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Bridge4Mothers

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Training of Trainers (ToT) Digital Literacy & Gender-Informed Digital Upskilling

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E. Case Study Resource

“Elena’s Participation Challenges”

Elena is a learner returning to education after several years.

During training sessions:

- she avoids participating,
- hesitates to ask questions,
- and appears anxious during group discussions.

She worries about:

- making mistakes,
- being judged,
- and balancing family responsibilities with learning.

Participants reflect on:

- possible emotional barriers,
- how trainers can support Elena,
- and what facilitation approaches could strengthen confidence and participation.

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