

Empowerment

Empowerment Class

Presented by

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Presentations can be found at

roms-totalwellness.com



Topics

Pathway To Empowerment

The principles of empowerment (intellectual transformation, social changes, economic development, and political engagement) are presented.

Soul Searching & Self-Examination

Participants are encouraged to examine themselves by asking a series of introspective questions.

Developing A Plan for Your Life

Participants are introduced to and encouraged to use a “Business Plan” approach to developing a plan for their life.

Setting Achievable Goals, Changing Behavior, and Resilience

Participants learn about resilience, setting achievable goals, making decisions/solving problems, changing behavior, and becoming empowered (“the ability to achieve purpose and bring about change in their life”).

Real People

The meaning of “Real” and the character of “Real People” are presented.

The Message

Summary of the principles, concepts, and ideas present in the Total Wellness & Empowerment Class

PATHWAY TO EMPOWERMENT



Power is the ability to **act, determine outcome, or produce an effect.**

According to Dr. Martin Luther King Jr,
power is the ability to:

- **achieve purpose**
- **bring about social, political, and economic change.**



POWER

Ability to:

- Act
- Produce an effect
- Determine outcome

EMPOWERMENT

- Process of becoming **stronger and more confident** in controlling one's life and claiming one's rights.
- Enables people to **act** on their own authority and to **represent** their interests in a **responsible and self-determined way**.
- Process of **overcoming** a sense of powerlessness and lack of influence, and to **recognize and use** their resources.

PRINCIPLES OF EMPOWERMENT

I = Intellectual Transformation

S = Social Change

E = Economic Development

P = Political Engagement

I + S + E + P  Empowerment

Intellectual Transformation

- Acquisition of knowledge and skills (education/training)
- Enhanced awareness, consciousness, and acceptance
- Commitment and willingness to change
- Positive thinking
- Love and respect of self, others, and one's culture/heritage

Social Change

- Changing beliefs, attitudes, values, practices, norms, and culture
- Establishing positive, productive, and healthy personal relationships
- Developing social cohesiveness and unity
- Engaging in collective work, responsibility and accountability
- Change in behavior and interaction with others

Economic Development

- Working and producing
- Earning, saving, and investing money
- Spending and consuming wisely
- Establishing businesses and creating jobs
- Pooling resources and forming business coalitions

Political Engagement

- Becoming organized and getting involved
- Forming political organizations and coalitions
- Influencing public policy and legislation
- Voting and seeking public office
- Advocating, lobbying, promoting and protecting one's interest

ISEP: PRINCIPLES OF EMPOWERMENT



IMPORTANT POINTS:

- The **change** that we desire begins within us.
- We have the **power** to bring about change if we have the **will** to do so.
- We must **liberate ourselves** from disparities in education, wealth, health and power.
- Power is never gained or achieved without **service, struggle, and sacrifice.**

“Soul Searching” & Self-Examination

The “Soul Searching” Questionnaire

Minister Bruce W. Randolph, MD

- The purpose of this questionnaire is to help you examine yourself, create your vision, and develop a plan for your life.
- The self-examination process involves truthfully answering the questions on this questionnaire after serious thought and reflection.
- This questionnaire is helpful only if these questions are answered truthfully. Remember, you and God are the only ones who know if your answers are true.

The “Soul Searching” Questionnaire

Minister Bruce W. Randolph, MD

1. Who am I?
2. Where did I come from?
3. Why do I exist?
4. Who or what is my God?
5. Who or what do I worship and serve?
6. Who or what do I trust and have faith in?
7. Who do I follow and submit to?
8. Who or what controls my life?

