

GENOMFÖRS MED BIDRAG FRÅN
JÄMSTÄLLDHETSMYNDIGHETEN

Omvänt Mentorskap Duo Modellen OMDU

(Reverse Mentorship Duo Model)

www.jamstalldhetsmyndigheten.se



Are you interested in becoming a mentor?

Do you want to share your experiences with leaders in municipalities, companies, and non-profit organisations? Do you want to influence leaders to work with inclusion, equality, and gender equality? We are looking for single mothers born outside the European Union interested in becoming mentors.

As a potential mentor, you are offered

- A free training course focused on mentorship skills, gender equality and equality
- A training certificate after the course is completed
- Financial compensation for participating in dialogues with leaders in different organisations
- An opportunity to broaden your social and professional network

Omvänt Mentorskap Duo Modellen (Reverse Mentorship Duo Model)

OMDU (Reverse Mentorship Duo Model) is an initiative that received a grant from the Swedish Gender Equality Agency. The aim of OMDU is to ensure that single mothers is treated fairly on the labor market, in education and in the society. We can offer OMDU to 12 single mothers in Malmö, 6 in Botkyrka/Huddinge and 6 in Sundbyberg/Spånga/Järva who wants to participate in a mentorship training. OMDU is a unique initiative and is being launched for the first time in Sweden.

WHO CAN APPLY TO OMDU?

In OMDU, we are looking for single mothers who want to share experiences of being a single mother, experiences of migrating to Sweden and experiences of living in Sweden. Single mothers who want to share their experiences from other countries than Sweden. You have upper secondary school education (or equivalent) and speak some Swedish or some English. You are a student, in training, an asylum seeker, a job seeker or you have a job.

WHAT DOES OMDU OFFER YOU?

OMDU offers a qualified mentorship training during the fall of 2022 and the beginning of 2023. The training is offered on site in Malmö, in Tumba or in Spånga at four occasions and it is possible to bring children to the training. The training will also include digital sessions and OMDU will provide support – if necessary – to facilitate the digital participation. Each potential mentor will also receive individual guidance via telephone or e-mail. The training covers approx. 40 hours, including group work and individual guidance.

The qualified mentorship training provides you with theoretical and practical knowledge of gender equality and equality as well as the mentorship role. You will receive a training certificate that can be used for e.g., searching for or changing jobs. In the spring of 2023, you will together with another single mother participate in at least six mentorship meetings with leaders from different organisations. Your role as a mentor is to support the leaders' work with equality by sharing your own experiences and knowledge from the mentorship training. You will receive financial compensation for these meetings.

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WHICH ORGANISATIONS IS BEHIND OMDU?

OMDU was initiated with the support from the Swedish Gender Equality Agency by four non-profit organisations in touch with migrant single mothers: Hela Människan i Malmö and Hela Människan Huddinge-Botkyrka-Salem, Internationella Kvinnoföreningen i Malmö and Spånga Blåbandsförening. We work for gender equality, equality and human rights for women and men regardless of their background.

CONTACT US IF YOU ARE INTERESTED IN PARTICIPATING IN OMDU

We are recruiting participants in the mentorship training during September 2022

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