

**TRAINING
PILLS**

Network Building



ACLI BERGAMO APS



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Networking example

LoPe holds a monthly networking and empowerment event called “Coffee to Grow”. The event offers a space for migrant women to hear from other migrant women who have built a successful life in Norway. The speakers talk through their journey to Norway, ways that they found work, learned the language and built a fulfilling life here.



The event has been going now for five months with speakers from: Russia, Eritrea, Australia, Germany and Iraq.

The event has been a great way for women to find a local and supportive community, build motivation and find a path forward.

Participating in ‘Coffee to Grow’ is an invaluable experience that contributes to professional and personal development. Through this initiative, we have the opportunity to actively work with immigrant women to develop important interpersonal skills, leadership and intercultural communication.

Creating opportunities and empowering women

‘Coffee to Grow’ offers immigrant women an arena where they can share experiences, learn from each other and be inspired by success stories from women who have found their way in Norway. So far, we have organised five sessions, with 44 participants and 5 speakers.

“This concept has shown me how important it is to give people a voice and an opportunity to grow by sharing experiences and support. Hearing personal stories of challenges, resilience and triumphs inspired everyone.”

Training Pill – Network Building

Networking as a career tool

Through Coffee to Grow, participants get hands-on experience of how networking can open doors to job opportunities and new career paths. By bringing together women from different cultures and backgrounds, we've created a space where participants can make valuable connections with each other and with resource people in the local community. We've seen how this type of networking helps build confidence and provides real insight into how to navigate the Norwegian labour market.



'Coffee to Grow' gives valuable experience in:

Event planning: Organising monthly meetings with inspiring speakers.

Communication and counselling: Facilitating conversations that create engagement and learning opportunities.

Intercultural understanding: Interacting with women from diverse backgrounds that strengthen the ability to work in a diverse environment.

Leadership and teamwork: Collaborating with volunteers and partners to ensure events maximise value for participants.

An important investment in your career

This experience shows that empowerment and networking are key to success, both for individuals and for society as a whole. Through Coffee to Grow, we not only have the opportunity to contribute to inclusion and gender equality, but also to develop skills that will be invaluable in the participants' future careers.





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