

Empowerment Workshop

Background

Empowerment sits at the heart of human life and of relationships, whether it is through parenting, educating or in friendship. Giving power or authority to someone is something we develop through a very subtle and special attitude and it implies the use of many skills: that of listening, making other belong, trusting, supporting other people's effort, finding solutions, promoting reflection and so on. Human beings have the power to create harmony between each other and with the environment. Through empowering the self and others, humankind will apply positive solutions to the difficulties of these times and emerge creative skills to find ways to survive as well as nurture sustainable harmonious relationships with the Earth and the elements.

Food for Thought

- *When I change the world changes.* — Dadi Janki
- *First they ignore you, then they laugh at you, then they fight you, then you win.* — Mahatma Gandhi
- *Whatever you are, be a good one.* — Abraham Lincoln

Workshop 1: (Duration: 70 mins)

Note: This workshop requires three facilitators, one for each group.

1. Introduction (5 mins)
2. The participants could be divided into three groups and reflect on one of the above sayings per group. (5 mins)
3. Then the facilitator of each group could read the saying out loud and the participants could be asked to remember a story where they had a similar personal experience in their lives. (10 mins)
4. Then they could share their stories in pairs. (15 mins)
5. They could then be asked organized themselves in groups of four (2 pairs) choose a designated rapporteur and reflect on the different impacts such stories had in their lives (15 mins)
6. The result of the group discussions could then be shared in the plenary by a designated rapporteur for each group. (15 mins)
7. Conclusions. (5 mins)

Workshop 2: (60 mins or 75 mins if there is time to do question 6)

1. Introduction (5 mins)
2. Sit the participants in a relaxed manner with background music playing while the facilitator slowly reads this text to them... (5 mins)

In silence, I look back at my life from childhood till now remembering the time when I have been empowered by someone in a significant way. Recall the occasion, the conditions and the major actors in these situations.
3. Ask people to share this memory with a neighbour. (10 mins)
4. Then ask the participants to reflect individually and take notes by reading slowly (10 mins):
 - a. *How do you define empowerment?*
 - b. *What are three essential ingredients of empowerment (at the level of the attitude, the skills, the qualities...) for the person who is empowered?*
 - c. *What are three essential ingredients of empowerment (at the level of the attitude, the skills, the qualities) for the person who is empowering others?*

d. Recall a moment where you feel you have empowered another person. What skill did you use? What qualities the person you empowered had that allowed her or him to be empowered.

5. Ask two groups of two to unit in a group of four, choose a rapporteur and ask each person to share the story of his/her partner in the group of four. Afterwards ask the participants to share about the questions asked. Share all the ingredients of empowerment in the plenary. (20 mins)
6. Create a conversation about what we do or should do in terms of attitude to promote empowerment of others around us. You could also create a conversation about what kind of world we could have if everyone was positively empowered. (if time allows, 15 mins)
7. Conclusions (5 mins)