

An innovative model for career counselling services to mental health NEETs

work4psy.eu

EMPOWERMENT

WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART I 90 minutes



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





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



- 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

INSIGHT IS POWER

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



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



THE SPECIFIC ROLE OF EMPOWERMENT SOME THEORY

MAKING MY OWN DECISIONS IS POWER

CARING FOR SELF IS POWER

PLANNING IS POWER





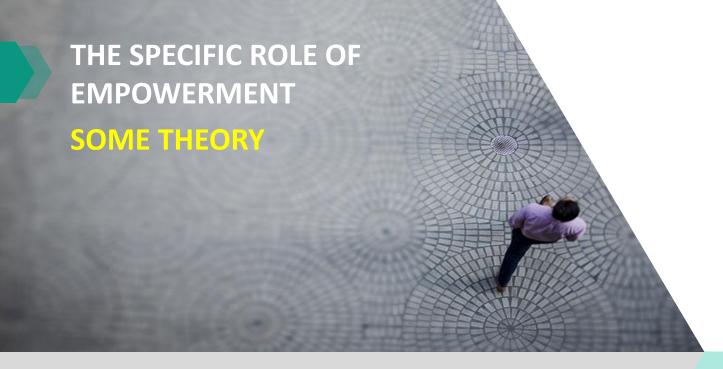
THE SPECIFIC ROLE OF EMPOWERMENT



- 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?







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.

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.

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



How can we help them with these as informal careers?





WHAT ELSE CAN WE DO?





How can we empower ourselves?





SUMMARY

THANK YOU!