WOMEN'S MENTORING SCHEMES

PNU has launched a Higher Diploma program in Physical Education for Girls with the aim to prepare qualified cadres to find new job opportunities in the field of sports. It also established a new department, the Department of Sports Affairs, in order to utilized its sports facilities and create a sporting environment where female students are provided with the necessary knowledge and training in various sports disciplines and be able to participate in regional and international sporting events. It also aims at raising the level of community awareness about the importance of Saudi women's practice of sports and adopting a healthy lifestyle. Attached is the Department of sports Affairs report which demonstrates the number of students who participated in different sporting competitions and community sporting events.



Department of Sports Affairs

In addition, the university has made several collaboration agreements with public and private sector institutions in order to provide students with training opportunities in several needed professions. The next figure shown a part report of all the agreements and partnerships that PNU made in the last 5 years.



PNU Partnerships

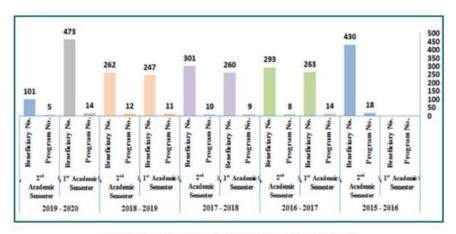
Based on the strategic directions of Princess Nourah Bint Abdul Rahman University, which emphasize the university's contribution to providing competitive outcomes, innovative technologies, and enabling students and the community to contribute effectively to the building process in the country, the Student and Professional Support Center was established to provide career counseling services, job support and training programs for university students and graduates. The next figure is a part of the annual reports of the Student and Professional Support Center which include the number of workshops/training sessions that were provided, training and consulting partners from the private sector, and the number of participants and beneficiaries of the services provided in the center

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Annual reports of the Student and Professional Support Center [1]

Princess Nourah Bint Abdul Rahman University has also initiated the establishment of the Business Support and Development Center to be one of the national center specialized in supporting and assisting female students at the university and Saudi women in the field of entrepreneurship to enhance the efforts of Saudi women in the process of economic development. In order to support female staff in senior and managerial positions, PNU enrolled more than 200 of its staff in a leadership program that provides them with the

necessary training and leadership guidance required in their positions. This program has since evolved and resulted in the establishment of a women's leadership center. The center aims at providing women in the Kingdom with a set of programs to develop new and existing leadership skills including executive education, in order to empower women and enhance their national role as main participants in the national development strategy. One of the main initiatives that PNU has also created to empower women is the establishment of the Center for Women's Studies. The center aims at activating scientific research and addressing community issues and problems, especially those related to women, in order to reach the most appropriate solutions, and investing the specialized cadres of faculty members in making and evaluating social policy and communicating with planners and decision makers in order to contribute to development plans at the national The Family Consultancy Center is the first specialized family center among universities in the Kingdom. This center was established as a result of the increasing family problems and negative phenomena that threaten family security and cohesion, which in turn dictates the need to correct some concepts pertinent to family, marriage, reproduction and the foundations of sound upbringing with the purpose of improving mental health and good psychological well being The family counseling center Princess Nora bint Abdul Rahman University, through its programmes aiming: • Help to strengthen your family relationships and deal properly with family and personal crises. • Overcome psychological and social problems with the help of a team of female specialists and treatment in an atmosphere reassuring. • Ensures confidentiality and privacy and to high scientific standards In the graphic below may be observed the continuous accompaniment in the last four years. However, it is worth noting that, the number of beneficiaries from the Programs and Training Department since the center's opening until now is 2770, with more of 100 programs and courses. In evidence folder can be found Number of beneficiaries from the **Programs and Training Department**



Number of beneficiaries from the Programs and Training Department

A summary of the sessions and training courses are shown in the next table, in it is incorporated some brochures of these activities that tends to support the health and wellbeing community. More than 100 brochures of the sessions and training course developed in the center can be consulted at .













REFERENCES

[1] Annual reports of the Student and Professional Support Center, [Online].