The “Soul Searching” Questionnaire

9. What do I believe about God?

10. What do I believe about spirituality and religion?

11. What do I believe about the teachings of Jesus Christ and other Prophets?

12. What do I believe about the Bible and other Holy Books?

13. What do I believe about life after death and eternal life?

14. What do I believe about heaven and hell?

15. What do I believe about God’s love, mercy, grace, and favor?

16. What do I believe about right vs. wrong, and good vs. evil?

17. What do I believe about repentance, forgiveness, reconciliation, and atonement?

The “Soul Searching” Questionnaire

18. What are my faults and weaknesses?

19. What are my talents and strengths?

20. What are my wants and desires?

21. What are my dreams and aspirations?

22. What are my needs?

23. What do I fear?

24. What do I hate?

25. What do I love?

26. What do I value?

The “Soul Searching” Questionnaire

27. What are my cares and concerns?

28. What motivates me?

29. What do I think about myself?

30. What is my purpose in life?

31. What service am I willing to give?

32. What sacrifice am I willing to make?

33. What struggle am I willing to engage in?

34. What am I willing to die for?

The “Soul Searching” Questionnaire

35. What is my mission?

36. What is my vision?

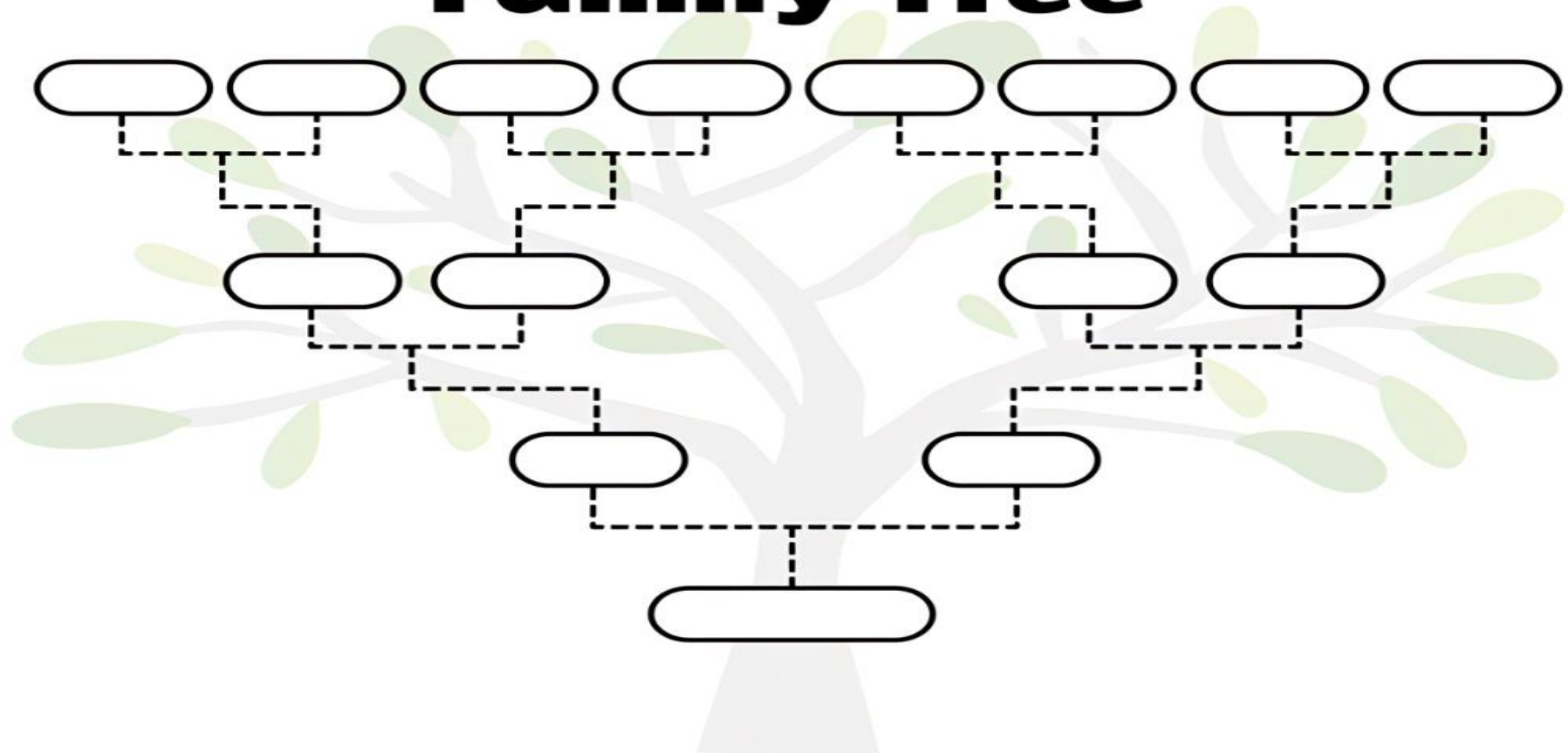
37. What is my ministry?

