

# The POWER of ME

## Self Empowerment

### Workshop

<b>Workshop:</b>	<b>Self Empowerment for survivors and those experiencing an unhealthy power dynamic in their family, relationship or school/work setting.</b>
<b>Facilitator:</b>	Fawn Einarson-Nielsen
<b>Duration:</b>	90 Minute Workshop
<b>For:</b>	High School Students and Youth in unhealthy relationships Adults affected by an unhealthy power dynamic Newcomer transitioning to Canada Adult Learners Young parents and/or stay-at-home parents Men/women transitioning back into society from the justice system

## Overview

An interactive workshop to help empower individuals to connect with their passion, stay on track to their destiny and influence those around them for support. Individuals learn to eliminate the shame, guilt and isolation often experienced by victims and shift to a survivor mindset.

*'Only when compassion is present will people move out of denial and face their truth'* **Gabor Mate**

## Benefits

- ✓ Participants create an inventory of the lifestyle choices and thoughts that keep them from reaching their full potential.
- ✓ Participants identify and create their own value and belief systems.
- ✓ Participants analyze their circumstances and create a powerful optimistic plan to move forward.
- ✓ Participants learn how to promote themselves toward ideal job choices and/or self employment.

Workshop materials included.



HEAR my HEART BOOKS Inc.