



EMPOWERMENT WORKSHOP





FINDING OUR STRENGTHS

Say what you think is the biggest strength of the person next to you.

Here are some examples:

Positive

Kind

Resilient

Patient

Generous



WHAT DOES 'EMPOWERMENT' MEAN?



1

Increasing the capacity of individuals to make choices and to transform those choices into desired actions and outcomes

2

The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights



WHY IS IT IMPORTANT FOR MEN TO BE ENGAGED IN SPORTS?

- Socialisation and communication
- Motivating yourself and your team mates
- Confidence in your ability on the pitch
- Learning and developing skills, tactics & strategies
- Resilience if/when you lose a game





EMPOWERMENT OFF THE PITCH

Challenge traditional perceptions and assumptions about what women can and can't do

Believe in the idea '**I Can**' (play sports, learn things about yourself, be part of a team, pursue things you never thought you could e.g. dream job)

SELF-ACTUALISATION



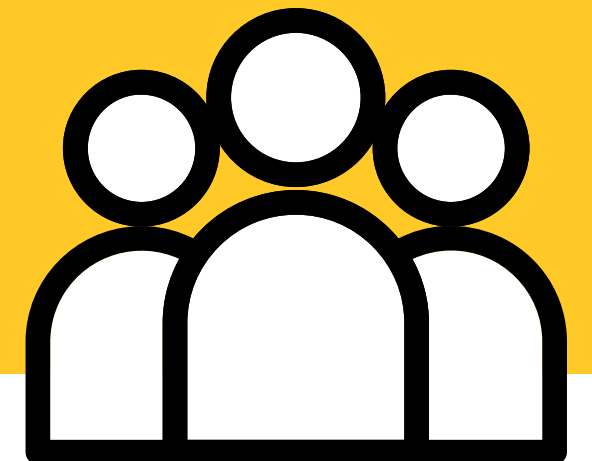
DISCUSSION TIME

In pairs/small groups, first discuss a time you have felt confident:

Why did you feel confident?

How did it feel being confident?

How did being confident effect the situation?





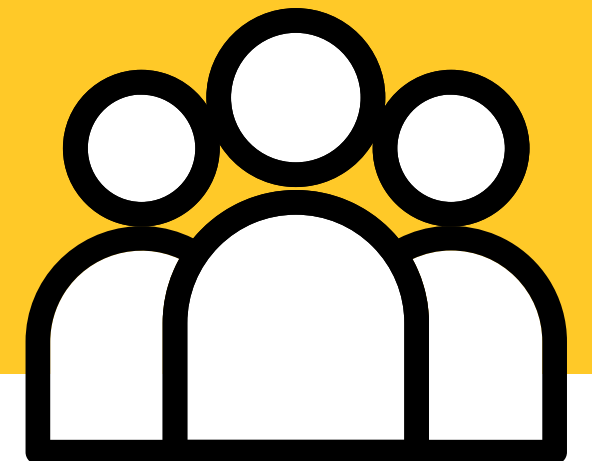
DISCUSSION TIME

In pairs/small groups, now discuss a time you didn't feel confident:

Why didn't you feel confident?

How did this lack of confidence feel?

Could being confident have changed the situation?

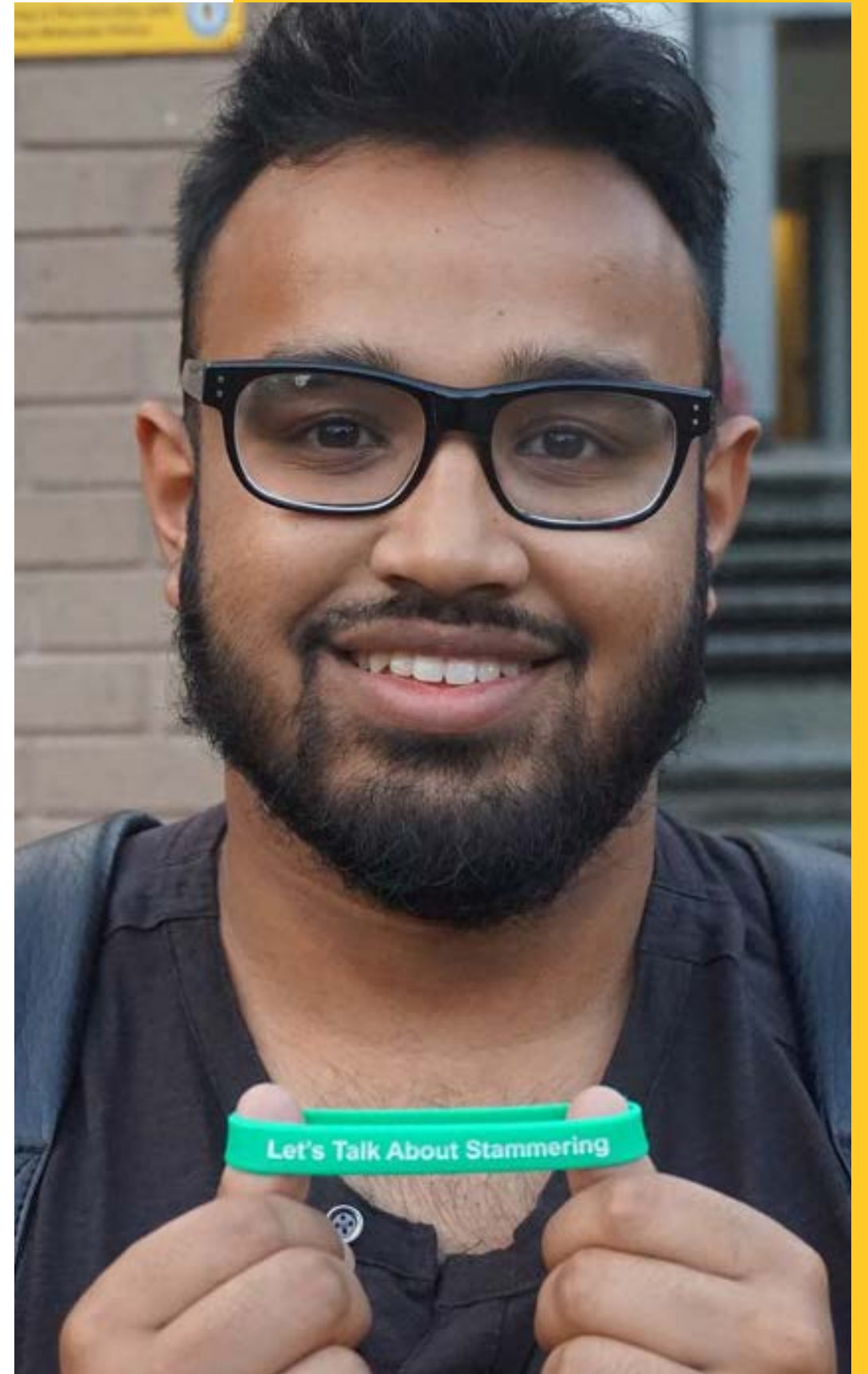




CASE STUDY

Abed, Lozells

Abed is a teacher at Washwood Heath in Lozells, he's going to share his story






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