

A black and white photograph of a man in a suit and tie, holding a glowing, concentric sphere in his hands. The sphere has a bright center and radiating lines, giving it a three-dimensional, ethereal appearance. The man's face is partially visible, looking down at the sphere with a focused expression. The background is dark and out of focus.

Self-empowerment

FIELD: An individual's identity

SECTORS: identity, cognition

PROGRAMME

During the workshop on Self-empowerment young people get the opportunity to learn what personal growth and development is, and acquire presentation skills.

TARGET GROUP

The target group comprises young people, 15 to 30 years of age, who learn about personal growth and development as a category that requires a study and a discussion. Many people do not become familiar with what self-empowerment is, and in what way it can help us in everyday situations.

IMPORTANCE OF THE UNIT TO THE TARGET

While growing up, young people often face real, everyday life difficulties. The task assigned to them by the society often entails the pursuit of positive ways to overcome their daily problems and to thereby grow up into socially useful individuals. Personal growth and development is a topic that involves strengthening and raising awareness of an individual's capacities and resources, self-exploring and examining the paths of one's own being aimed at improving and enhancing the quality of living. Communication, by its very nature and purpose, is a tool that people use to convey some of their attitudes and beliefs, establish a relationship with other people, meet some of their needs and interests, etc. People communicate in different ways whereby they have various goals on their minds. When we want to present ourselves and our ideas in the best possible way, accomplish a specific goal, presentation skills are indispensable.

EDUCATIONAL TOPICS

The key training course topics are as follows:

1. communication with people from my own environment (assertiveness and sending I-messages),
2. emotions,

Empowerment In Everyday Life

Wenbin Ji



Empowerment In Everyday Life:

Unveiling the Magic of Words: A Report on "**Empowerment In Everyday Life**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Empowerment In Everyday Life**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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