Positively Powerful Empowerment Workshop

Outline

Here is the outline of the presentation.

75 Minutes to Empowerment:

Introduction of Dr. Martin by Dr. Olga Tsoudis.

What “being FEARLESS & Empowered” means. Discussion.

What “No” means. - Personal values. Who I am. Why I am here. What matters to me. - Separating refusal from rejection and empowerment from pressure. - Being firm and direct. Practice and role play. - Caring about yourself and your life. •

Personal Power Model: Event, Beliefs, Emotions, Behaviors, Results and Consequences.

Have to versus choose to. Demonstration.

What can we accomplish together?

What will it take?

Completion and acknowledgement.

Survey Assessment