Care Economy and Labour Rights Training Course

Professional Development Training Course Outline

Category	Trade Unions	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Care Economy and Labour Rights Training Course is designed to strengthen understanding, skills, and advocacy around one of the fastest-growing sectors in the global economy care work. The care economy includes paid and unpaid work such as childcare, eldercare, disability support, domestic work, and community health care. Despite its critical role in sustaining societies and economies, care work remains undervalued, underpaid, and often informally structured. This training equips participants with strong analytical, policy, and practical tools to address inequalities, promote decent work, and advance gender-responsive labour systems. It integrates global labour standards, social protection frameworks, and human rights-based approaches to strengthen decent work in the care sector.

This course also focuses on labour rights protection, gender equality in the workplace, and sustainable workforce development in line with global commitments such as SDGs, ILO conventions, and feminist economic justice frameworks. Participants will explore how unpaid care work disproportionately affects women and marginalized groups, and how policy reforms can transform care systems into inclusive, equitable, and sustainable structures. The training emphasizes advocacy, social dialogue, and policy engagement to ensure fair wages, safe working conditions, and recognition of care workers as essential economic contributors.

Programme Curriculum

Care Economy and Labour Rights Training Course

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Course Duration

5 days

Course Objectives

1. Understand the global Care Economy ecosystem and workforce dynamics
2. Analyze Labour Rights frameworks and ILO conventions
3. Promote Decent Work Agenda and fair wage systems
4. Address Gender inequality in unpaid care work
5. Strengthen Social protection systems and universal care policies
6. Build capacity on Workplace rights and occupational safety
7. Integrate Feminist economics and inclusive labour markets
8. Advance Policy advocacy for care sector reform
9. Strengthen Collective bargaining and trade union engagement
10. Promote Migrant care worker protection and rights
11. Understand Informal economy formalization strategies
12. Enhance Data-driven labour market analysis
13. Support Sustainable Development Goals (SDG 5, SDG 8, SDG 10)

Target Audience

1. Labour rights activists and union leaders
2. Policy makers and government officials
3. NGOs and civil society organizations
4. Care workers (domestic, health, childcare, elderly care)
5. Gender equality and human rights advocates
6. Social protection and development practitioners
7. Academic researchers and students in social sciences
8. International development and donor agency staff

Course Modules

Module 1: Introduction to Care Economy

- Definition and scope of care economy sectors
- Economic value of unpaid and paid care work
- Global trends in care workforce expansion
- Intersection with gender and inequality

- **Case Study:** Paid domestic workers in Kenya and informal care systems

Module 2: Labour Rights Frameworks

- International Labour Organization (ILO) conventions
- Core labour standards and enforcement gaps
- Right to fair wages and safe conditions
- Freedom of association and collective bargaining
- **Case Study:** Domestic workers' rights reforms in South Africa

Module 3: Gender and Unpaid Care Work

- Gender division of labour in households
- Economic invisibility of unpaid care work
- Time poverty and women's labour participation
- Care burden redistribution strategies
- **Case Study:** Time-use surveys in Uganda showing gender disparities

Module 4: Social Protection Systems

- Universal social protection models
- Maternity, disability, and caregiver benefits
- Cash transfer programs and care support
- Policy gaps in low-income economies
- **Case Study:** Brazil's Bolsa Família and care support impacts

Module 5: Decent Work in Care Sector

- Fair wages and labour contracts
- Occupational health and safety standards
- Workload regulation and burnout prevention
- Recognition of care as skilled labour
- **Case Study:** Elderly care workforce standards in Germany

Module 6: Migration and Care Labour

- Global care migration trends
- Rights of migrant domestic workers
- Recruitment ethics and exploitation risks
- Bilateral labour agreements
- **Case Study:** Filipino domestic workers in the Middle East

Module 7: Policy and Advocacy Strategies

- Labour law reform processes
- Social dialogue and stakeholder engagement
- Role of unions and advocacy groups
- Gender-responsive budgeting
- **Case Study:** Care policy reform advocacy in Uruguay

Module 8: Data, Research and Labour Market Analysis

- Labour market information systems

- Gender-disaggregated data collection
- Measuring unpaid care contributions
- Evidence-based policy design
- **Case Study:** OECD care economy data modelling systems

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price

23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com