



*Are you a woman
and unemployed?
Would you like to start
your own business?*



Feel free to contact us!

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We are located at Nedre Nytorgsgatan 13, SE-252 26 Helsingborg

www.stiftelsenester.se

ESTER is a programme run in cooperation with the city of Helsingborg. Its purpose is to give unemployed women with an immigrant background an opportunity to become self-employed and/or self-supported. The project is funded by Region Skåne and Tillväxtverket.

ESTER consists of 6 months full-time training which offers coaching and support during the upstart period. As a participant you will be part of a smaller group that will meet each week, and here you will get the basic knowledge that is required to start your own business. The remaining time consists of individual studies, field trips and other activities, for instance practical training.

To start your own business, you need three types of capital that we will support you with.

Knowledge capital: training in personal leadership and how to run a business – from business concept to starting your own business.

Social capital: developing contacts with other participants in the programme and with individuals, organisations and companies valuable for your future business.

Financial capital: a possibility to get a bank loan after your training is completed and your business plan is approved.

We will help you understand the requirements of running a business, develop your business concept and business plan, and find your first customer.

Welcome!

Please go to
"Contact" at
www.stiftelsenester.se
and send an e-mail
expressing your
interest.



The training
is **FREE**
and all working
material is
included.