38. What is my message?

39. What is my plan for my life?

Learning Your Family Tree and Telling Your Story

Family Tree



Developing A Plan for Your Life

Developing A Plan for Your Life



Jesse Jackson once said:

“If my mind can **conceive it** and my heart can **believe it**, then I know I can **achieve it**”.

Mission

Why do I exist?

What is my purpose?

What is my calling?

What makes me special and unique?

What am I seeking to achieve?

Mission

Determines goals and objectives

Gives overall directions

Identifies what we are seeking to achieve

Identifies what we are striving to become

Helps create vision

Vision

How do I see myself?

What do I see myself doing?

Where do I see myself going?

What do I foresee happening?

What do I see myself becoming?

Mission and Vision Determine:

Beliefs, Values and Attitude

Behavior and Practices

Resource Utilization

Product

Beliefs, Attitude & Values

What do I really believe?

What is important to me?

How do I view things?

Beliefs

What do I accept as truth?

What do I have trust, faith and confidence in?

Attitude

Outlook

Approach

Way of looking at things

Way of thinking and feeling

Result of beliefs and values

Reflected in behavior

Attitude

“Your **attitude**, not your **aptitude**, will determine your **altitude**”-
Zig Ziglar

Values

What things are important in life?

What things have importance, worth, or usefulness to me?

What are my principles and standards?

Principles

Rules

Beliefs

Ideas

Assumptions

Truths that guide thinking, reasoning, or behavior

Standards

Rules for measuring:

Quality

Worth

Value

Merit

Excellence

Attainment

Resources

Resources are **things that a person uses** to behave, produce, and function effectively.

Resources

Education (knowledge, skills, abilities, and experience)

Information

Finance (money)

Facility

Tools/Equipment

Resources

Health (physical, mental, spiritual)

Energy (power, will, motivation, determination, perseverance)

Benefits/Privileges/Advantages

Relationships (Networks/Associations)

Behavior & Product

Reflections of our:

Mission

Vision

Beliefs

Attitude

Values

Principles

Standards

Resources

Behavior

The way a person:

Acts

Reacts

Operates

Functions

Conducts oneself

Responds to situations or stimuli

Product

Effect

Result

Outcome

Consequence

Fundamental Questions

Purpose?

Practice?

Product?

Once You Have Developed Your Plan

Implement your plan

Work your plan daily

Transform your plan from dream into reality

Setting Achievable Goals

Setting Achievable Goals

To achieve your goals, follow these goal setting methods:

- Set **small, short-term** goals
- Set **specific, well-defined** goals
- Set **realistic** goals
- Set goals that are **flexible**

Set Small, Short-Term Goals

Large or long-term goals are best achievable by dividing them into small, short-term goals

Example: If your **long-term goal is to lose 20 pounds**, it is best to divide this goal into smaller, **short-term goal of losing 2 pounds a week**

Set Specific, Well-defined Goals

- **Clearly state** what you want to achieve.
- Be **specific and define** what you mean.
- If you are **not specific, you will never know** if you achieved your goal.

Example: If you set a goal of improving your eating habits but never define what you mean, you will not know if you are improving them.

Set Realistic Goals

- Your goals need to be **realistic**.
- They should be **based on your current abilities and resources**.

Example: If you have never exercised before, it would be unrealistic to set a goal of running 3 miles a day. A more realistic goal would be to walk for 20 minutes three times a week and gradually build up to that.

Set Flexible Goals

- Don't set goals in terms such as “never” or “always.”
- “Perfectionist” goals can set you up for failure and emotional upset if you don't achieve them.
- Once you have identified your goals, develop a plan for achieving them.
- Your plan and goals must be continuously evaluated.

