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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

Case Study Example

“Aylin’s Participation Experience”

Aylin is a mother returning to education after several years outside formal learning.

During training sessions:

- she rarely participates,
- hesitates to ask questions,
- and often apologises before speaking.

She also struggles with:

- balancing childcare responsibilities,
- attending fixed schedules,
- and confidence using digital tools.

Participants reflect on:

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- possible reasons for reduced participation,
- how trainers may unintentionally reinforce barriers,
- and strategies for creating safer and more empowering learning environments.

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