supporting women to start up businesses

1. Start your own company
2. I want to be a boss
3. Are you active in culture? Start a business!
4. Starting-up micro firms and social cooperatives
5. Business women in rural areas
6. I am a businesswoman – I start my own company
Scope of support for women starting up their own businesses

- Consulting and training on starting and running a business
- Support to elaborate a business plan
- Subsidies for the start-up’s – ca. 10 000 euros (for purchasing tools, equipment etc.)
- Business coonsulting up to 12 months after starting the business
Project:
I am a business woman –
I start my own company
Target group: 30 unemployed women in Silesia

Scope of support:

- consulting and training on establishing and running a business (legal, financial, marketing)
- elaboration of business plans
- subsidy - 10 000 euros
- peer groups
- business consulting for ca. 12 months after starting up
Examples of companies established within the project
Website for travellers „gdziewyjechac.pl”
Anna Nowak
Website „gdziewyjechac.pl”

- Guidance, practical hints for self-organized holidays or weekend trips
- Reservation and purchase of flight tickets
- Reservation of hotels, apartments etc.
- Calculating costs of self-organized travels

http://gdziewyjechac.pl/
STRÓM architekci Katarzyna Rogowska
STRÓM architekci Katarzyna Rogowska

- Design and implementing of projects in the area of landscape architecture (gardens, city green areas etc.)
- Introducing to the Polish market an innovative product by a company called „Green walls”

www.stromarchitekci.pl,
www.greenwalls.co
92° Coffe, online shop Izabela Baron
92° Coffe, online shop

- Education and disseminating of knowledge about coffee
- Trading with the high quality coffees
- Selling of equipment for making coffee
- Workshops on proper usage of various machines and devices for making coffee and tea

[www.92coffee.pl](http://www.92coffee.pl)
14 companies have been started by women age 50+

examples...
NEXTRA Wanda Gemza
NEXTRA

- Manufacturer of stickers on cars „What a Family!”.
- This is a humorous way to show yourself and your family. Online shop offers 157 designs. Stickers are printed on high-quality film, so they are resistant to changing weather conditions. They can be used inside and on the outside of the glass or other smooth surfaces.

http://www.alerodzinka.pl/
Fit & Roll nutrition and massage center
Małgorzata Hryniewicz
Fit & Roll nutrition and massage center

- Dietary / nutrition advice
- Analysis of body composition
- Cleansing & detox procedures
- Fitness and Aqua fitness
Ada Haft Małgorzata Rojek
Ada haft

• Embroidery
• Production of all types of vestments for the Church and religious assemblies: the habits, chasubles, copes, stoles, veils
Thank you very much for your attention

MUSTER–IN
Poland