



The Prathana Dee Buddying Program Information for Potential 'Buddies'

Context

We are recruiting voluntary 'buddies' to support a 9 month program for disadvantaged women in Bangkok.

This new 9 month course consists of weekly workshops covering English language, rights and law, self-defense, financial management, finding and applying for jobs, and career progression.

It is targeted towards students at Prathana Dee. They are women who are:

- Working in the informal sector, in low paid or insecure work.
- Undereducated and lacking marketable skills or training.
- Carrying the responsibility of supporting children and family with their wages.
- Experiencing damaged self-confidence and health, poor relationships with children and family, and risks with debt.
- Unsure what to do next, but ready to make a change in their lives.

At the end of the 9 months, we aim for our students to be more confident, self-aware, encouraged, optimistic and strong to leave their comfort zone. They will:

- Understand themselves and their needs better.
- Want to develop their career and feel able to do so.
- Begin to make changes in their life.
- Start a new job, secure a promotion, or begin further training.

Aims of the Buddying Program

Buddies are invited to take on 1-4 students each. They will meet with their students individually on 3-4 weekly over the 9 month period, for a period of 30-45 minutes. Buddies will not be asked to provide any formal training.

The aim of buddying is to:

- Consolidate learning after each Prathana Dee workshops.
- Support students as they develop and follow their career plans.
- Help students to fill in their journey logbook.

'Buddy' Specification

The ideal buddy:

- Female professional.
- Native Thai speaker.
- Can commit for a nine month period for 1 or 2 times per month. Approximately 2-3 hours per month.



- Have an active interest in helping poor Thai women to succeed economically.
- Able to create a safe and protected space for the student to concentrate on themselves.
- Able to patiently and sensitively guide a buddy session, according to a pre-defined framework.
- Willing to be positive, even if the student is not, and gently encourage them to take responsibility for their own development.
- Able to see the bigger picture in career development – prioritizing long-term success over short-term challenges.
- Can facilitate the student to make their own decisions, not instruct them.
- Conscientious and able to fill in the appropriate paperwork.
- Will respect boundaries of the student and confidentiality.
- Has a knowledge and understanding of the issues uneducated women in Bangkok face and the possible job opportunities available.

Resources Available

Buddies will be supported by Pratthanadee's staff. They will have access to:

- An initial induction at the Foundation.
- Office space for holding buddy sessions, including access to computers and the internet.
- A staff contact at the Foundation to help with any concerns or issues.
- A journey log and session plan for each of the buddy sessions.

Please note that this is an unpaid, voluntary position.

Interested applicants are invited to submit their CV to staff@pratthanadee.org.