



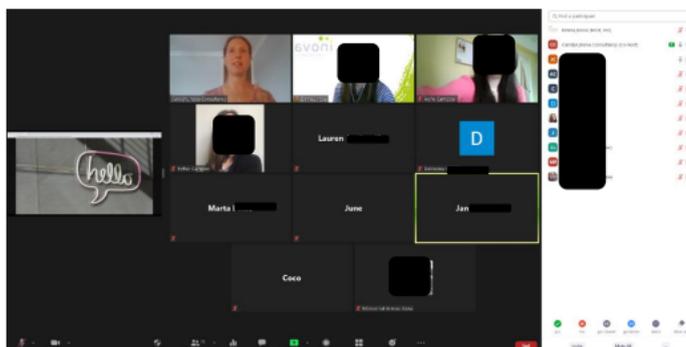
Co-funded by the
Erasmus+ Programme
of the European Union

Newsletter 3

About FemSTEM: Catch up - Coaching circles

The FemSTEM Coaching partnership has been working hard to keep the project active. Following monthly online meetings, the team has achieved to meet deadlines and progress with the development of the outputs, such as piloting or the dissemination activities. Even though we have faced difficulties which have been generated by the COVID-19 situation, such as being able to meet in person, the pandemic has not stopped us from moving forward in this wonderful project.

Piloting 1



In July, the consortium carried out the piloting sessions to test the Coaching Circles. The Coaching Circles methodology is based on action learning, coaching, mentoring techniques and self-reflection exercises and tools to help participants to build confidence and self-efficacy and develop soft

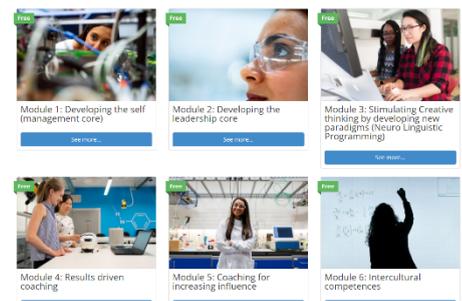
skills.

Each partner conducted three sessions during the month of July reaching a high number of participants (30+) who work in STEM careers such as computer science, engineering, biomedical science or biotechnology.

The results of the first piloting showed a positive tendency within the participants, The perceptions of their own soft skills were measured using self-reflective evaluation forms (prior to and post the piloting experience) and these showed a rise in the majority of the participants' competences such as confidence and teamwork.

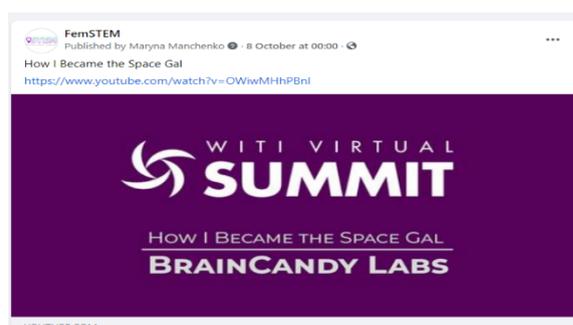
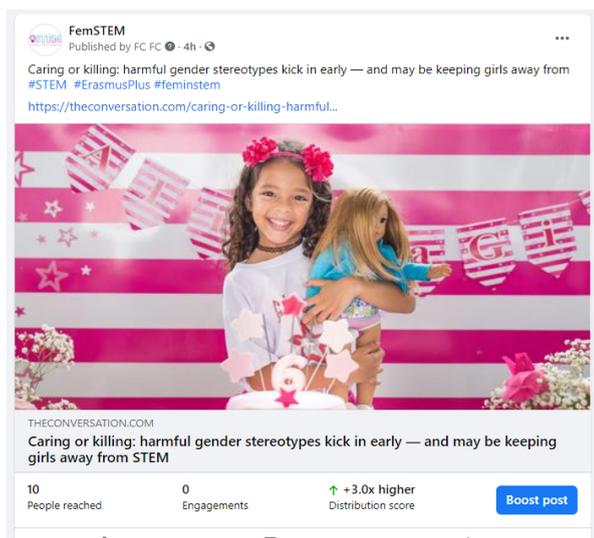
Online E-Coaching Programme

The modules which address the most important soft skills needed for women in STEM **are now available**. You will find them through the E-Coaching Programme located on the project website.



Coming soon!

In the following months we will be continuing to develop our FemSTEM programme through a range of activities which you will not want to miss! We will keep you up to date with our activities throughout the upcoming months. In the meantime, keep an eye on our Facebook page, full of interesting news, opportunities and facts about women in STEM:



BUT ALSO:

Piloting 2

We will be conducting our second piloting session during the month of November, this will be an opportunity for many women to take part in, and contribute to, wonderful project! Stay tuned to read about the results 😊!



Learn more about us in our website and [Website and Facebook page](#)

