



EMPOWER

peoplecare.GLOBAL



EMPOWER

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EMPOWER

INSTRUCTIONAL GUIDE

EMPOWER is an educational program designed to help participants deal with critical incidents and high impact life events. This program draws from the best of empirical research and theological insights to help participants respond to and recover from difficult challenges, personal misfortune or tragedy.

BACKGROUND

The EMPOWER program is based on more than two decades of research into emotional resilience building and trauma recovery. Countless thousands of people around the world have benefited from participating in EMPOWER. Over the past 15 years, the program has undergone five editorial revisions by experts in Clinical Psychology, Trauma Counselling and Family Therapy. This modified, online edition of EMPOWER, is presented from a Biblical worldview, combining the best of science and scripture.

GETTING STARTED

The EMPOWER program is designed to be completed by individuals. However, research suggests that learning is best consolidated through 'talking'. As such, you may wish to complete this program with a trusted friend or family member, or in a more formal small group setting. Start each session by watching the relevant online video. Feel free to pause the video at any time, to reflect on or discuss key points. Activity worksheets provide a summary of key points and serve to reinforce lessons on cultivating resiliency.

DISCLAIMER

Assessments, activities and information presented in the EMPOWER program is intended for educational purposes only. Content is provided in good faith as to its accuracy and reflects the research, observations, opinions, views and understanding of the authors at one point in time. At no point should this information be taken diagnostically or as clinical therapy. For clinical advice, please consult your medical or mental health professional.



NOTE: PROFESSIONAL CARE: If at any time during the course of this educational program you feel emotionally overwhelmed or concerned about your psychological health, seek immediate assistance from a qualified mental health or medical professional.

Ground Zero

ACTIVITY SHEET



When facing critical incidents or high-impact life events, there's a process of readjustment. It's not always easy to pick yourself up, dust yourself off and get back on with your life. That's why the EMPOWER program was developed – to help you acquire the knowledge, understanding and skills to 'bounce back'.



PROGRAM DESIGN AND OBJECTIVES SUMMARY

The EMPOWER program is designed to help you:

- (a)** develop emotional resilience skills
- (b)** build psychological capacity for managing critical incidents
- (c)** recover from high impact life events

