

A woman is silhouetted against a bright sunset sky. She is standing in a field of tall grass, with her arms raised high in the air. The sky is filled with many birds in flight, scattered across the upper half of the frame. The sun is low on the horizon, creating a warm, golden glow. The overall mood is one of freedom, hope, and personal growth.

*Personal  
Empowerment*



# Personal empowerment

Self empowerment is the combination of thoughts, feelings and actions that create a person's life blueprint. Principles, skills and goals also form part of this blueprint, held together with one's mindset and level of personal awareness.

# Maslow's Hierarchy of needs

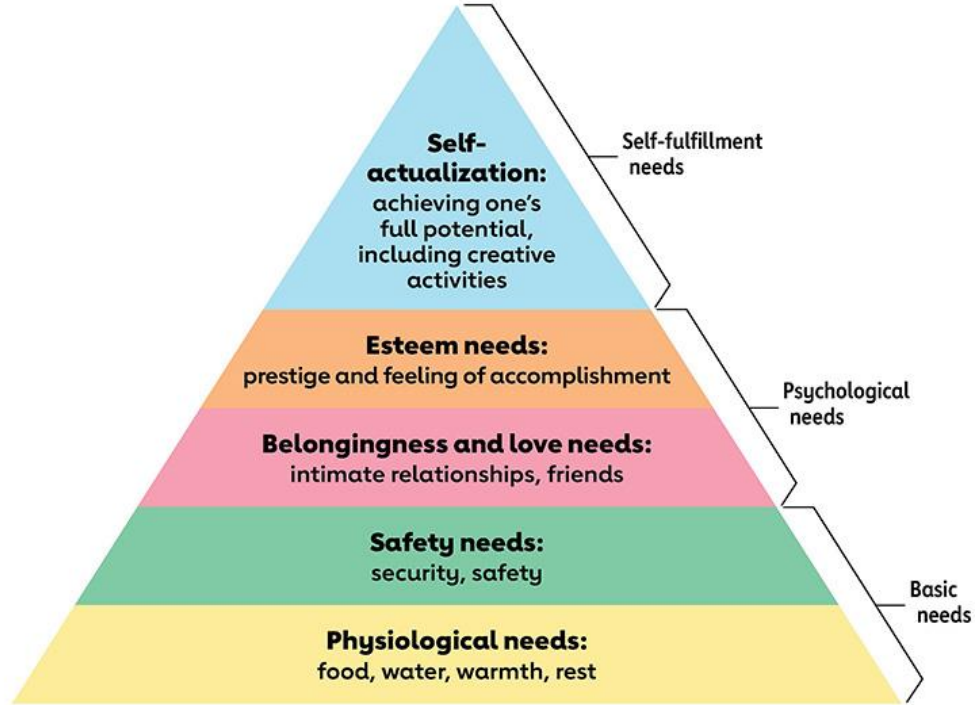
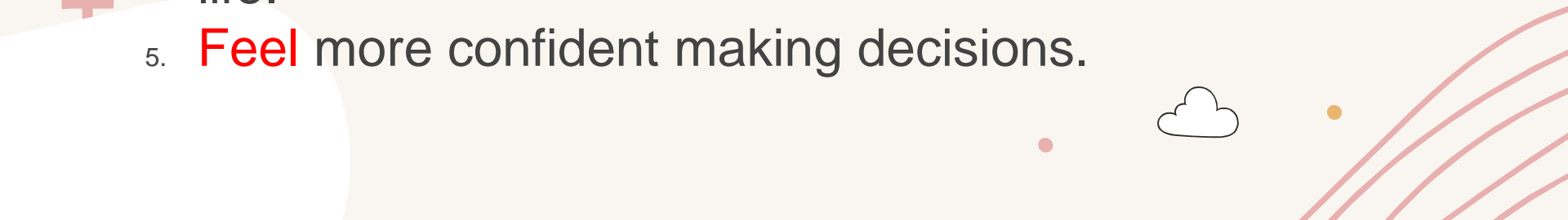
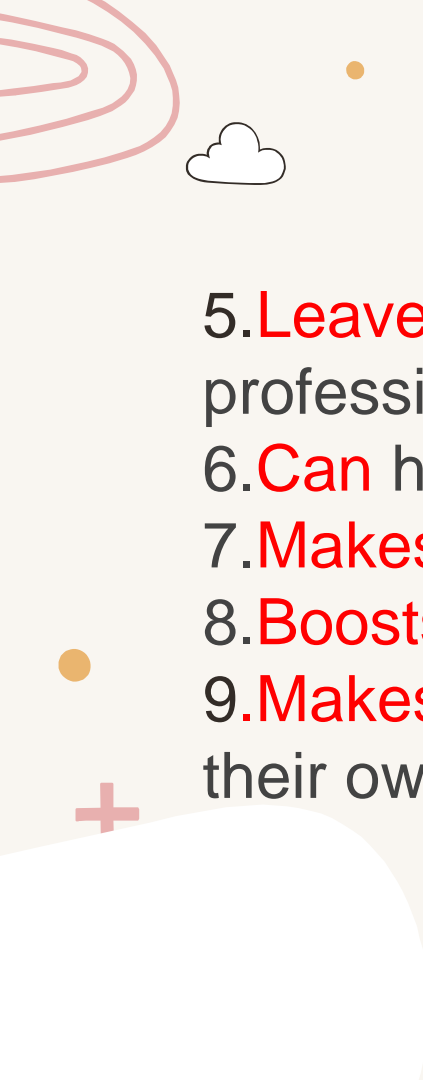
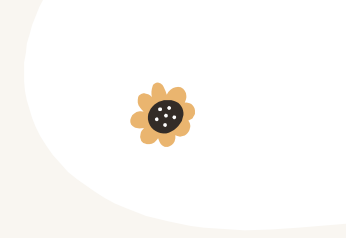
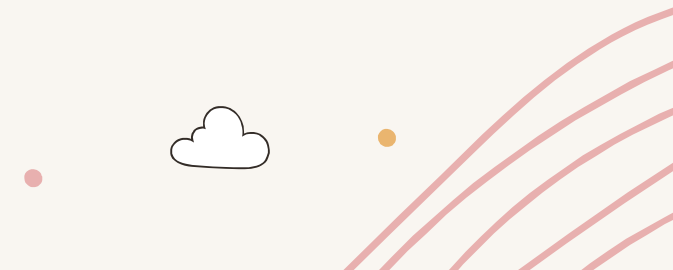


