



ROMA-GEM

Project no.: 2025-1-ES02-KA220-YOU-000357478

MODULE 1 Personal Empowerment

WP 3

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Training Curriculum

- **Module Name:** Personal Empowerment & Entrepreneurial Mindset

Module Description

This module aims to strengthen participants' self-confidence, personal agency, and entrepreneurial motivation by helping them identify their strengths, values, and lived experiences as important assets. It introduces personal empowerment, resilience, and growth mindset as key foundations for entrepreneurial development. Through reflection, discussion, and practical activities, participants explore how their identity, abilities, and experiences can support social and economic participation, including the development of small-scale business ideas and community-based initiatives. The module creates a supportive and culturally sensitive learning space in which participants are encouraged to see themselves as capable, resourceful, and able to shape their own future.

Learning Objectives

By the end of this module, participants will be able to:

- identify their personal strengths, values, and abilities;
- recognise the importance of self-confidence and resilience in entrepreneurial development;
- understand the role of growth mindset in overcoming challenges and learning from experience;
- reflect on how cultural identity and lived experience can become strengths in social and economic participation;
- connect their personal strengths with possible business ideas or community-based initiatives.

Duration

Total duration: 90–120 minutes

Introduction and icebreaker: 15 minutes

Reflection activity: 20 minutes

Role model discussion: 20 minutes

Strength-to-idea exercise: 25 minutes

Group reflection and wrap-up: 10–15 minutes



Activities

1. Icebreaker: My Strengths Circle

Participants introduce themselves and share one personal strength or quality they are proud of. The trainer writes key words on a flipchart to create a collective “strength map” of the group.

2. Reflection Exercise: My Strengths as a Roma Woman

Participants complete a short worksheet to reflect on their personal strengths, values, challenges they have overcome, and sources of motivation. This is followed by pair or small-group discussion.

3. Role Model Case Study

Participants read or watch a short story about a successful Roma woman entrepreneur or community leader. In groups, they discuss what personal qualities, attitudes, and decisions helped this person move forward.

4. From Strength to Idea

Participants choose one personal strength and explore how it could be connected to a small business idea, social initiative, or community activity. They present their ideas in pairs or small groups.

5. Group Reflection and Closing

The session ends with a guided discussion on confidence, resilience, and future possibilities. Each participant shares one strength they want to use more actively in their personal or professional life.

Digital Materials

- 1 short instructional video (5–8 minutes) on self-confidence, resilience, and growth mindset;
- 1 worksheet for personal strengths mapping and self-reflection;
- 1 practical assignment: “One strength, one idea” exercise linking personal strengths to a business or community initiative;
- 1 reflection activity with guided questions on identity, confidence, and future goals.



Assessment Indicators

- participants can identify at least three personal strengths, values, or abilities;
- participants can explain the importance of self-confidence and resilience in entrepreneurial development;
- participants can describe how a growth mindset helps them respond to challenges and learn from experience;
- participants can reflect on how their identity and lived experience may support social or economic participation;
- participants can generate at least one initial business idea or community-based initiative linked to their personal strengths.

Required Materials

- flipchart or whiteboard;
- markers and pens;
- printed or digital worksheets;
- projector and laptop for video/presentation use;
- role model case study handout or digital file;
- sticky notes or note cards for reflection and idea generation.

Trainer Notes

Create a safe, respectful, and encouraging learning environment where participants feel comfortable sharing their experiences and ideas. Use inclusive and culturally sensitive language, and avoid stereotypes or deficit-based assumptions. Emphasise strengths, resilience, and possibilities rather than barriers alone. Encourage participation through reflection, pair work, and supportive discussion, while respecting different confidence levels and personal boundaries. Trainers should ensure that examples and discussions are relevant to participants' lived realities and should be ready to provide additional encouragement where needed. The focus of the module is not only self-reflection, but also helping participants recognise their potential for social and economic participation.

Short Instructional Video Script (5–8 min)

Title: Building Self-Confidence, Resilience, and Growth Mindset

Script

Hello and welcome.

In this session, we will explore three important ideas: self-confidence, resilience, and growth mindset. These are not only personal qualities. They are also important foundations for entrepreneurship and for building your future.

