



Self Empowerment: Enhancing Independence

Welcome!

Introductions Please!





Empowerment University or Empower U

Purpose:



- Peer support
- Social interaction
- Skill building and training
- Peer driven activities
- FUN and FRIENDS!

What today is about...

- Train the Trainer-Presentation
- Overview of program
- Getting to know one another
- Understanding Empowerment
- Activities and fun!
- Tropic Topic
- Meetings



Regular Meeting Agenda

Agenda - 120 minutes (plus 60 minutes open activity time)

Time breakdown

- 10 minutes Introductions (new members)
 - 15 minutes What happened since... (Group share)
 - 20 minutes Daily Living activity topic
 - 15 minutes Daily Living activity
 - 10 minutes Learning wrap up
 - 15 minutes Break (social interaction/social activity)

 - 25 minutes Topic specific time
 - 5 minutes Wrap up/ next time
 - 5 minutes Questions and Answers & Clean up
 - 120 minutes
- 60 minutes Open Activity Time (unstructured-staff monitored)

Meeting-Starts now...



Introductions:

Getting to know, you!

- Activities – we love them!
- Independent Living is about choices
- Happiness is a choice
- Now onto the activity!



What happened since...

- What life lesson have you learned?
- What have you experienced?
- What was one thing you took ownership of?
- What self-empowered activity have you done?
- Anything else to share
 - Only 5 minutes maximum
 - Only share if you want
 - What is said here stays here



Group Activity:

Sample

What does Empowerment
look like to you?



Sample

What does Empowerment look like?

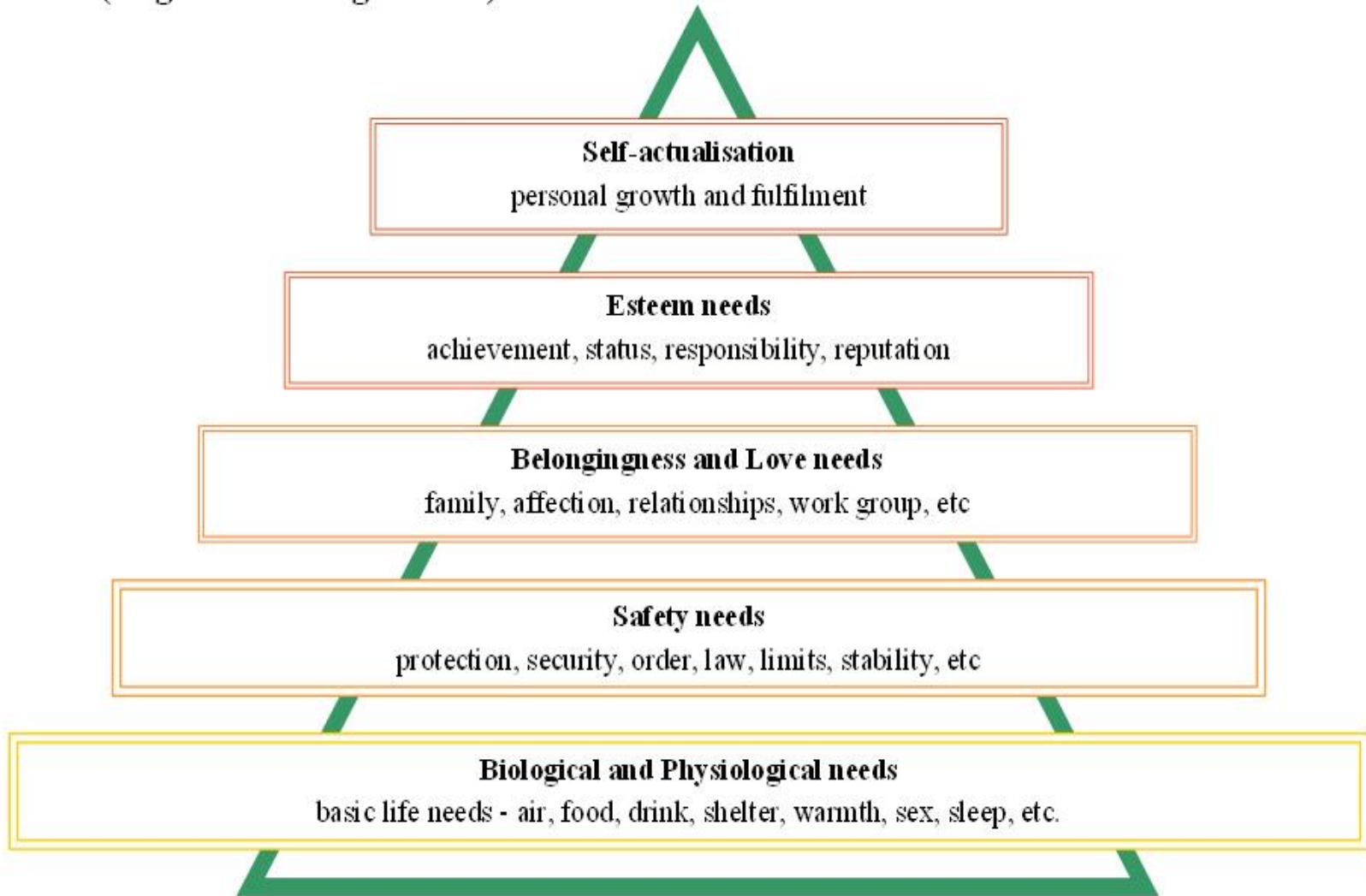


Defined by Social Services...

