

# EMPOWERMENT

## WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART I

90 minutes



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# AGENDA

1. DISCUSSION – 10 minutes
2. THEORY & DISCUSSION – 30 minutes
3. THEORY & DISCUSSION – 30 minutes
4. DISCUSSION – 10 minutes
5. SUMMARY – 10 minutes



An innovative model for career counselling  
services to mental health NEETs



# THE SPECIFIC ROLE OF EMPOWERMENT



## DISCUSSION

### EMPOWERMENT

- What is it?
- What is its role?
- How can it be helpful?



# THE SPECIFIC ROLE OF EMPOWERMENT

## SOME THEORY



## INSIGHT IS POWER

## NETWORKING IS POWER

## SUPPORT IS POWER



# THE SPECIFIC ROLE OF EMPOWERMENT



## DISCUSSION

- What might be the benefits of internal insight?
- What might be the benefits of support?
- What might be the benefits of networking?

# THE SPECIFIC ROLE OF EMPOWERMENT

## SOME THEORY

### NETWORKING IS POWER

**The benefits of networking can be various:**

- Alleviation of the feeling of isolation
- Information and knowledge of current developments
- Source of support
- Career fairs
- Social media groups
- Career counselling events
- Friends and family



An innovative model for career counselling  
services to mental health NEETs

### INSIGHT IS POWER

### SUPPORT IS POWER

**Having support can benefit us in various ways:**

- We can share our thoughts and concerns
- We can receive useful feedback
- We can get ideas from other people that went through the same



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**THE SPECIFIC ROLE OF  
EMPOWERMENT**

**SOME THEORY**

**MAKING MY OWN DECISIONS IS  
POWER**

**CARING FOR SELF IS POWER**

**PLANNING IS POWER**

# THE SPECIFIC ROLE OF EMPOWERMENT



## DISCUSSION

- What might be the benefits of making own decisions?
- What might be the benefits of planning?
- What might be the benefits of caring for self?



# THE SPECIFIC ROLE OF EMPOWERMENT

## SOME THEORY

### CARING FOR SELF IS POWER

It is essential to keep healthy so as to feel energized and motivated. When we feel healthy then we are more optimistic, we are in a better mood and we have a stronger drive to achieve more good things for ourselves.

### MAKING MY OWN DECISIONS IS POWER

- Making our own decisions gives us a sense of power.
- Making our own decisions means that we feel self-confident to do so.
- Making our own decisions is closely related to self-esteem.

### PLANNING IS POWER

#### Breaking down our plan in smaller steps has many benefits:

- We focus each time on the step that we have to do.
- The plan seems less overwhelming.
- We have a sense of success when we reach each step which keeps us energized and motivated.
- Finishing many steps on a bigger plan give us the sense of accomplishment and power.



# CARING FOR SELF IS POWER

## HOW CAN MH NEETS TAKE CARE OF THEIR BODIES:

- Good nutrition
- Exercise
- Following doctor's instructions
- Keeping themselves energized and motivated
- Having fun



## DISCUSSION

How can we help them with these as informal careers?



**WHAT ELSE CAN  
WE DO?**



# EMPOWERING OURSELVES



## DISCUSSION

How can we empower ourselves?



**SUMMARY**

**THANK YOU!**