



Transnational Mentoring Forum

Factsheet

This **Factsheet** presents key insights from mentoring sessions held in **Belgium, Ireland, Portugal, Slovakia, and Greece**. It highlights the shared challenges mothers face in balancing family and career, the practical support provided through mentoring, and the positive impact on participants' confidence, skills, and motivation. Designed as a snapshot of outcomes and best practices, the Factsheet supports continued efforts to empower mothers through education, mentorship, and peer connection.



PARTICIPANTS

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PARTICIPANT PROFILE

- ◆ **Countries**
Greece, Slovakia, Portugal, Ireland, Belgium
Mothers aged 20–58, with 1–3 children (aged 1 to 30)
- ◆ **Challenges**
Caregiving duties, limited childcare
Time pressure
Balancing family with personal growth
- ◆ **Education**
Interrupted learning
Eager to return to education
Need digital skills & access to training
- ◆ **Employment**
Mostly unemployed or re-entering work
Low confidence in CVs, interviews, LinkedIn
- ◆ **Common Needs**
Strong motivation for growth
Mentorship, emotional & practical support



BEST PRACTICES AND STRENGTHS

- ◆ **Key Strengths**
 - Welcoming, supportive atmosphere
 - Safe space for sharing experiences
 - Strong emotional trust & connection
 - Peer-to-peer exchange & community
 - Skilled, warm, clear mentors
 - Interactive, engaging sessions
 - Goal-setting & personalised feedback
 - Informative and empowering

IDENTIFIED NEEDS AND BARRIERS

- ◆ **Shared Challenges**
Time limits from caregiving
Limited childcare
Low self-confidence
Digital skill gaps
Balancing family & work/education
- ◆ **Digital Tools Difficulty**
LinkedIn, Google Docs, job platforms
Lowest confidence: Greece, Slovakia, Belgium
- ◆ **Country Highlights**
Portugal: High unemployment; kids brought to sessions
Ireland: Better digital skills, but low motivation & guidance
- ◆ **Overall Need**
Tailored support combining practical skills with emotional and peer-based empowerment



TOPICS COVERED AND METHODOLOGY



- ◆ **Focus Areas**
Digital skills, CV writing, Education access, Career motivation
- ◆ **Tools & Methods**
Google Drive, Trello, Canva
CV, LinkedIn, interview workshops
SWOT & SMART goals
- ◆ **Education Support**
Time management
Training access
Goal setting
- ◆ **Motivation Approach**
Maslow's Needs Framework
- ◆ **Session Style**
Interactive, peer-led
Group talks & feedback
Confidence for work/study

OUTCOMES AND IMPACT



- ◆ **Key Outcomes**
Increased confidence
Greater knowledge (CV writing, digital tools, job searching)
Strong emotional empowerment
- ◆ **Participants' Experiences**
Renewed motivation and clearer goals
Reduced isolation through group support
Boosted self-esteem
- ◆ **Mentor Impact**
Practical guidance
Emotional encouragement
Helped mothers take concrete steps toward education or work



RECOMMENDATIONS FOR FUTURE IMPLEMENTATION

- ◆ **Key Recommendations**
Longer sessions for deeper discussion and personalised support
More frequent sessions or follow-up workshops
Childcare support during sessions (noted especially in Portugal and Slovakia)
Invite local experts (guidance counsellors, recruiters) in Ireland and Greece
Tailor content to local job markets
Provide extra resources for self-paced learning
- ◆ **Overall Goal:**
Scale the program flexibly and practically
Address real-life challenges faced by mothers