

Antonie – Education, Mentoring and Coaching for Women

A European-inspired platform supporting women through education, mentoring, coaching, and professional development.

Project Overview

Antonie is an educational platform created by the Czech-Moravian Association of Women Entrepreneurs and Managers (ČMAPM).

It combines education, mentoring, coaching, and knowledge sharing to help women develop their potential and navigate professional and personal change.

The platform is inspired by Antonie Rajská, a 19th-century Czech teacher, writer, and advocate for women's education and rights. Antonie continues her legacy by creating a modern space for learning, experience sharing, and professional development.

Why This Project?

Women increasingly face career transitions, leadership challenges, entrepreneurship, and changing personal circumstances.

Antonie provides structured support through experienced mentors, certified coaches, education, and networking.

The project also promotes women's leadership, intergenerational learning, diversity, and professional community building.

What the Program Includes

The project is built on four main pillars:

1. Mentoring

Experienced mentors provide professional guidance, practical knowledge, and support.

The programme is open to women across the Czech Republic regardless of age or profession and welcomes both women and men as mentors.

2. Laser Coaching

Focused individual support for women facing important professional or personal decisions.

The programme includes an introductory session followed by three individual 45-minute coaching sessions with certified coaches.

3. Education and Knowledge Sharing

Educational activities support professional and personal development in areas such as entrepreneurship, leadership, career development, and personal growth.

4. Networking and Community Building

The platform connects women across generations, regions, and professions, creating opportunities for professional relationships, peer support, and knowledge exchange.

Who the Program Is For

- Women entrepreneurs and business owners
- Managers and emerging leaders
- Women changing or developing their careers
- Women exploring new professional opportunities
- Women seeking personal or professional growth
- Mentors and coaches interested in supporting women's development

Expected Benefits for Participants

- Greater confidence in decision-making

- Leadership and entrepreneurial skills
- Access to experienced mentors and coaches
- Practical knowledge and new perspectives
- Support during professional transitions
- Expanded professional networks

For the Wider Community

- Stronger women's leadership
- Intergenerational knowledge exchange
- Greater diversity in mentoring
- Stronger connections among women entrepreneurs and leaders
- Opportunities for international cooperation

A Scalable and Sustainable Model

Antonie is a long-term platform that can adapt to different regions and expand internationally. Its flexible combination of mentoring, coaching, education, and networking provides a foundation for sustainable cooperation and knowledge exchange.

Project Mentors

- **Ludmila Klimešová**, Galup Coach & Mentor, President of CMAPM
<https://www.linkedin.com/in/ludmila-klimesova/>
- **Eva Usai Blumental**, Senior Life & Business Coach & Mentor, Lead Education Stream FCEM Europe, Vice President of CMAPM
<https://www.linkedin.com/in/eva-usai-blumental/>
<https://www.eublumental.com/>

Selected mentors are available to support participants from other countries, either online or in person where possible.

Timeline of the Project Implementation

Antonie was launched as a long-term educational initiative of ČMAPM and operates throughout the year.

The Mentoring and Laser Coaching programmes are delivered in regular cycles and updated according to participants' needs.