



## **The Prathnanadee 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 Prathnanadee. 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 Prathnanadee 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, at least 2 years of work experiences.
- Graduated bachelor degree.
- Age between 25-60 years old.
- 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](mailto:staff@pratthanadee.org).**