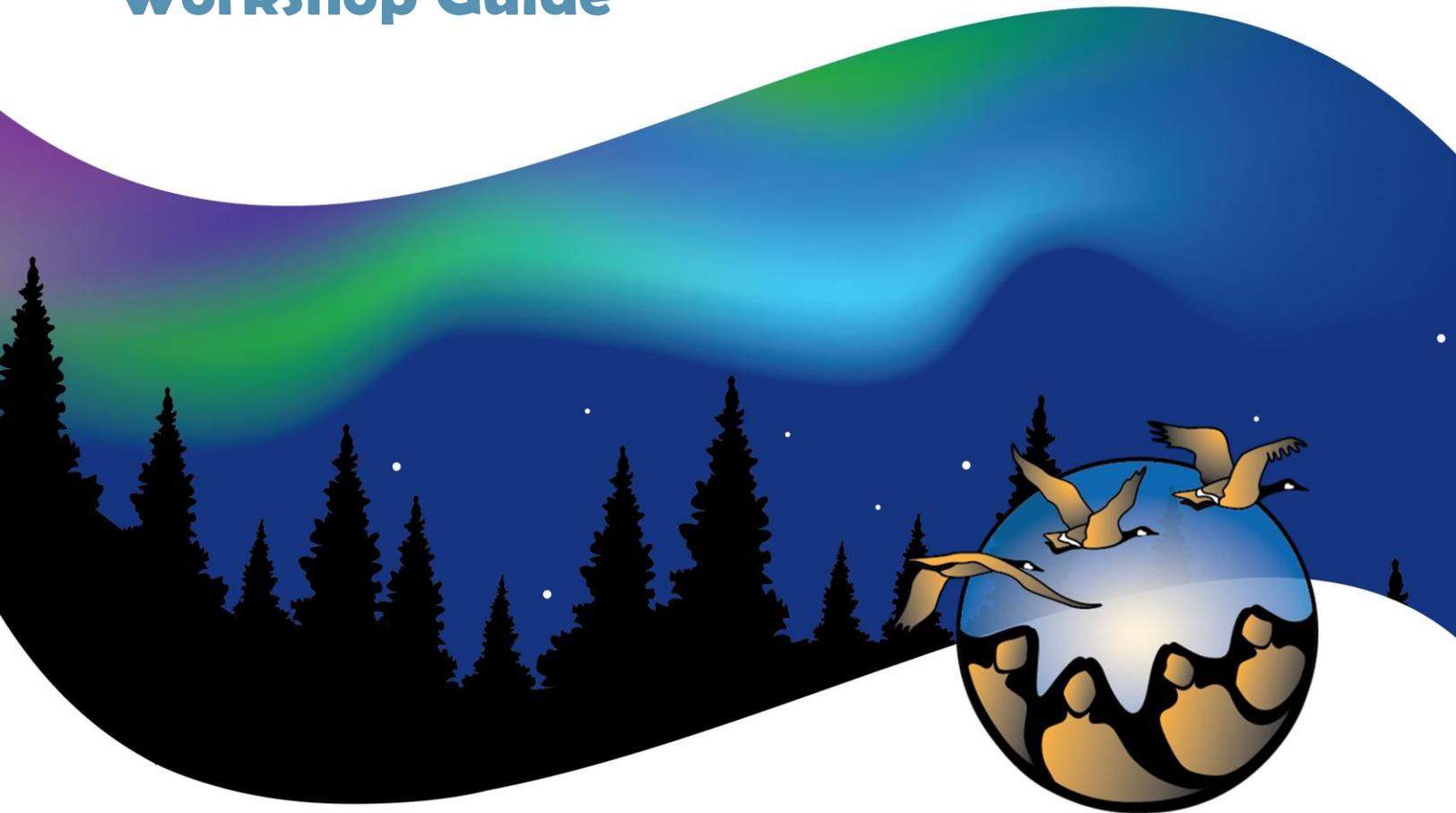


Women's Empowerment Workshop – Thompson, MB

Workshop Guide



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ISBN: 978-1-894876-46-9

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EMOTIONAL



Self: Our emotions guide us through life...

