

Up With Women

Success Belongs to **Everybody**

Who Are We?

Up With Women (UWW) is a Canadian charity dedicated to helping recently homeless and at-risk women to build sustainable, prosperous careers and businesses with the aim of permanently exiting poverty.

How Can This Help Me?

If you're struggling financially, we can help. Our program is designed by career experts to help at-risk women rebuild their careers after a break due to illness, job loss, violence, homelessness, immigration, etc.

Client Successes

- "A" went from part time temporary to full time permanent in the career of her choice. Doubled her income in the process.
- Kim worked with her coach to secure part-time work and launch a small cosmetics company.
- Esther went from unemployed to full time work in the career of her choice. She also launched a part time financial services business.



Program Components

Our 12 month career and business development program consists of **these four elements**

Career & Business Coaching

Each client is paired with a certified professional coach who will work with you twice a month for a year.

Soft Skills Development

We provide access to resources for soft skills learning and development

Self-Understanding

Emotional Intelligence and Personality assessment tools are provided for greater self-knowledge

Group Learning and Support

Learn from your fellow program participants. Share your successes, challenges and questions.



What does a coach do?

Your coach's job is to create conditions in which you can learn, see new perspectives and generate new ideas. Then the coach supports you to generate your own best choices and solutions, and design your own actions. Finally, your coach is your accountability partner to support you with follow through. You will work together twice a month for a year.



Eligibility

Women who fit the following criteria are eligible to apply. However, because spots for UWW places are limited, there is an interview process to determine best fit.

Housing

Have been recently homeless or be at risk of homelessness through poverty. Be currently housed (transitional housing, apartment, etc.)

Income

Be earning or receiving some kind of regular income (OW, job, etc.)



Able to Work

Legally entitled to work in Canada (work permit, etc.)

Health & Safety

Have reached a point of stability in health and safety where they can commit to a year-long, intensive program.

Fluency

Have an English or French proficiency of LINC 6 or 7

For more information, please visit www.upwithwomen.org or ask your agency to refer you to the program through the agency referral form.

If you need to reach someone directly, please contact lauren@upwithwomen.org

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