The aim of this project is o provide guidance to the mothers by creating a Training Occupational Project - that would allow them to detect, and basically develop skills and abilities that will create a better and more satisfactory bond between these mothers and the labor world.

To achieve this initiative, the Fundacion develops and carries out a series of workshops with mothers who are in a situation of social vulnerability (disaffiliation and social alteration), and attend to an organization specialized in maternity and child malnutrition located in Loma Hermosa, Buenos Aires Provence, Argentina.

The Overall Objective of the Project is to promote the personal development and the construction of vital projects / occupational through the strengthening of the individual autonomy.

We believe there is a know-how among young people. That is why we hope that the training and critical reflection provided in this workshops will be adopted and translated as subjective resources.

8 young women , participate per group and they are coordinated by one of our directors, who assisted by some members of our staff. There will be a total of 8 meetings of 2.5 hours each.

Experience has shown us that it is important to keep this format in terms of number of participants. Because participants were able to better work individually and collectively and they were able to achieve the following objectives:

- Enhance self-awareness and the discovery of new possibilities related to different areas of labor insertion.

-Train young women to find subjective tools that allow them to think, design, and support a project of labor insertion in their areas of interest.

**Which are the project first steps?**

1. Discuss about subjects such as family, personal issues, labor work institutions.
2. Design of unique strategies: Work on the self-test: self-perception, knowledge of personal skills, abilities and attitudes. Expectations and fears.
3. Approach problems related to employment, world such as: willingness to work in teams, adoption of proactive attitudes, task responsibility, planning, division of labor, leadership, work-oriented results, commitment etc.

**Which subjects are in the core of this project?**

Workshop 1

Objective: To know each other, promote confidence and define expectations.

Expected Results: To know participants’ expectations of the workshop.

Workshop 2

Objective: Self -Knowledge (part I): Explore the dimension of the "I am".

Differentiate between the "I am - I act". Identify individuals’ “positive and negative” characteristics.

Expected results: That every woman will be able to describe herself to identify some negative ideas about herself and be able to transform them, into something positive.

Workshop 3

Objective: Self-Knowledge (part II): Fears, guilt, and strengths.

Expected Results: To identify those fears that function as obstacles and strengths that could be used to modify the current life situation. Differentiate between guilt and responsibility.

Workshop 4

Objective: Recognize different life experiences that "made us be who we are". Discover how these past experiences enable each woman to develop capabilities and strengths in order to cope with their life circumstances.

Expected Results: Identify different stages in life, learning process and new objectives in life.

Workshop 5

Objective: Begin to build certain parameters that will enable the participants to assemble their own project.

Expected results: Define realistic objectives (measurable, specific, relevant for this time in their lives). Divide them into short term, medium, long-term.

Develop a Plan of Action: What? When? Where? and How? What kind of resources do I need? Do I have these resources? Which are the internal aspects (strengths-weaknesses) and external (opportunity- threat) ones?

Workshop 6

Objective: To evaluate actions, results and obstacles that occur once the plan is implemented. Find solutions for the emerging subjects linked to each project.

Workshop 7

Objective: Continue the work started in Workshop 6. Find solutions for the emerging issues linked to each project.

Workshop 8

Objective: Closure.

**Which are the specific contributions and the added value that FOP provides for this project?**

• Population Survey: It collects information about the main problems that affects these young mothers who bring their children to this centers. It also provides an insight about the difficulties they are dealing with, not only as mothers but also as individuals.

• Work to establish a joint work plan that responds to the current needs each institution has.