

## EMPOWERMENT THROUGH TRAINING

ÀGORA NORD was a DP run by the Pactem Nord Consortium in and around Valencia. The Àgora Nord project was implemented with a twin-track approach involving **personal empowerment and local empowerment**. The project focused on activities, methodologies and professional practices that could promote the progressive, conscious and constant development of the potential of individuals. The idea was to increase the independence of the project participants and their acceptance of responsibilities with the end goal of achieving their successful labour market integration.

The DP believed that empowerment was a concept which could be adapted to multiple contexts and some of the aspects which contribute to its meaning were as follows:

- Empowerment is a process for enhancing self-sufficiency based on the identification of the root causes of difficulties;
- Empowerment gives people a sense of control over their own destiny based on access to institutions, resources and information about the life-decisions that they have to take;
- Empowerment is an individual and organisational process through which people, from a position of disadvantage and dependency, acquire power and thus reinforce their ability to make their own choices and become independent and self-regulating; and
- At the same time these participants develop a sense of their own value, self-confidence and self-esteem and begin to take control and of their social and working lives.

Based on these premises, the ÀGORA NORD project drove a process of empowerment for people who faced problems in getting a foothold on the ladder to the labour market. It offered a total of 59 training programmes in which 369 people, through flexible and individualised pathways that enhanced their personal skills, were empowered in their chosen vocations and mentored during their process of social and vocational integration.

In addition, the DP also took the courageous step of adding a self-employment training programme that was completed by 63 people, who produced 16 business plans that led to the establishment of 11 companies.

DP in ECDB: <a href="#">ES-ES20040098</a>	DP Web Site: <a href="http://www.consorci.info/agora">http://www.consorci.info/agora</a>
Contact Person: José Antonio Navarro	E-mail: <a href="mailto:jnavarro@consorci.info">jnavarro@consorci.info</a>