First, self-confidence means believing that you have value, strengths, and abilities. It does not mean being perfect. It means recognising that you can learn, improve, and



take steps forward. Many women, especially those facing social and economic barriers, may sometimes doubt their own potential. But every person has knowledge, experience, and talents that matter.

Second, resilience is the ability to continue even when life is difficult. It means responding to challenges, learning from setbacks, and finding ways to move forward. Resilience does not mean ignoring problems. It means developing the strength to keep going and to look for new possibilities.

Third, growth mindset means understanding that abilities can be developed through effort, learning, and experience. A person with a growth mindset does not say, "I cannot do this." Instead, they say, "I cannot do this yet, but I can learn."

These three ideas are strongly connected to entrepreneurship. Starting something new always requires confidence, persistence, and willingness to learn. A business idea or community initiative often begins with one simple question: *What am I good at, and how can I use it?*

Your personal story, your culture, your experience, and your strengths can all become valuable resources. Skills such as communication, creativity, organisation, caregiving, problem-solving, and persistence are all important in entrepreneurship.

Today, the key message is simple:
You already have strengths.
You can grow through learning.
And you can turn your strengths into action.

Thank you.

Worksheet: Personal Strengths Mapping

Name: _____

Date: _____

Part 1. My Personal Strengths

Write at least **3 strengths** you have.

1. _____
2. _____
3. _____

Part 2. My Values



What values are important to you in life and work?
For example: honesty, respect, responsibility, helping others, creativity.

1. _____
2. _____
3. _____

Part 3. Challenges I Have Overcome

Think about difficulties you have faced and managed.

- One challenge I have overcome:

- What helped me continue?

- What did I learn from this experience?

Part 4. My Skills and Abilities

What can you do well?

Tick or write your answers.

- ☐ communication
- ☐ teamwork
- ☐ problem-solving
- ☐ organisation
- ☐ creativity
- ☐ digital skills
- ☐ caring for others
- ☐ planning
- ☐ other: _____

Part 5. My Cultural and Life Experience as a Strength

What parts of your background, identity, or life experience make you strong?

Part 6. From Strength to Idea



Choose **one strength** and think about how it could help you create a small business idea or community activity.

My strength: _____

Possible idea:

Part 7. Reflection

Complete the sentences:

- I am proud of myself because _____
- One strength I want to use more is _____
- One step I want to take in the future is _____

Practical Assignment: One Strength, One Idea

Purpose:

To help participants connect one personal strength to a possible small business idea or community-based initiative.

Instructions for Participants:

Choose one personal strength you identified in the worksheet. Then think about how this strength could be used in everyday life, in your community, or in a future small business activity.

Step 1. My Strength

Write one personal strength:



My strength: _____

Step 2. How can this strength be useful?

How can this strength help you support others, solve a problem, or create something valuable?

Step 3. My Idea

Write one simple idea for a small business or community initiative linked to this strength.

My idea:

Step 4. Who can benefit?

Who would benefit from this idea?

☐ women in my community

☐ young people

☐ children

☐ families

☐ local customers

☐ other: _____



Step 5. What do I need to start?

What would you need to take a first step?

☐ more information

☐ support from family/community

☐ training

☐ materials

☐ digital tools

☐ partners/cooperation

☐ other: _____

Step 6. My First Small Step

What is one realistic step you could take in the next month?

Reflection Activity: My Identity, My Strength, My Future

Purpose:

To support participants in reflecting on their identity, experiences, strengths, and future aspirations in a positive and empowering way.

Instructions for Participants:

Read the questions below and answer them individually. After that, you may share your reflections in pairs or small groups if you feel comfortable.

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Reflection Questions

What is one part of my identity or life experience that gives me strength?

What have I learned from the challenges I have faced?

What personal quality helps me continue when things are difficult?

What is one strength I want to develop further?

How can my strengths help me in education, work, entrepreneurship, or community life?

What is one goal I would like to move toward in the future?

What is one small step I can take to begin?

Closing Sentence

Complete the sentence:

"I am capable of _____."





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Roma Girls' Empowerment through Mentorship



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