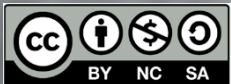


EMPOWERMENT

WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART II

100 minutes



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AGENDA



Practice, practice, practice...

1. DISCUSSION – 10 minutes
2. TOOL & ACTIVITIES for ourselves
– 40 minutes;
3. TOOL & ACTIVITIES for MH NEETs
– 40 minutes
4. SUMMARY – 10 minutes





HOW CAN WE EMPOWER OURSELVES?



DISCUSSION



An innovative model for career counselling
services to mental health NEETs

work4psy.eu



Co-funded by the
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...AS A REMINDER

**SELECTED ELEMENTS AND
DIMENSIONS OF
EMPOWERMENT**

**INSIGHT AND CARING FOR
SELF**

**PLANNING AND DECISION-
MAKING**

SUPPORT NETWORK

SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

NO.	TOOL/ACTIVITY NAME	FOR WHOM		TOOL/ACTIVITY AREA		
		tool/activity for informal carers	tool/activity for MH NEETs carried out together with informal carers	insight into self self-esteem	Support network	planning and decision-making
1	Gratitude Journal	X	X	X	X	X
2	Self-esteem Journal		X	X		
3	A Letter From The Future	X	X			X
4	A Message From A Guardian Angel		X	X		
5	My World Triangle	X	X		X	
6	Balance Tool	X	X			X
7	Create My Own Superhero's Team	X			X	
8	Making Your Decision: What are your criteria? Define your Solution-Space.		X			X
9	Who Supports You in Your Network?		X		X	
10	Where Am I: Check-Listing My Progress		X	X		X

SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

INFORMAL CARERS

NO.	TOOL/ACTIVITY NAME	FOR WHOM		TOOL/ACTIVITY AREA		
		tool/activity for informal carers	tool/activity for MH NEETs carried out together with informal carers	insight into self self-esteem	Support network	planning and decision-making
1	Gratitude Journal	X	X	X	X	X
2	Self-esteem Journal		X	X		
3	A Letter From The Future	X	X			X
4	A Message From A Guardian Angel		X	X		
5	My World Triangle	X	X		X	
6	Balance Tool	X	X			X
7	Create My Own Superhero's Team	X			X	
8	Making Your Decision: What are your criteria? Define your Solution-Space.		X			X
9	Who Supports You in Your Network?		X		X	
10	Where Am I: Check-Listing My Progress		X	X		X



SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

INFORMAL CARERS – INSIGHT INTO SELF, SELF-ESTEEM

GRATITUDE JOURNAL

AIM OF THE
ACTIVITY

DESCRIPTION

Now try to prepare your Gratitude Journal for the last week!



SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

INFORMAL CARERS – SUPPORT NETWORK

A LETTER FROM THE FUTURE

AIM OF THE
ACTIVITY

DESCRIPTION

Now try to prepare your own letter!

SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

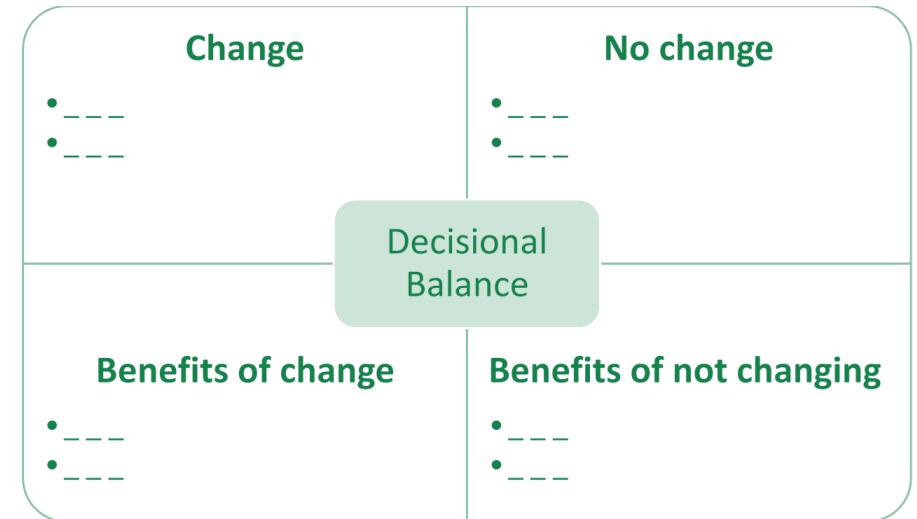
INFORMAL CARERS – PLANNING AND DECISION-MAKING

BALANCE TOOL

AIM OF THE
ACTIVITY

DESCRIPTION

Now weigh up the pros and cons of any decision
that you are about to make!



SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

MH NEETS (TOGETHER WITH INFORMAL CARERES)

NO.	TOOL/ACTIVITY NAME	FOR WHOM		TOOL/ACTIVITY AREA		
		tool/activity for informal carers	tool/activity for MH NEETs carried out together with informal carers	insight into self self-esteem	Support network	planning and decision-making
1	Gratitude Journal	X	X	X	X	X
2	Self-esteem Journal		X	X		
3	A Letter From The Future	X	X			X
4	A Message From A Guardian Angel		X	X		
5	My World Triangle	X	X		X	
6	Balance Tool	X	X			X
7	Create My Own Superhero's Team	X			X	
8	Making Your Decision: What are your criteria? Define your Solution-Space.		X			X
9	Who Supports You in Your Network?		X		X	
10	Where Am I: Check-Listing My Progress		X	X		X

SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

MH NEETS – INSIGHT INTO SELF, SELF-ESTEEM

A MESSAGE FROM A GUARDIAN ANGEL

AIM OF THE
ACTIVITY

DESCRIPTION

Now try to prepare a message from your guardian angel!

SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

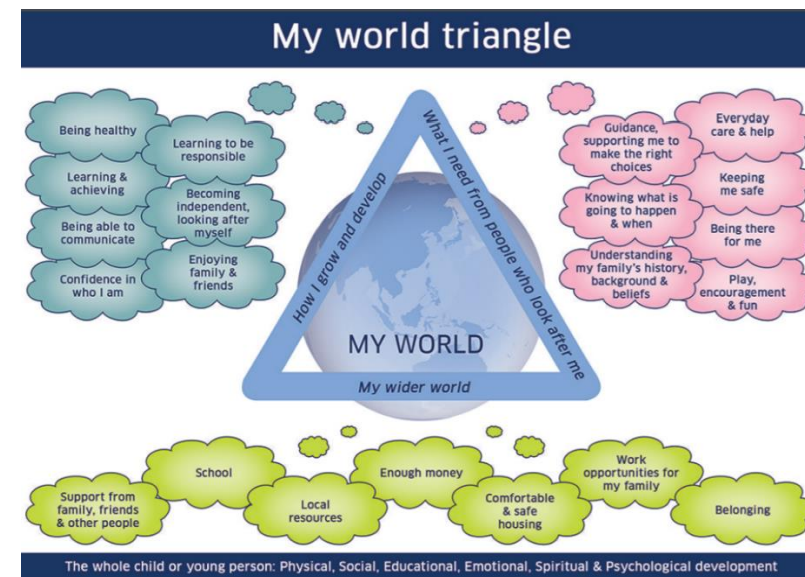
MH NEETS – SUPPORT NETWORK

MY WORLD TRIANGLE

AIM OF THE
ACTIVITY

DESCRIPTION

Now try to prepare your own triangle!



SELECTED EMPOWERMENT TOOLS AND ACTIVITIES

MH NEETS – PLANNING AND DECISION-MAKING

MAKING YOUR DECISION: WHAT ARE YOUR CRITERIA? DEFINE YOUR SOLUTION-SPACE

AIM OF THE
ACTIVITY

DESCRIPTION

Now try it in pairs!

SELECTED EMPOWERMENT TOOLS AND ACTIVITIES



DISCUSSION

USEFULNESS OF TOOLS AND ACTIVITIES



CHECK OUT THE OTHER TOOLS & ACTIVITIES...



...USE TOOLKIT



SUMMARY

THANK YOU!