Session #1

Intro

- Facilitator introduces self and explains BluePrints project, based on the medicine wheel.
- Group introductions
 - My name is _____ and I'm from _____.
- Hopes for the training;
 - You feel welcome and accepted in this group.
 - You share your wisdom and experience.
 - Your questions are answered accurately and fairly.
 - You feel supported and encouraged.
 - You look forward to, attend and enjoy, coming to the workshops.
 - You are empowered by the knowledge we will offer.

Ground Rules

- Be on time
- Respect each other's opinions
- Turn cell phones off

Overview

The participants will focus on their emotional selves.

Icebreaker

When I need time to myself, I _____. If I want to treat myself, I _____.

Activities

1. Self-collage and discussion on the importance of self-care.
 - While the participants explore their creativity through a self-collage (focus on positive aspects, favourite things, theme, etc) the facilitator will lead the group discussion on various forms of self-care (provide handout and add if needed).
2. The Danger of a Single Story: Video and discussion (If time permits)
[<https://www.youtube.com/watch?v=D9lhs241zeg>]
 - Can anyone relate to a 'single story' that they've experienced? It could be based on gender, race or sexual preference. How did it make you feel?

Conclusion

- Community Announcements (Group shares information on local events and opportunities)
- Thank group and remind them of next session: date, time, location

Tips for Self Care

1. Take a walk

Nothing beats a dismal day than a refreshing walk. Even 5-10 minutes of brisk walking outdoors can enliven your spirits and help you recharge. Take deep breathes to release the tension, and you'll notice an instant change in your well-being.

2. Connect with nature

Bring a live plant to your home or office and take pride in maintaining and preserving it. You can connect with nature in other ways, by simply affirming the beauty around you, and mindfully taking in the stars, sun, or even a cloudy day!

3. Pet your dog or cat

It is vital for human beings to connect with life; petting your dog or cat will help you nurture something else, and create a sense of companionship and love naturally.

4. Sit in the sun for 15-20 minutes

Not only is the sun a natural Vitamin D source, it helps to revitalize your energy levels. Do apply sunblock and sunscreen!

5. Journal about your thoughts

This can help clear your head, and really reflect on what is on your mind. Carry a journal with you and you'll soon find yourself turning to it more often than not. Putting thoughts to paper also helps you organize your ideas, so it can bring perspective on persistent problems and thoughts.

6. Smile at a stranger

An exchanged smile is a beautiful gift! Share kindness with a stranger, and you'll instantly better someone else's day, if not your own.

7. Practice Yoga postures

Yoga can encourage focused thoughts and deep breathing which leads to a more centered and peaceful feeling of well-being. Practice anytime or throughout the day.

8. Make a to-do list

Putting your ideas and thoughts on paper greatly increases your chances of getting them done. Oftentimes the 'blues' is simply a feeling of overwhelm. Discourage this pattern by writing a to do list, and checking off each item after completion. This will improve your idea about the project or task immediately!

9. Read a book or magazine article

Even a short story, joke, or interesting magazine article can get you off the negative-thought train and into a new perspective for even a few minutes. Encourage your mind to drift onto a new subject once in a while, and you are less likely to feel so bogged down.

10. Be active or exercise

Shovel snow in the Winter or cut the lawn in the Summer. Or jump on the treadmill for 15 minutes.

11. Get a massage

A great nurturing activity is to enjoy the benefits of massage. Whether you are a newbie or a veteran, you can always 'disengage' from your environment through this process of natural relaxation.

12. Sit or stand in the pose you are feeling

Ever feel like curling up into a ball? Do it! You may feel much better after affirming and experiencing the thoughts you are truly feeling.

13. Call a long-distance friend or family member

Just hearing the sound of a familiar friend or relative can help you think about someone else, and even reconnect.

