

# Empowering People, Empowering Communities

*An in-house programme for people involved in tenant and community groups. We bring the training to you.*

This **unique programme** links empowerment at the levels of the **individual**, the **community group**, and the **community as a whole**.



**The aims** of this 3-day programme are to

- ✓ Give you a chance to explore **positive changes** you might make for yourself and your community
- ✓ Explain how to build your own and other people's **confidence**
- ✓ Learn, with others in your community group, how to get the best from **working together**
- ✓ Share examples of what can be achieved in **communities** when people do work together effectively
- ✓ Develop a **shared vision** of what your group would like to achieve, and a plan for making it happen.

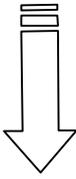
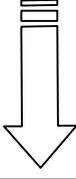
Comments from previous delegates:

*"I now have the next 5 years of my life mapped out – thank you very much!"*

*"An approach which enabled individual learning, sharing information and learning from each other – a challenging approach that proved positive."*

*"A really skilled, respectful, focused, approachable, kind and organised trainer. Just the job for what could have been a challenging group."*

## Outline of the programme

<p><b>Day 1 – Powerful individuals</b></p> 	<ul style="list-style-type: none"> <li>• How we see ourselves. Self-images that empower us or hold us back</li> <li>• Identifying our achievements, strengths, and potential</li> <li>• What all human beings need to be happy and fulfilled</li> <li>• Being open to change: how to manage your comfort zones</li> <li>• Personal aspirations and goals: how to plan change and make it stick</li> <li>• Cultivating optimism: how to deal with setbacks</li> </ul>
<p><b>Day 2 – Powerful groups</b></p> 	<ul style="list-style-type: none"> <li>• Taking stock of our community group(s)</li> <li>• The key characteristics of successful teams</li> <li>• Communication in groups: the six steps to wise agreement</li> <li>• Retaining your individual integrity in a group: being assertive</li> <li>• Respecting diversity in groups – and reaping its benefits</li> <li>• Improving how we work as a group</li> </ul>
<p><b>Day 3 – Powerful communities</b></p> 	<ul style="list-style-type: none"> <li>• Which communities do we belong to?</li> <li>• What makes a truly sustainable community? Exploring examples of successful community initiatives in all dimensions</li> <li>• Developing a vision of what we want to achieve as a community</li> <li>• Organising ourselves: setting goals, agreeing responsibilities, planning action, checking progress</li> </ul>

**This programme is delivered by Choosing Change.** It can be run as three consecutive days or as three separate days over a number of weeks, on week-days or week-ends. It works best with between 6 and 20 people. It is intended for people who are from the same area, whether this be a neighbourhood, district or local authority area. It is designed to be run in-house; that is, you provide the venue and we bring the training to you. The cost of the 3-day course is £1,800. Taster sessions can be provided for £350.

**For further information or discussion,** please contact Choosing Change on  
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