

The ‘Pillars of Power’ program in Šiauliai (Lithuania) strengthens the community and personal empowerment

On March 31, 2026, and April 2, 2026, the “Pillars of Power” training took place in Šiauliai (Lithuania), led by Vilma Tubutienė. The training was organized within the framework of the international project “MISUP – Strengthening Migrant-Supporting Communities” (Project No. 2024-1-NL01-KA220-ADU-000246302) and was intended for teachers of the Šiauliai branch of the Public Institution International Ukrainian School.



At the beginning of the training, participants were introduced to the project and its objectives – to strengthen migrant-supporting communities, promote inclusion, and provide practical tools for working with people from diverse backgrounds. The “Pillars of Power” methodology was also presented in detail and tested in practice. It is based on a holistic approach that combines self-reflection, group work, emotional awareness, and personal development.

During the training, participants explored three main modules – identity, safety, and resilience. The identity module encouraged participants to look deeper into themselves by analyzing their life experiences, cultural context, roles, and inner qualities. Through practical tasks, reflection was promoted, helping them better understand their strengths and life path.

In the safety module, significant attention was given to understanding and setting personal boundaries. Participants learned to recognize physical, emotional, and mental boundaries, understand their importance, and apply this awareness in everyday situations. These topics are particularly relevant when working with people facing various life challenges.



In the resilience module, stress, its effects, and practical ways of coping with it were explored. Participants learned to identify their internal resources and strengths, as well as strategies that help maintain emotional balance in challenging situations.

The training included a variety of practical activities, discussions, and experience-sharing sessions. Participants actively engaged in tasks, working both individually and in groups, while a safe and supportive environment encouraged openness and collaboration. A pre-training and post-training

self-assessment was also conducted, allowing participants to clearly see their progress and development.

These trainings not only provided new knowledge but also strengthened participants' self-confidence, their ability to reflect, and their capacity to apply the acquired competencies both in their professional activities and in everyday life. This is an important step toward strengthening the community, promoting mutual understanding, and creating a safer and more resilient environment.

For more information about the project: <https://misup-training.eu/>

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This article was prepared by staff members of the Šiauliai Education Competence Center