14. Sit in a park or garden

Connecting with natural settings helps the mind and body by increasing your awareness of the world around you. At minimum, try and do this at least once per week.

15. Guided Meditation

When your own thoughts seem scrambled or you just feel 'out of sorts,' sometimes it helps to just listen to another soothing voice or story. Check out YouTube or invest in some meditative, story, or relaxation dvds and you'll feel a boost when you just don't have the energy to muster it on your own.

16. Turn off the television!

Although television can be a great way to unwind, it can also do a number on your mental health. Try it for a couple days, and you'll find yourself much more interested in your own life, and the world around you.

17. Learn to forgive

We often get caught up, or hung up, on the trivialities of relationships because we haven't truly forgiven another person. Learn the process, and joy, of forgiveness, and you'll realize that forgiving yourself is often the first step.

18. Make a list of your own life-improvements

Just for fun, make a list of areas of your life that you would like, or want to improve. This will give you a measure of what you can look forward to, even if you do not have it now.

19. Volunteer

The joys of volunteering are countless, but it can take some time to discover where your talents will be best suited. Learn to appreciate your strengths and apply them towards a cause you strongly believe in. The return on investment is very high!

20. Sing

Even if you're not a singer, sometimes you've just got to belt out your favorite song! Sing along to something you already know if you can't sing on your own, but clear your head with some uplifting music!

21. Soak in a hot bath

Relax and unwind in the tub, and light some candles to soothe your senses. You'll feel calm instantly, and much more refreshed the next day.

22. Change your diet

Good nutrition is key to a balanced and healthy lifestyle, but can also help when you are feeling down. Invest some time in seeking out what works best for you and your body, and work towards eliminating junk food and excess sugar that can lead to extreme highs and lows in your day or week. Try and follow a balanced approach to your current food choices, and you will make slow but steady changes for a lifetime.

23. Cut back on alcohol

When you're feeling down, drinking may relieve your worry temporarily, but it will not help you solve any problems. Drink only out of necessity when you've got troubles on your mind, and you'll feel much stronger and resolute as a result!

24. Write a poem

Even the least creative person can scribble down random thoughts, ideas, or something that rhymes. Tap into your creativity and pick up some styles that suit your personality. Take up a creative writing class at your local college, or search online free poetry workshops to brush up on skills and techniques.

25. Take a nap

Sometimes you might just need a mental break. Take a short 15-20 minute nap, and you'll feel fresher and energized.

Mental



Knowledge: How do we feed our brain?

Session #2

Overview

The participants will focus on local economies.

Icebreaker

Visualization and attraction - Participants are given a piece of paper with the image of a brain (see attached). Participants are asked to write down positive things on one side and negative on the other. Next, ask participants to visualize a physical action to perform on the things shown in the negative side of the brain (i.e. chopping them up like wood or releasing them into water). As a group, discuss negative and positive behaviour and how we are affected. The point is to detach ourselves from negativity.

