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Bridge4Mothers

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Training of Trainers (ToT) Personal, Social and Learning-to-Learn (PSL)

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E. Case Study Resource

Sofia’s Return to Learning

Sofia is a single mother returning to VET after five years outside employment.

She sometimes arrives late, avoids speaking in group discussions, has limited confidence in her professional abilities, and occasionally misses online tasks because she shares a device with her children.

Participants analyse:

- barriers;
- strengths;
- support needs;
- communication approaches;
- and flexible participation options.

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