Changing Behavior

Basic Principles of Behavior Change

- Focus on performance as well as competence
- Put acquired knowledge to work daily
- Every behavior has a consequence
- Engage in behaviors that have positive (good) consequences
- Identify situations which are associated with negative (bad) behavior and develop ways of handling them

Basic Principles: - continued

- Behavior is usually the result of a chain (sequence) of events in which one event causes another event.
- Behavior change occurs by changing the events in this chain.
- Gradually change behavior in a step-wise fashion rather than a radical change all at once.
- Each step should be progressively more demanding.
- Set goals that are specific actions and highly achievable.

Behavior Change Summary

- Put what you know into action
- Do things that lead to good (desired) results
- Avoid things that are associated with bad (undesired) results
- Change the chain of event
- Change behavior in a stepwise and progressively demanding fashion
- Set goals that are specific actions and highly achievable

Basic Steps of Behavior Changes

- Motivation Appraisal
- Self – Monitoring
- Stimulus Control
- Self-Management
- Problem Solving
- Social Interaction
- Coping Resource Utilization

Motivation Appraisal

- Identify and evaluate the **consequences** of one's behavior.
- Determine if these consequences are **desired or not desired**.
- Assess one's **self-perceived ability** to change behavior or achieve goal.
- Make sure goals are **congruent with one's fundamental life values**.
- Make sure one **wants, and is willing**, to change behavior.

Self- Monitoring & Stimulus Control

Self – Monitoring: Observe one's own behavior

Stimulus Control: Remove or change those things which are observed to be associated with negative behavior.

Self-Management

- Put acquired knowledge to work.
- Engage in behavior that has positive (good) consequences.
- Avoid situations which are associated with negative (bad) behavior.
- Change the sequence of events which lead to undesired behavior.

Self-Management - continued

- Gradually change behavior in a step wise fashion.
- Make each step progressively demanding.
- Set goals that are specific in action and highly achievable.

PROBLEM SOLVING

- Recognize and anticipate problem situations.
- Define the problem in terms of behavior and situation.
- View the problem as being a challenge instead of a difficulty.
- Generate and consider multiple approaches before taking action to solve the problem.
- Consider the consequences of each approach and action.

PROBLEM SOLVING

- Choose the approach that is most feasible and effective.
- Establish a plan of action that specifies the steps necessary to implement the chosen solution.
- Execute the plan – put the plan into action.
- Monitor and evaluate the consequences (results) of your actions.
- Re-adjust your plan and actions, if necessary.

PROBLEM SOLVING

Goals of problem solving:

Overcome

Control

Avoid

Problem solving skills are impacted by one's **motivation and social interaction skills.**

Social Interaction

- Acknowledge and discuss problems openly.
- Listen to and understand one another's feelings.
- Request specific behavior changes.
- Establish consistent rules.

Social Interaction

- **Social interaction skills are necessary for effective communication and interaction.**
- **Social interaction skills are impacted by Coping Resources.**

COPING RESOURCES

- Community Environment
- Social Network
- Family
- Education
- Occupation
- Income
- Biological
- Psychological
- Emotional
- Spiritual

Coping resources affects one's ability to change behavior because they impact one's motivation, problem solving, and social interaction skills.

Resilience

Resilience

The capacity to withstand, recover from, and overcome:

Adverse experiences

Difficulties

Challenges

Hardships

Failures

“MOTHER TO SON” a poem by Langston Hughes (1922)

Well, son, I'll tell you:

Life for me ain't been no crystal stair.

It's had tacks in it,

And splinters,

And boards torn up,

And places with no carpet on the floor— Bare.

But all the time I'se been a-climbin' on,

And reachin' landin's, And turnin' corners,

And sometimes goin' in the dark Where there ain't been no light.

So boy, don't you turn back.

Don't you set down on the steps 'Cause you finds it's kinder hard.

Don't you fall now—

For I'se still goin', honey,

I'se still climbin',

And life for me ain't been no crystal stair.

The Seven C's of Resilience

Competence: the ability to handle a situation effectively because you have the knowledge and skills to do so.

Confidence: the solid belief in one's own abilities which is derived from having knowledge and skills (competence).

Connection: close ties to family and community so that a solid sense of security is created which helps lead to strong values and prevents alternative destructive paths.

The Seven C's of Resilience - continued

Character: a solid set of **morals and values** to determine right from wrong and to demonstrate a caring attitude toward others.

