

Fundación Moeve holds the second workshop to promote the employability of women in vulnerable situations

- **With a speed dating format, the initiative builds women's confidence and job-hunting skills in a realistic environment**

Fundación Moeve has held an employability workshop aimed at unemployed and vulnerable women to help them enter the job market, attended by women from Atelsam Mental Health.

As part of Fundación Moeve's corporate volunteering program and coordinated by Volies, the initiative — which is now in its second year — included the participation of five female volunteers from Moeve. The workshop once again had a speed-dating format, an effective method for developing employability skills with hands-on practice, offering a real-world setting where participants can practice interviews, receive direct guidance, and build their confidence at a critical stage of the job-hunting process.

Prior to the workshop, the Moeve volunteers received online training to help them facilitate the process and provide participants with better guidance during the session. Their involvement was key to the workshop's success. Each participant from Atelsam Mental Health had the opportunity to conduct several mock interviews with different volunteers, which allowed them to hear different perspectives and put the volunteers' tips into practice in real time. As the exercise was repeated several times in a safe environment, it was an effective learning experience.

Unlike other, more theoretical settings, these workshops focus on hands-on experience: doing, putting into practice, and perfecting, with friendly personalized guidance tailored to each individual. Thanks to this approach, the women who participate gain confidence and strengthen their skills, enabling them to navigate hiring processes with greater self-assurance.

For the head of Fundación Moeve in the Canary Islands, Belén Machado, "many of the participants have never attended a job interview, or if they have, they have not received real-time guidance or feedback. This space allows them to practice, make mistakes without pressure, and, above all, identify what they're doing well and where there's room for improvement. This allows them to build their confidence. The sensitivity and dedication of the volunteers are very important, and they also gain a lot from the experience, as is always the case with volunteering."

Ana Julia Concepción, managing director of Atelsam Mental Health, stated that "initiatives like this provide a valuable opportunity to promote social and

occupational integration. They help these women acquire new skills while feeling valued and heard, and this also boosts their self-confidence and self-esteem."

This experience highlights the key role of volunteers, who do not need to have experience in recruitment. The value of their contribution lies in offering a professional perspective, listening, and fostering a trusting and approachable environment.

This approach makes it possible to simply and realistically explain and illustrate how recruitment processes work, providing workshop participants with useful and practical knowledge.

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