Tapping into the Power Within

"How to realize your personal power how to tap into it and empower yourself to express your true potential in any area of life" to assert your self confidence.” 1-2 day challenge

Introductions: The facilitator 1: We can start by first stating who we are. 2: If you would like to say a little bit about yourself (why you are here for example) 3. We can then set the ground rules for the session: This can be anything to make the session more comfortable to you. Confidentiality, be on time, phones on vibrate, there will be breaks for herb teas, if you want to continue you should indicate this by making a consensus of agreement.

Day 1

Today we’re going to cover what personal power is and how to look at it. We’ll go over the basics of what gets in the way of your personal power. On that day we’ll look at how to actually get things moving from wherever you are now to wherever it is you’d like to do or be.

The concept of empowerment or personal power for personal development, does anyone know where this came from??? Discussion

For our purposes here, let’s just consider these two terms as more or less synonymous. You may repeat some of the steps in day one, and invite participants to share what they have learnt.

When we talk about personal power, we are generally referring to being able to get what it is that you really desire to have in your life. Choice is a big part of that, as is not feeling helpless and feelings of sadness that you have no choice in what’s going on in your life. How many of us feel this sometimes (discuss) Does anyone one disagree??

“Participants given post it notes to write down what they are hoping to achieve and place them in a glass without names on. Personal power has a lot to do with being able to direct your own life in the way that you want, rather than being in a situation in which everything (and everyone) just seems to happen to you. (Who would like to share examples of this, I will start) discussion

What can you see yourself doing outside of your existing life, write this down don’t think too much and we will share after the break:

Break for tea 15 mins

Resume

One of first things to recognize about your personal power is that you already have it. What do you feel that personal power is? (Discussion in groups of 3 or 2) 20 mins Feedback

There is no right or wrong answer every moment you already express your personal power, your energy, within the physicality of the world in many ways and contribute to the running of the
planet., your work what you all do as volunteers as daughters, friends and leaders: anything else:

Discussion

Let's break that down and look more closely.

== You Express Personal Power At Every Moment You breathe == True or false

Recognize what you already do expresses personal power :=

When you return after lunch write a list of 10 things you like about yourself and 10 things you don’t.

== You Are Already Quite Powerful ==. Pause of session

Tapping into the Power within Part 2

We previously learned about the power we all hold, realization that power can be used to develop creativity and positive thoughts. You were also given a list to complete about yourself, let’s look at them and discuss the negative then positive at the end, and you can share what affirmation you choose and why. In the same groups feed back

Discussion 20 mins

Usually the negative list is longer than the positive list

You may be thinking or conceptualizing of the world as a place or an environment that you are inserted into, perhaps against your desire or will. If you’re thinking like that, you’re certainly not alone since most Black people have been taught to believe this from childhood and from others. Sometimes it may be helpful for you to find somewhere safe soundproof to scream your head off to get the tension out.....better out than in... It’s not encouraging you to frighten your but providing you with freedom of expression, which can be quite creative.

Give out affirmations: Do we know how to use these positive quotations? Group discussion

(Discussion) 25 mins

Break for refreshments-stretching take a walk around for 5 mins.

There are, however, other legitimate ways of looking at yourself and the world that do not include this conception. For example, rather than seeing yourself as being inserted into matter, think of it like a hologram (remember the journey of Sojourner truth). In other words, instead of being inserted into this physical matter, close your eyes and consider that you are actually projecting and expressing your physicality in a way which is more like the rays of the sun, energizing glowing and projecting light. Visualize the red of the sun as you feel the warmth of its heat on your face, relax and breathe for 5 mins.

How did that feel? (Share experiences) 60 mins break for lunch
Resume: The advantages of looking at things with creativity is you can now easily view yourself as being a director of your own expressions by your energy - instead of relating to yourself as a victim of whatever it is, that you happen to believe, got you inserted or stuck into the world, you can visualize a positive situation, relax and breathe through it thinking positively, looking at.

Glass Jars: Someone to read out what everyone said at the beginning there are no names on the post its anynonymous unless you want to reveal what you said and how you feel now.... We will take it in turns no reading out your own posts it.!!

Any questions views or not in agreements=We are accepting challenges here

Evaluation of session what you thought, did it meet expectations, any improvements on the content. iletocpn feedback form, would help me to help you to improve the course. Remembers

== You Are Already Quite Powerful ==. As you are here!
Everything I do turns into success

I attract to me unlimited abundance

I radiate positive energy

All my relations are harmonious

I sparkle with vitality

I express my creativity

I am special and unique

I am living my full potential