- Safe
- Good decision making
- Appropriate independent living choices
- Growth through discovery
- Working smarter not harder (resource development)
- Find the authentic you and moving forward
- Safe
- Supported
- Loved by you



Maslow's Hierarchy of Needs (original five-stage model)



© alan chapman 2001-4, based on [Maslow's Hierarchy of Needs](#)

Learning Wrap Up: Wrap up...



- Many viewpoints on empowerment
- Take time to review all
- Use one or make your own
- Empowerment is yours, use it or lose it
- If you don't change, don't complain!
- Take time to prepare
- Start today!

Break Time

- Social Interaction
- Social Activity
- Activity must be achievable for every person
- The food discussion...



Tropic Topic

- Introduction of Tropic Topic –Sewing a Button
- Hand out time:
 - Samples
 - Kits
 - Written instruction
- Demonstration Time!
- Practice
- Why we do this...
 - What else is on your mind?



Questions and Answers!



Next Meetings

- Date
- Time
- Location
- Topic???



Open Activity Time

- Peers determine groups
- Peers lead their own groups
- Safe topics only
- Staff present at each group to keep group dynamic open
- Open time is 60 minutes
- Each group determines own length
- First time/first group
- Suggested groups:
 - Sewing or craft
 - Books or movies
 - Current events
 - Social Media

Tips and Suggestion

- Safe topic (Treasure box)
- Train peer leaders with coaching and mentoring
- Do not provide materials (i.e. sewing or crafts)
- Do offer structure to groups if desire
- Do offer suggestions on activities as groups start
- Be aware of noise sensitives
- Ensure safety



Trainer:

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Empowerment University Fact Sheet

Empowerment University was originally developed to be a Peer to Peer educational and social group. The concept is to have peers motivated by the topic to facilitate the topic driven session while learning new activities of daily living that supports independence.

Peers are supported through a facilitated mentor (staff) that supports the topic and the activities. The first portion of "Empower U" is group activities facilitated by staff from the partnering agencies. The activity is based on an independent living activity before being moving onto individualized topics.

Audience: Adults with disabilities ages 18 and older (no classroom aides provided by NICIL, individuals needing assistance must be accompanied by PA or other responsible person for personal care needs)

Objectives/Outcomes

The objectives in this training are to help establish productive processes for life empowerment and decision making. While it is often assumed that individuals with or without disabilities are able to empower themselves through personal discovery and professional growth. Rarely does that happen unless there are specific motivators to enforce the need for change.

This program is designed to open the conversation about discovering the very best person that they can become on their own. It doesn't mean it will be easy, but there is no adult continued social interactive group that teaches how to empower oneself.

Social groups that are structured with intended outcomes will be achieved with the right leadership and peer to peer mentoring that naturally occurs through interaction.

Additional outcomes that are anticipated through this training and group interactions as well as classroom activities are:

- Skills Learned
 - Social skills
 - Relationship building
 - Self-advocacy
 - Self-empowerment
 - Interpersonal skills
- Advance skills
 - Networking
 - Social interaction
 - Proper work place etiquette
 - Journal writing

No two group sessions will be the same. Additional skills will be built using interpersonal skills and peer to peer mentoring which is a natural byproduct of group sessions of this program.

Agenda - 120 minutes (plus 60 minutes open activity time)

Time breakdown

10 minutes	Introductions (new members)
15 minutes	What's happened since... (Group share)
20 minutes	Daily Living activity topic
15 minutes	Daily Living activity
10 minutes	Learning wrap up
15 minutes	Break (social interaction/social activity)
25 minutes	Tropic Topic – topic specific activity specific time
5 minutes	Wrap up/ next time
<u>5 minutes</u>	Questions and Answers & Clean up
120 minutes	
60 minutes	Open Activity Time (unstructured-staff monitored)

In general a two (2) hour class does not get a break; however, since proper social interaction is one of the desired outcomes of this program, this break is an action break with some type of ice-breaker game as part of the outcome.

Note-due to food allergies, budget issues, personal preferences, etc., food is not available but bottled water is.

Open Activity Time

This period is optional and allows an unstructured hour to allow participants to continue their activities at their own pace. This does not mean that it is unsupervised time. Due to risk liabilities a staff member should be present to monitor the activities during this open activity time period.

Handout Materials:

- Power Point Materials
- Agenda for the day
- Tropic Topic

Classroom Materials:

- Bucket List –activities page
- Pens/Pencils
- Water
- Activities instructions (sample-Sewing basics)

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