Activities

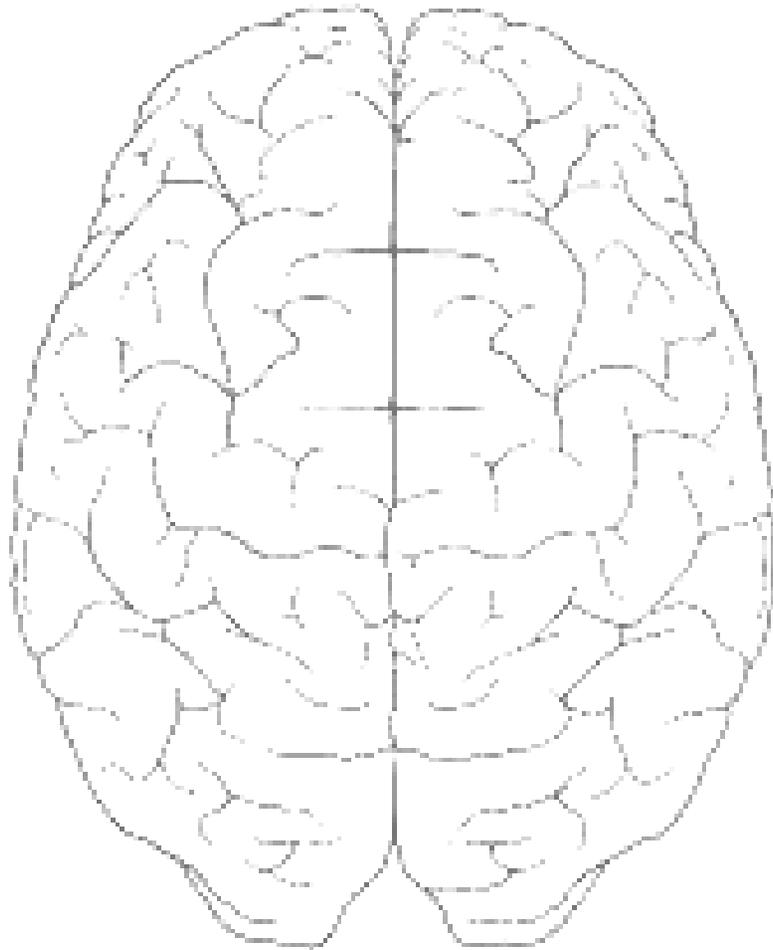
1. Budgeting: Discuss the importance of budgeting. Provide an example of different types of budgets (see attached). Participants will develop their own budget.
 - List expenses and prioritize. Fixed (same amount each month) vs. Variable (Varies).
2. Community Economic Development: Leaky bucket video [<https://youtu.be/Lej-IMNxN8c>]
 - Discuss how community economic development affects Women in Thompson.
3. Job Interview Practice (If time permits)
 - The participants will pair up and take turns doing mock interviews (see attached) as the employer and applicant. The group will decide which job the participants have “applied” for.
 - Discuss different organizations that offer services related to job skills, such as resume writing, etc.

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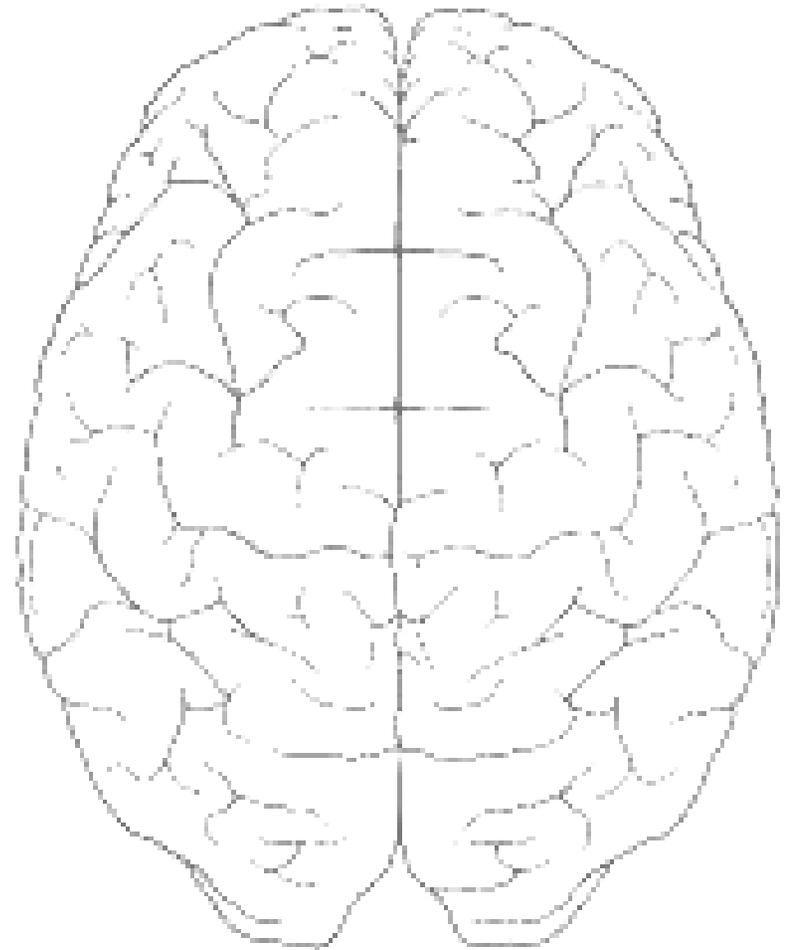
What you focus on, you attract.