Contribution: understanding the importance of **personal contribution, responsibility, and commitment** which creates a sense of purpose and motivation to act.

The Seven C's of Resilience - continued

Coping: learning to **cope effectively with stress** will help you be better prepared to overcome life's challenges.

Control: people who realize that they can **control the outcomes** of their decisions are more likely to realize that they have the ability to bounce back.

Developing Resilience

- Learn to relax
- Practice thought awareness
- Edit your outlook
- Maintain perspective
- Learn from your mistakes and failures
- Choose your response

Developing Resilience

- Set some goals
- Build self-confidence
- Acquire knowledge and skills
- Develop strong relationships
- Be flexible

IMPORTANT POINTS:

- You can make a difference.
- Life's events are not purely random.
- Most things that happen are the result of individual's choices and actions.
- Actions produce consequences.

REAL PEOPLE

Meaning of “Real”

Honest

Truthful

Sincere

Genuine

Authentic

Opposite of false, fake, artificial, and imitation



Total Wellness

Goal

Encourage participants to be “Real People”



Total Wellness

REAL PEOPLE

- Are sincere, truthful, honest, and genuine
- Are committed, responsible, available, and accountable
- Love God, themselves and others
- Treat others like you want to be treated
- Respect other views, opinions, and thoughts

REAL PEOPLE

- Have faith in God and themselves
- Identify their talents and use them
- Acquire knowledge/skills and use them
- Set realistic goals and achieve them
- Make decisions and solve problems responsibly

REAL PEOPLE

- Act positively and productively
- Do their best and strive for excellence
- Do what they request and expect others to do
- Practice what they preach and teach
- Are positive role models and lead by example

REAL PEOPLE

- **Work and legally earn money**
- **Save and spend money wisely**
- **Strive to make life better for self, family, and community**
- **Obey the laws and rules of the land**
- **Are empowered and have well-being of spirit, mind, and body**

“THE MESSAGE”

- Be truthful, realistic and responsible.
- Do the right thing and be for real.
- Obey laws and rules of society.
- Listen to sound and reasonable advice from people who have your best interest at heart
- Learn from people who are knowledgeable and have proven skills and experience.

“THE MESSAGE”

- **Learn fast, work hard, and save your money**
- **Spend your money wisely and live within your means.**
- **Say what you mean and mean what you say.**
- **Don't say, or agree to, things that you know you will not or cannot do.**

“THE MESSAGE”

- **Be committed, devoted, dedicated, and determined.**
- **Have discipline, and “stick to it” power.**
- **Obey and follow God’s commandments in your life daily.**
- **Have faith, pray, read, study and practice the teachings of your faith.**
- **Love and treat people the way you want to be treated.**

“THE MESSAGE”

- Recognize, develop, and use your talents and abilities to their greatest potential.
- Use your talents and abilities to improve the well-being of yourself, family, and community.
- Take care of your health and live life to its fullest because you only live once.
- Strive for Total Wellness and Empowerment
- You have the “Equipment” to achieve Total Wellness and Empowerment

EQUIPMENT

by Edgar A. Guest

(George Washington Carver's Favorite Poem)

Figure it out for yourself, my lad,
You've all that the greatest of men have had,
Two arms, two hands, two legs, two eyes
And a brain to use if you would be wise.
With this equipment they all began,
So start for the top and say, "I can."

Look them over, the wise and great
They take their food from a common plate,
And similar knives and forks they use,
With similar laces they tie their shoes.
The world considers them brave and smart,
But you've all they had when they made their start.



EQUIPMENT - continued

You can triumph and come to skill,
You can be great if you only will.
You're well equipped for what fight you choose,
You have legs and arms and a brain to use,
And the man who has risen great deeds to do
Began his life with no more than you.

You are the handicap you must face,
You are the one who must choose your place,
You must say where you want to go,
How much you will study the truth to know.
God has equipped you for life, but He
Lets you decide what you want to be.

EQUIPMENT - continued

Courage must come from the soul within,
The man must furnish the will to win.
So figure it out for yourself, my lad.
You were born with all that the great have had,
With your equipment they all began,
Get hold of yourself and say: "I can."

--Edgar A. Guest



Achieving Empowerment? “Yes, We Can!”