



## THE MENTORING PROGRAMME

The state network of contact points relating to women and work has made an important contribution to the development of skills and the promotion of equality for women at work. It is funded by the Ministry of Economic Affairs, Labour and Housing Baden-Württemberg.

The mentoring programme is an additional element of the network of contact points relating to women and work aimed at women with a migration background so that they can integrate more easily into the labour market in Baden-Württemberg. This takes into account the professional interests and qualifications of the mentees as well as the need for companies to attract new specialists.

*We require more women with a migration background who can successfully progress in the world of work.*

FIND OUT MORE ABOUT THE MENTORING PROGRAMME AND GET IN TOUCH WITH YOUR LOCAL CONTACT POINT:



## HOW TO FIND OUR NETWORK OF CONTACT POINTS RELATING TO WOMEN AND WORK

**CONTACT POINT „WOMEN AND WORK“  
FREIBURG - SÜDLICHER OBERRHEIN**  
**Freiburg**  
Phone: 0761 201 1731  
**Offenburg**  
Phone: 0781 9675 6696  
frau\_und\_beruf@stadt.freiburg.de  
www.frauundberuf.freiburg.de

**CONTACT POINT „WOMEN AND WORK“  
HEILBRONN-FRANKEN**  
**Heilbronn**  
Phone: 07131 5946 380  
**Schwäbisch Hall**  
Phone: 0791 946 69770  
**Tauberbischofsheim**  
Phone: 09341 847 48 48  
frauundberuf@heilbronn-franken.com  
www.frauundberuf-hnf.com

**CONTACT POINT „WOMEN AND WORK“  
KARLSRUHE - MITTLERER OBERRHEIN**  
**Karlsruhe**  
Phone: 0721 133 7335  
info@frauundberuf-karlsruhe.de  
www.frauundberuf-karlsruhe.de

**CONTACT POINT „WOMEN AND WORK“  
MANNHEIM - RHEIN-NECKAR-ODENWALD**  
**Mannheim**  
Phone: 0621 293 2590  
**Heidelberg**  
Phone: 0621 293 2590  
frauundberuf@mannheim.de  
www.frauundberuf-mannheim.de

**CONTACT POINT „WOMEN AND WORK“  
NECKAR-ALB**  
**Reutlingen**  
Phone: 07121 336 165  
frauundberuf@vhsrt.de  
www.frauundberuf-rt.de

**CONTACT POINT „WOMEN AND WORK“  
NORDSCHWARZWALD**  
**Nagold**  
Phone: 07452 930 110  
**Pforzheim**  
Phone: 07231 201 171  
frauundberuf@pforzheim.ihk.de  
www.frauundberuf-nordschwarzwald.de

**CONTACT POINT „WOMEN AND WORK“  
OSTWÜRTTEMBERG**  
**Aalen**  
Phone: 0162 263 12 36  
frau-beruf@ostalbkreis.de  
**Schwäbisch Gmünd**  
Phone: 07171 324 262  
**Heidenheim**  
Phone: 07321 321 2558  
frau-und-beruf@landkreis-heidenheim.de  
www.frau-beruf.info

**CONTACT POINT „WOMEN AND WORK“  
RAVENSBURG - BODENSEE-  
OBERSCHWABEN**  
**Ravensburg**  
Phone: 0751 3590 663  
info@frauundberuf-rv.de  
www.frauundberuf-rv.de

**CONTACT POINT „WOMEN AND WORK“  
SCHWARZWALD-BAAR-HEUBERG**  
**Villingen-Schwenningen**  
Phone: 07721 922 520  
info@frauundberuf-sbh.de  
www.frauundberuf-sbh.de

**CONTACT POINT „WOMEN AND WORK“  
LUDWIGSBURG - REGION STUTTGART**  
**Ludwigsburg**  
Phone: 07141 920 781  
info@frauundberuf-ludwigsburg.de  
www.frauundberuf-ludwigsburg.de

**CONTACT POINT „WOMEN AND WORK“  
STUTTGART - REGION STUTTGART**  
**Stuttgart**  
Phone: 0711 263 4570  
info@beff-frauundberuf.de  
www.beff-frauundberuf.de

**SERVICE AND COORDINATION OFFICE  
STATE PROGRAMME  
CONTACT POINTS „WOMEN AND WORK“  
BADEN-WÜRTTEMBERG**  
**Stuttgart**  
Phone: 0711 123 3010  
info@frauundberuf-bw.de  
www.frauundberuf-bw.de



[www.frauundberuf-bw.de](http://www.frauundberuf-bw.de)

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Kontaktstellen  
Baden-Württemberg



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Mentorinnen-Programm  
für Migrantinnen

## MENTORING PROGRAMME FOR WOMEN WITH A MIGRATION BACKGROUND

CONTACT POINTS RELATING TO WOMEN  
AND WORK



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## WOULD YOUR COMPANY OR INSTITUTION LIKE TO SUPPORT OUR „MENTORING PROGRAMME“?

Is your company/network/organisation interested in supporting the mentoring programme?

### We would be happy if you could

- recommend mentors and mentees,
- facilitate visits to companies or invite us to events and
- introduce us to your network.

For more information about the mentoring programme please visit:

[www.frauundberuf-bw.de/mentoring-programme](http://www.frauundberuf-bw.de/mentoring-programme)



## WHAT KIND OF SUPPORT WILL YOU RECEIVE AS A MENTEE?

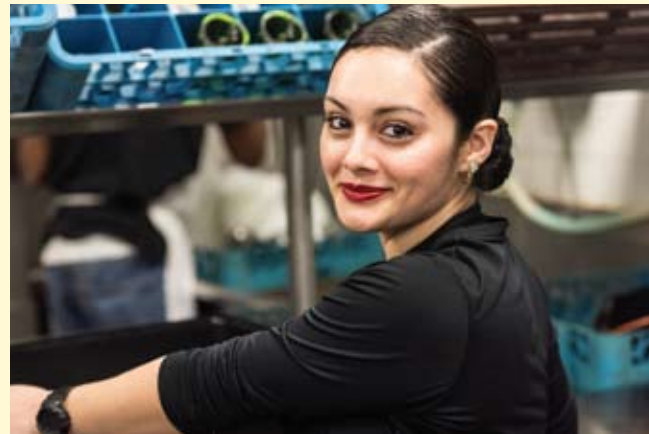
The programme is aimed at immigrants and refugee women who have sufficient language skills and access to the labour market through their residency status.

### The mentor supports you

- if you want to build up your own network to enter the labour market.
- if you would like to improve your job skills or to progress in your career.
- if you would like to establish a good work-life balance.

### As part of the mentoring programme

- you will have the opportunity of job shadowing.
- you will receive specific information about the application process, the labour market and your professional development.
- you will develop your skills for networking and organising.



## WOULD YOU LIKE TO PARTICIPATE IN THE „MENTORING PROGRAMME FOR IMMIGRANTS IN BADEN-WÜRTTEMBERG“?

Applications **for mentees** are possible for women with a migration background who

- are looking for work,
- have access to the German labour market and
- already possess a professional qualification.

Get in touch with the contact point relating to women and work in your area:

[www.frauundberuf-bw.de/mentoring-programme](http://www.frauundberuf-bw.de/mentoring-programme)

**As mentors** we are looking for women with and without a migration background, who have had at least two years professional experience in Germany. You provide the mentee with valuable support and advice and establish professional contacts with others.

### How would you benefit as a mentor from the mentoring programme?

- You will receive valuable experience for your own career and extend your own network.
- You will participate in different training sessions which could enhance your CV.

