

You're a woman looking for a new professional start?

The Let's Start Up Program offers you concrete means to develop your skills through training, coaching and financial support.

The Lise Watier Foundation is there *for you...*

Encourage

Group workshops, networking and integration to an inspiring community: you will feel supported and more confident!

Train

Training and personalized coaching: to better understand your potential and improve your knowledge and skills.

Support

Microloans or financial aid for studies: because obtaining traditional financing is sometimes difficult.

ENTREPRENEURSHIP,
EDUCATION,
EMPLOYMENT:

choose your
personalized
career path.

It's free!



A 3-STEP PROCESS

1

DEVELOP YOUR PROFESSIONAL POTENTIAL

8-week course | 8 workshops | individual meetings

Entrepreneurial spirit is useful in all professional and personal contexts, and everybody can develop such a spirit. Workshops and meetings allow you to discover your possibilities, then develop your confidence and your ability to act.

- Professional assessment
- Work on 18 essential skills
- Putting into perspective the possible and realistic avenues to consider
- Psychometric test

2

GET INTO ACTION

With training and coaching, you will enhance your learning and your abilities, whichever path you choose.

Start your business

10-week course
10 group workshops
Individual coaching

- Ideation and development of business plan
- Certification from Concordia University
- Coaching by entrepreneurship experts
- Access to microloans: up to \$10,000

Pursue your education

Individual coaching

- Choice of a full-time post-secondary program
- Monthly follow-up by a counsellor
- Financial aid between \$4,000 and \$13,000 / year depending on the number of dependent children

Find a better job

Individual coaching and referral to appropriate resources

- Search for a professional goal that will lead you to a sustainable financial independence
- Review of acquired skills
- Exploration of job opportunities that meet your expectations

3

STAY ENGAGED

- Join the Let's Start Up Community: a dynamic group of women that promotes networking, the creation of solid ties and provides access to training on relevant professional issues (webinars, conferences and coffee chats).

"Go ahead... believe in your dreams because anything is possible. Really, anything is possible! Never, at 60 years old, would I have believed it... thanks to the Let's Start Up Program, I came out of my shell. I understand my full potential and I know that I will succeed."

- Sylvie, Entrepreneurship stream

[See more testimonials](#)



GET STARTED!



Geneviève,
Entrepreneurship stream

THE LET'S START UP PROGRAM IS FOR YOU IF:

- ★ you are a woman over the age of 18
- ★ you are currently experiencing economic, social or professional challenges
- ★ AND you are ready to take action

SERVICE POINTS

- 📍 **Montreal:** YWCA Montreal
- 📍 **Quebec:** Centre Étape
- 📍 **Laurentians:** La Porte de l'Emploi
- 📍 **Montérégie:** Le COFFRE
- 📍 **Toronto:** YWCA Toronto

"My resilience and my ability to bounce back in the face of adversity makes me a strong person, capable of success. I am so grateful for the financial support from the Lise Watier Foundation. With this support, I am able to fulfill myself professionally and to live again. I'm proud of where I am today, and I know my kids are too, and that's priceless."

- **Andrée-Anne,**
Education stream

[See more testimonials](#)

