



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

Kim Jørgensen



Empowerment In Everyday Life:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Empowerment In Everyday Life**

In a global inundated with monitors and the cacophony of quick connection, the profound energy and psychological resonance of verbal beauty frequently disappear into obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, located within the musical pages of **Empowerment In Everyday Life**, a fascinating perform of fictional splendor that impulses with organic thoughts, lies an wonderful trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this exciting opus instructions visitors on a mental odyssey, softly revealing the latent possible and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is central styles, dissect its fascinating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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