Our thoughts are creative forces, and the sooner we realize this, the sooner we can begin designing our lives with clarity and purpose.



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Monthly Budget

Month: _____

| Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|-----|-----|------|-----|-----|-----|-----|
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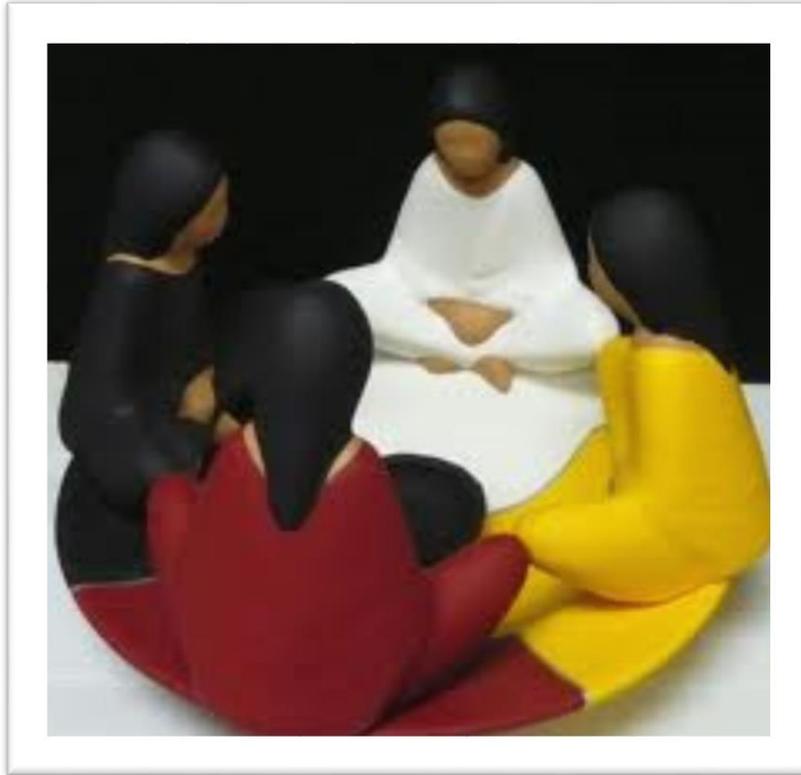
Mock Interview

Job interviews are always stressful. The best way to reduce the stress is to be prepared. What are things you can do to be prepared?

Here is a list of general questions that will most likely be asked during an interview...

1. What is your greatest weakness?
2. What is your greatest strength?
3. Give some examples of teamwork.
4. If you know your boss is 100% wrong about something how would you handle it?
5. Why should we hire you?
6. Why are you the best person for the job?
7. What do you know about this company?
8. What is good customer service?

Physical



Action: How do you want to influence positive change?

Session #3

Overview

The participants will focus on taking action based on what they want to see in the future.

Icebreaker

Have you ever? Participants gather in central location of the room/space. Facilitator identifies one side as a 'yes' and the other as a 'no'. Participants move to each side based on their answers to 10 questions. Examples could be; Have you ever... 1. Fallen down in public? 2. Broken a bone? 3. Lied about your age? 4. Fired a gun? 5. Sang along to your favourite song, loudly? 6. Been outside of Manitoba? 7. Gone skinny-dipping? 8. Ridden a horse? 9. Had a pet? 10. Made a prank call?

