

Good practice 1

# My success story

## IN 2008

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In 2008 I was pregnant, I was married and I had the husband. I had everything I needed: house, Mercedes and everything what I want in this life, expect normal family.

My husband was very good men, he was very smart in his business, he loved me so much, but in the same time he loved alcohol and he had manic depression, as I had known after.

So, in 2008 25 of November born our son. As you know, In 2008 started economic crisis and every business in Lithuania and another European countries started collapsed, my husband business also. He start to drink much more often.

## IN 2010

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I thought long about our relationships. We were together, but actually mostly I felt alone, because he started to live his life deeper and deeper with alcohol. One day then our son was almost 2 years I decided just to leave him because of every day of alcohol. I didn't want that our son would see a bad example, and I thought that it would be better for him to grow up without father then with such bad example.

He was angry on me. He took my things, car and everything... I had just our son and my stubbornness...

I started to make my own business and open small old things shop. Of course it was not a good idea and thanks god I decided to close it very fast, just lost some money, which I borrow from my friends.

I started looking for a job, but I had no work experience at all. Also I had very high wants and no understanding about work and business. My husband was alive and sometimes he helped me, because I was mother of his child and he still loved me.

## IN 2013

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But suddenly my husband died, because of his life style. I thought that it would be easier for me to deal with it, but it wasn't. I felt alone and our son without father. This emotional feeling took long time and I was already in deep depression.

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In this very difficult moment of my life I find Institute of advanced society (in Lt – VPI). It was like rehabilitation for me. I needed emotional and mental help, I needed help for me like women and mother and like employee. I needed also psychological help.

I found everything through seminars, work groups, advices from another's woman, listening of other women's success stories and etc. In time I understood that I am not alone with my problems, with difficult life. The institute gave me self-trust and some knowledge, which I used for finding job.

At the moment I have my work of one agriculture association in Lithuania. I started to live in our capital because of the work. My work is really very difficult. I have a lot of responsibilities and sometimes I still feel lack of experience, but also I know that everybody feels it. Now I understand, that I am strong, that I can live alone and protect my son, that I am independent of anybody.

I would like to thank to Institute of Advanced Society for this significant job and the hope to have my life better and better with the time.

Berta

## Good practice 2

# The story of my life changes – my success

I grow up in a lovely family. My childhood was normal and caring. But as a teenager I went off the rails. I started to spend my time with bad reputation people. I had a lot of problems with the police, but I never told that to my parents.

I didn't had a job and it was too difficult find one because off my history with the police. One of my friends owned a bar and many times I was spending my time there. Sometimes he asked me to help him, but he didn't trust me until the end and didn't think that I can be a good employee. But actually I was really in to brewing coffee and making cocktails. But it was for me just for fun.

One day I helped him around the bar and one customer asked me for a coffee. I was brewing coffee and talking with her. I knew this woman of seeing several times and only later I realized that she was asking my friend about me. She named me as a child without a place and sow my distrust in my face.

She was working in the Institute of advanced society and she told me about SEWAC project and she invited me to come to the first meeting of women's. I was really happy that she invited me, because I founded myself. I was motivated and I was on fire to do something. I understood that people trust me and believe that I can live another life. I loved this feeling, that I can be "normal". I had meetings with other women's. Many of them had really said stories. I thought long about that, about my life. I had also meetings with psychologist. He gave me to read some books also. He also believed on me. I founded new friend during seminars of project. This woman has a child and I began to help her with caring. Sometimes she leaved me alone with her child and she trusted me also. I liked this feeling so much. With this feeling I began to trust myself and want to live another lifestyle.

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One day I spoke about job with my friend, who has a bar. I told him that I changed, I told about the project and steps, which I reached. I asked him to give a chance for me to work as normal employee. After some doubt, my friend gave me a full time job as a bartender, but with one condition: there cannot be any mistake with cash and with alcohol. I was learning fast. Even the new bar employees was learning from me. I started to feel how soon I am growing and I liked this progress. After few month of working a women from the Institute came to see how I'm doing. She saw me teaching other employees how to make coffee and she praised me, that I'm a good teacher. This woman has many contacts, because of collaboration with other institutions and she told me about one institution, which is offering lectures for restaurants and bars. She gave me contacts and told me: when you begin to feel, that this bar place is to skimpy for you – you should to call them. After one month I decided to try to call. Then I had a job interview and I started to work as a lecture for one or few days per week. And now I'm also lecturing bar workers about brewing coffee and the specifics of working in the bar. I love my job and it gives me satisfaction. It was the biggest step in my life. I couldn't be happier then I'm now.

Aria