Image Credit: [SimplyPsychology.org/Maslow](https://www.simplypsychology.org/maslow), 1943



# Some of the benefits of Self-Empowerment.

1. **Make** decisions that are in your best interests.
  2. **Capable** of changing your own life.
  3. **Live** a life that is truly fulfilling.
  4. **Have** the belief and power to take control of your life.
  5. **Feel** more confident making decisions.
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5. **Leaves** room for further development both professionally and personally.
  6. **Can** help you feel happier in life.
  7. **Makes** your goals easier to achieve.
  8. **Boosts** your confidence.
  9. **Makes** you more receptive to helping others with their own self-empowerment.

# Dimensions of Self-Empowerment

**values**

**Information** 

**Self  
awareness**

**Goals** 

**Skills** 

# Value s



Our opinions and beliefs guide our actions,. By identifying our values, we can remind ourselves when situations get tough about what we prioritize. This realization can often point to the best solution. Values are essential to identifying who we are as humans and acting in an authentic manner.







# Information

Knowledge is power, and self-empowerment relies on understanding how to find information appropriate to whatever situation we may find ourselves in.

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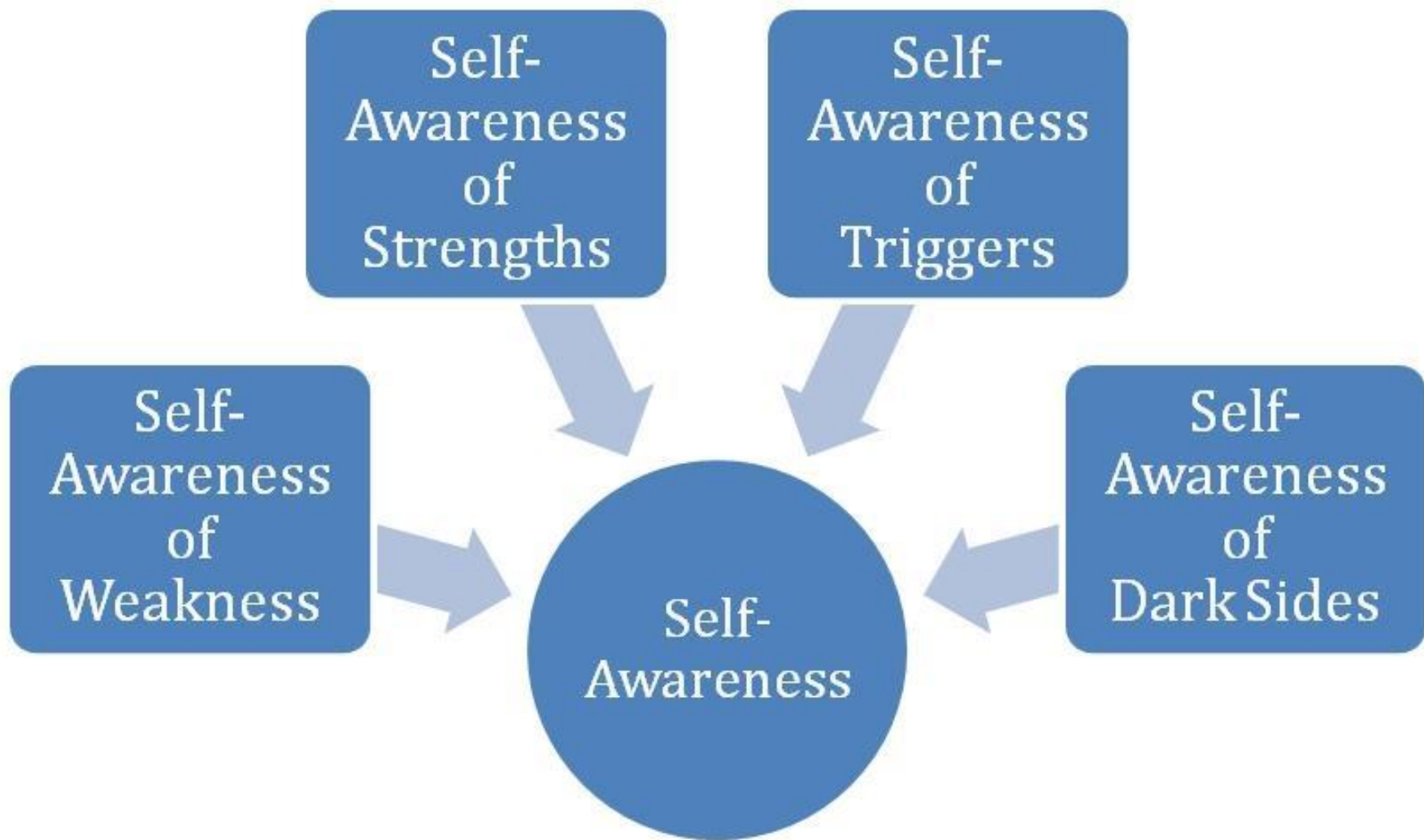
INFORMATION IS POWER



# Self awareness

Through self-awareness, we can make up for our shortcomings to improve our overall efficacy. True self-awareness means making conscious, intentional decisions that improve our lives. To become self-aware, we need to pay attention to our experiences as well as our reactions to them, and to continue learning from them.