Activities

1. How do we create positive change? (See attached)
 - Group discusses different forms of creating positive change, add to list if needed.

2. Vision Board: Participants will create a vision board.
 - What do you want to see in your future?
 - What do you want to focus your time and energy on?
 - What is important to you?
 - What are your goals?

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How do we create positive change?

In many different ways!

1. Little things matter.
 - Staying out of gossip
 - Listening to someone who needs to talk
 - The way in which you raise your children

2. Help Others.
 - Elders
 - Children
 - Foster Children
 - Volunteer
 - Vulnerable population

3. Act Locally.
 - Vote
 - Participate
 - Attend
 - Seize opportunities

4. Respect.
 - Earth
 - Each Other
 - Animals
 - Yourself
 - Other's opinions

5. Acts of Kindness.
 - Say hi and smile at a stranger
 - Provide assistance

6. Self Care.
 - Keep your energy up to be able to give it back to your community

Spiritual



*Identity: What has your journey been like?
What is your story? We all have one...*

Session #4

Overview

The participants will focus on their faith.

Icebreaker

Each participant will be given one 'like' (see attached) to represent every participant, including themselves. They will be asked to write down a quality or experience they 'like' about each participant (and themselves) and distribute appropriately. Each participant will read aloud the 'like's they received. Facilitator is encouraged to participate.

Activities

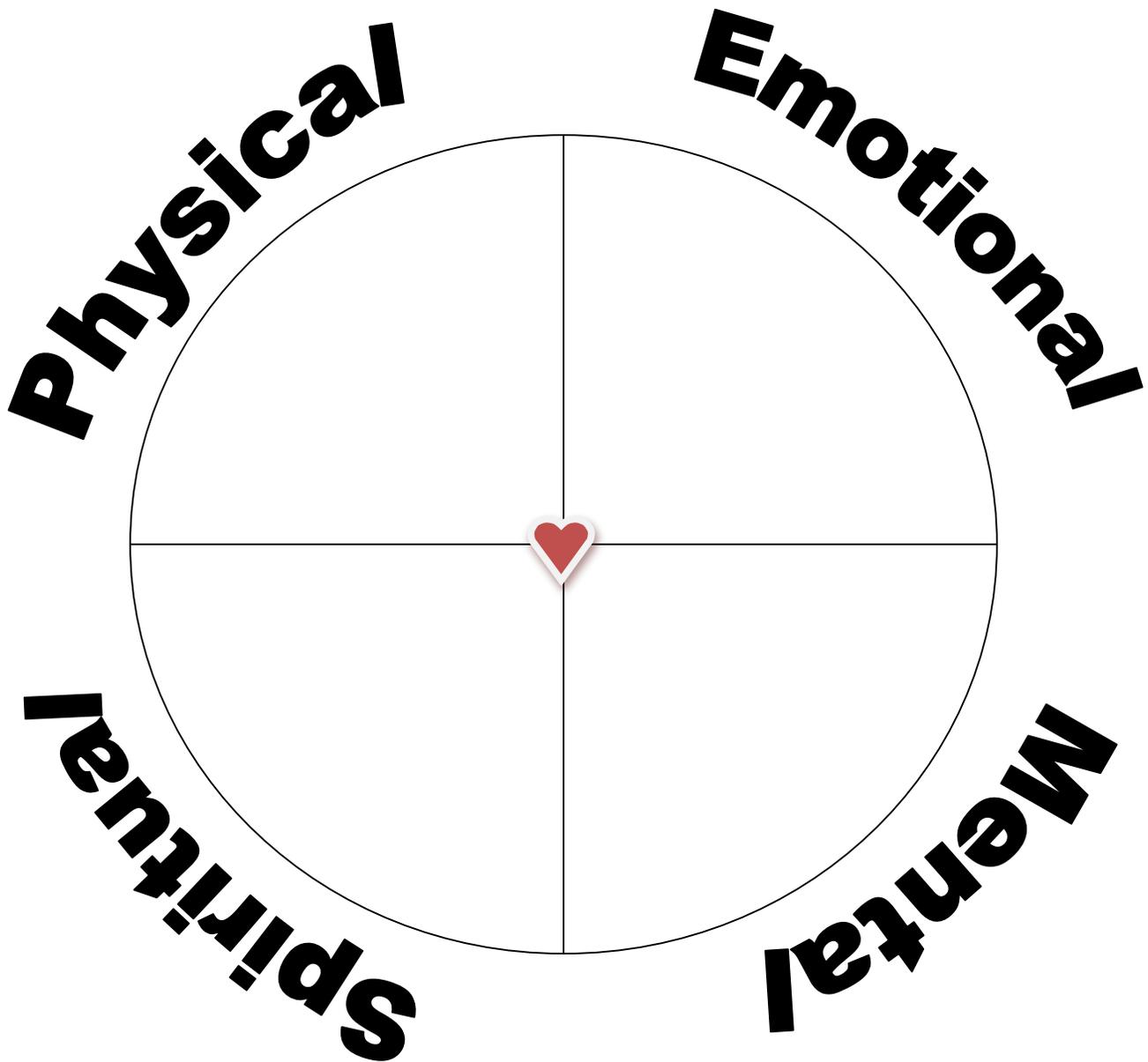
1. Feast & Discussion – Review the purpose of learning about the medicine wheel categories (see attached). We can use the medicine wheel to gauge or assess ourselves emotionally, mentally, physically and spiritually. Remembering we are in the centre of our medicine wheel will help us find and maintain balance.
2. Sharing Circle (offer smudge) – Allow for closing comments. Facilitator can set the tone by offering questions such as: Did taking this training affect you? In what ways? What will you take away from your time here?

