

# 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.

### ***The power to change habits (60 mins duration)***

1. Introduction: The facilitator could share how he/she has been empowered in life to change habits that were unfriendly to the environment (10 mins)
2. Ask the participants to sit in a relaxed manner with background music playing while the facilitator slowly reads this text (below) to them... (5 mins)  
*In silence I look back at my life remember a time when I felt strong and able to overcome anything.  
Recall the occasion, the conditions and what made you feel that way.*
3. Ask participants to introduce themselves to their neighbour and share this memory with him or her. (10 mins)
4. Then ask the participants to reflect individually and take notes by reading slowly, and giving time for them to note their answers (10 mins): *Look at nature and its beauty, its harmony ... Now examine the earth the way it is now:*
  - a. *What would you be willing to do to make this place (nature, Earth, your city/town/village) a better place?*
  - b. *Identify 3 habits you have that you consider negative that, if changed, would help keep the earth healthier, self-sustained? (for example, in terms of consumption, contamination, use of wealth, etc.)*
  - c. *How would you empower your own self in order to change this habit?*
  - d. *What difference would this change make in your quality of life? How would it affect your life style?*
  - e. *What would you do to empower others to change their habits if you were given this task?*
5. Ask two pairs to unite to make a group of four, choose a rapporteur and then share all responses to the (above) questions. The rapporteur will also have to share about 'empowerment' in the plenary. (20 mins)
6. In the plenary, inspired by these conclusions, create a space where the workshop facilitator could talk about 'the power to change' and share some methods from his/her own experience. (5 mins)
7. Finish with a visualisation (see sample below) where the bad habits are dissolved by new positive ones. (5 mins)

### ***Visualisation about Empowerment***

The facilitator can ask the participants to sit in a relax manner and play soft ambient music and start speaking in a soft (but audible) voice.

*We can all seat peacefully and allow our mind to rest and send also to our body cool and soft vibrations... I visualise my inner garden... There is a personal garden inside each one of us; a landscape of variety.*

*There is a whole range of seeds... Each seed is a potential plant and each potential plant could bear a*

*fruit...Likewise in the depth of our inner personality lies the garden of our potential...By looking at this inner garden with the eyes of love, it is as if I water the crop of my inner life...Silence allows me to reach the rays of the sun and allow its light to awaken the seeds inside.*

*Likewise I can also extend this loving vision towards all...Seeing the qualities of all and their capacities even if only in the form of seeds...Thereby allowing them to awaken and become strong new shoots giving strength to their personality...The more I trust myself and I trust others, the more they can live up to this trust...I am the new leaf.*

