

This one's for the girls



Michelle Stewart photo



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Inspired Women Program happening in Lab. West

A new and exciting course, for girls only, is underway in Labrador West. The Inspired Women Program is being offered at the College of the North Atlantic under the leadership of Angie Cormier, businesswoman and professional trainer from Prince Edward Island.

Topics : [Status of Women Canada](#) , [RDEET-NL](#) , [Newfoundland and Labrador](#) , [Lab](#) , [North Atlantic](#)

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The Inspired Women Program is being offered at the College of the North Atlantic under the leadership of Angie Cormier, businesswoman and professional trainer from Prince Edward Island.

An introductory session was held Sept. 25 and ,even though, the first class was held yesterday (Oct. 24), Moana Lebel says there is still time to register.

Lebel is an economic development officer with RDEET-NL (Newfoundland and Labrador Francophone Economic Development Network) and she is in charge of coordinating the program that is designed to offer support and guidance to women who have a project, a hobby, or a business idea they want to see realized.

The eight-session course, funded by Status of Women Canada, has 15 seats for English and 15 for French women who wish to take it in.

"It is for women who want to start a business or who have a project, or a idea," Lebel said of the course. "There are eight sessions with the group but there is also personal coaching (one-on-one) with the trainer."

Survey says

The course came about after a study was done in the Labrador West area a year ago.

"We found the women here would like to have training on entrepreneurship to know how to start their business or projects," said Lebel explaining the outcome of the needs assessment. "If you don't work in the school, the health system or the mines you don't have a lot of choices here. That is why we found there was this need here especially for women, because there doesn't seem to be a lot of options. So, we decided to organize this and ask the Status of Women Canada for funding for this program."

Funding approved

The Status of Women Canada gave the nod and the RDEET-NL went ahead and got it organized with its partner the Hyron Regional Economic Development Corporation. The cost of the program is \$100,000 which would amount to about \$3,000 per student without the funding from the Status of Women Canada.

"Now the cost is only \$40 per person," said Lebel. "So, we hope that the seats will all be filled. It's a very good opportunity for women to network and get information. It doesn't matter what it is you want to do or what project you would like, the key is to first

know yourself, to recognize yourself, understand your strengths and weaknesses. This program helps you [figure out] what you want to do and how to be able to do it."

Motivational and empowering

The sessions, Lebel says are motivational and empowering. There is some really sound advice on general things like budgeting, marketing and an opportunity to have personal coaching.

"Even if you are not even sure what it is you want, this gives an opportunity to get ideas and support from others," added Lebel. "Maybe someone will be

doing the course that would like to have a partner.”

The classes are held on weekends and will be spaced out between now and February. Women can join up at any time but, Lebel suggests, earlier registration is best, in order to secure a seat and to get the most out of the course.

Like to see more

Lebel, who moved to Labrador West five months ago from Montreal, says she identified many areas that she'd like to help improve upon in Labrador West. She'd like to work towards having some English/French conversational language courses available to assist people in their businesses.

But, in the meantime, she is concentrating on getting the most of out what this course has to offer and is signed up as a student herself.

For more information on the Inspired Women, check out the website: www.inspiredwomen.ca or call Moana Lebel at 944-3432.