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# Goals

Goals help us identify what we want and how we can get it. By setting a goal, people think about their values and their desires. Self-empowered goals should represent a great deal of reflection and resolve for action. Importantly, individuals should set specific and realistic goals that they can actually achieve to propel them forward. Setting unrealistic goals will leave a person feeling defeated.



# Skills

- Skills are the tools through which we achieve goals. Individuals can gain skills in a number of ways. Practice, education, training, and experience all help us develop the skills we need to get where we want to be. Skills are critical to self-empowerment because, without them, we cannot achieve the goals that we set.

## Personal Skills

and

## Professional Skills

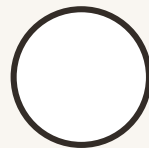
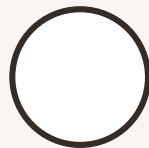
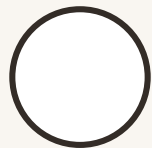
- Critical-thinking
- Problem-solving
- Oral and written communication
- Leadership
- Time management

- Marketing
- Presentation competency
- Computer literate
- Other languages
- Research expertise





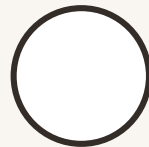
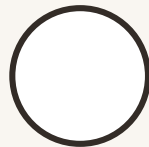
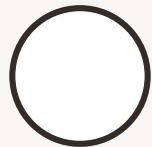
# Steps to Personal Empowerment



Identify a goal that is focused on power.

Increase your knowledge

Increase your self-efficacy, or belief that you can achieve.



Increase your skills and competence

Take action—and keep taking action

Assess your impact