Participants should take home their collages and vision board if they haven't already.

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Medicine Wheel



Each human being consists of 4 realms; Emotional, Mental, Spiritual and Physical. The centre axis is where we are located. There, we absorb all that is around us; our environment; our home, the people we interact with, our job, how we see ourselves, etc. This is why it is important to assess our medicine wheel and make necessary changes that will keep us on the road of kindness and love. It is up to us to keep these realms full with positivity. When negativity arises, as it always will due to human nature and free will, we must bring ourselves back to our internal medicine wheel to take an honest look at our surroundings.



Like



Like



Like



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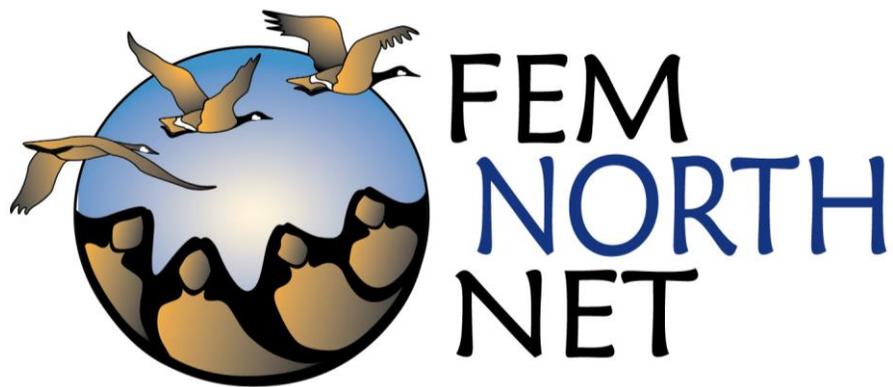
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Training package compiled by Nina Cordell and first used in Thompson, Manitoba as part of FemNorthNet's BluePrints Project to empower northern women and develop their leadership skills. Project funded by Status of Women Canada and the Social Sciences and Humanities Research Council of Canada. FemNorthNet is housed at the Canadian Research Institute for the Advancement of Women.

For more information visit www.fnn.criaw-icref.ca



Status of Women
Canada

Condition féminine
Canada



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada
Canada