

Empowerment for Decision Making & Self Esteem

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Empowerment for Decision Making & Self Esteem

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous ? Actually, who are you not to be ? Your playing small does not serve the world. There is nothing enlightened about shrinking, so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others”

Marianne Williamson



So, what does Empowerment mean to you ?



Empowerment is...

Competence

+

Resources

+

Authority

which equals

Skills & Knowledge

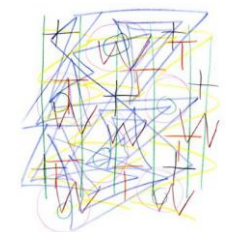
+

Tools & Funding

+ Permission & Support



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We feel Empowered when...

- ▶ Listened to
- ▶ Not Judged
- ▶ Endorsed
- ▶ Acknowledged
- ▶ Understood

Observe repeating patterns behaviour during social interactions. Are you being empowered or suppressed... Choose your Community

...A safe environment to articulate feelings and emotions

All these in turn will help self worth, esteem, & mental attitude, enabling better **decision making** and a life moving forward on your terms



Decision Making

People have a choice...

...and **awareness** is the precursor of choice

The more informed you are, the greater your awareness,
the better your choices

Better choices, will lead to better outcomes, and a life
on your terms... Break cycles of repeating patterns of
behaviour

**What information do you need to start making better
decisions and not give your power away ?**

Overcome barriers to limiting beliefs

Positive risk taking

Focus on significance of goal and not it's success.



*"Do the best you can until you know better.
Then when you know better, do better..."*
Maya Angelou

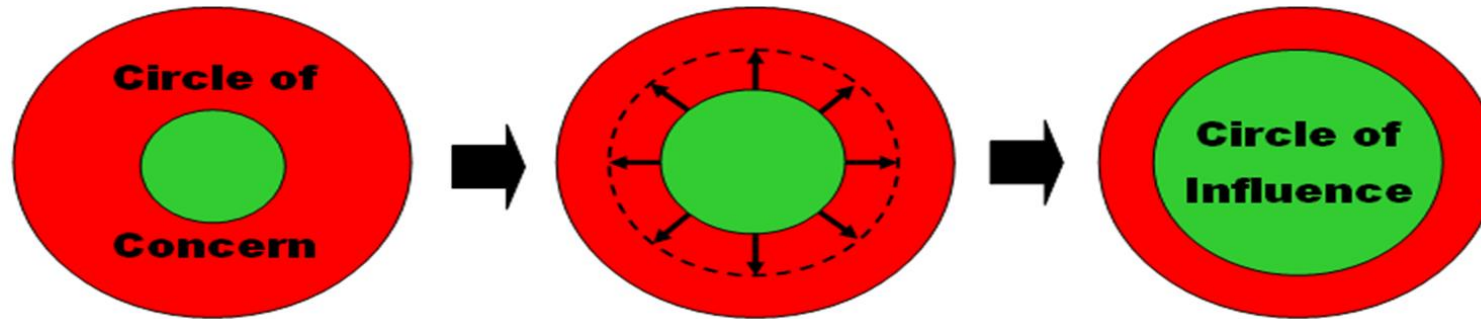
Empowerment for Decision Making can...

- Restore your integrity
- Get your needs met
- Extend your boundaries
- Raise your standards
- Strengthen your family
- Deepen your community
- Be well protected
- Become a problem free zone



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Adopting a Proactive Focus



Reactive Focus

You focus the majority of your time and energy on your concerns and problems. You don't take responsibility for your own situation.

Changing Your Focus

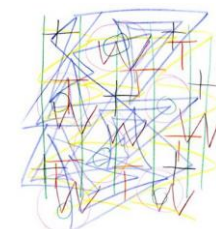
You choose to redirect your time and energy. You begin focusing on those things within your control, and you start making a difference.

Proactive Focus

You devote the majority of your time and energy to changing what is in your control. Your life improves and you stop blaming others.



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“One of the most common misconceptions in life is that what we did yesterday has to somehow dictate what we can do or be today. It doesn’t. We never have to be limited by who we’ve been. At any time we can decide to be or do something different and totally redirect the trajectory of our lives.”

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What next...

- Volunteer ?
- Courses / College ?
- New Hobbies ?
- New Social Networks ?.....

If you have any questions, please contact
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