

FORCREST

SESSION 1

The practical life after the studies

Agenda of the session

- a) Welcome and presentation of the forcrest project
- b) Theoretical basics I
- c) Theoretical basics II

-Break- (15 min.)

- d) Entrepreneurship in practice: a woman success story (with Mrs. X)
- e) Questionnaire and feedback

Introduction

forcrest is...

- an initiative that aims to **promote the creation of new companies** that are committed to sustainable development.
- a working group composed of experts from 9 European countries (Czech Republic, France, Germany, Hungary, Ireland, Italy, Romania, Spain, UK).
- supported by the Leonardo da Vinci program of the European Commission.

Introduction

forcrest...

- supports the **creation of innovative SMEs** as a source of employment all about Europe.
- promotes the **sustenance and the commitment to the environment.**
- applies a training system that **integrates the special needs** of the target group.
- aims to help the **transition of newly graduated specialists** to the labour market.

Introduction

„The practical life after the studies“

Entrepreneurship is an alternative (to dependent employment) in professional life!

Key questions:

- What are the pro's and con's of entrepreneurship?
- What problems do arise (especially in the case of women entrepreneurship)? How to manage them?
- How can oneself manage Work and Life?
- Which basic skills do one need to become a successful entrepreneur?

Theoretical Basics I

- Dependent employment
 - Forms
 - Pros-cons
- Independent employment: entrepreneurial activity as an alternative to dependent employment
 - Forms:
 - Franchise
 - Start up
 - Freelancer
 - Takeover
- Discussion - what is special/ different about being an entrepreneur?

Theoretical Basics II

WorkLife Balance: how to manage work and life?

- What are your main concerns and/ or fears as far as entrepreneurship is concerned?
 - fears concerning uniting family
 - fears concerning time and efforts etc.
- Definition of Work-Life Balance
- Conditions for Work-Life Balance: what is important to manage work and live?

Work-Life Balance in practice: a success story

- Presentation of a Success Story
- Discussion with the participants
 - open questions?
 - fears?
 - concerns?

Evaluation: questionnaire

- Fill in the questionnaire
- Direct personal feedback round
- Feedback on flip-chart with (smileys 😊, 😞) cards