Understanding Resilience

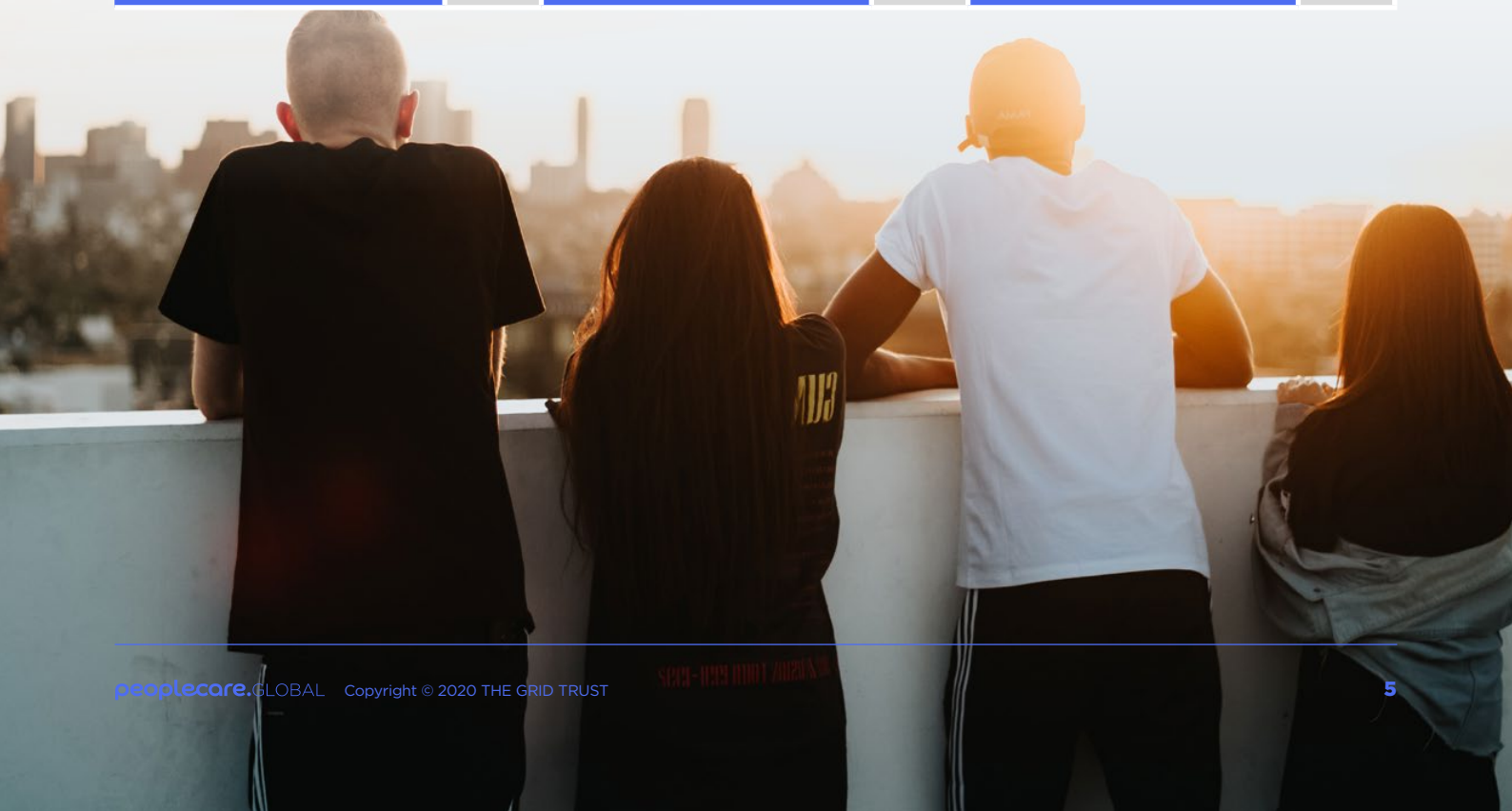
Resilience skills are like protective tools. For example, we carry an umbrella when it is raining. The umbrella does not stop the clouds from raining on us. However, when it does rain, umbrellas protect us from getting wet, and therefore, we are not as impacted by the rain. In the same way, learning resilience skills does not mean stressful or tragic events won't ever happen. Rather, when facing difficult circumstances, we can learn to not be as emotionally impacted by them.

Through your participation in the EMPOWER program, you will learn a variety of resilience skills. However, there may be additional resilience resources you can already access.



From the list below, identify resources that may already be available to you:

	✓		✓		✓
Supportive colleagues		Faith in a God who cares		Past lessons learned	
Good health		Church community		Employment / Business	
Life calling		Financial support		Wise counsel	
Positions of responsibility		Sense of humour		Purpose and meaning	
Supportive family		Things to be grateful for		The EMPOWER Program	



The storms & mountains of life

When a storm is accompanied by strong winds, the trees being blown about must remain flexible. If a tree does not bend, it will break. Resilience is not just the tree's ability to bend when the wind blows, but also bend back when the storm subsides (being restored to its original position). Without resilience, the impact of emotional storms in life may leave you feeling bent out of place.



1. PAST

What challenges have you faced in the past and what helped you get through storms?

Financial Stress	
Health Concerns (self or others)	
Relationship Difficulties	
Other...	

2. PRESENT

Q: What are the challenges that you currently face (what's your mountain)?

3. FUTURE

Q: If you were to overcome your current challenges, what would your life look like? (on the other side of your mountain)

A person is sitting on a dark, rocky peak, looking out over a vast sea of white clouds. The sky is filled with vibrant colors from a sunset or sunrise, with a bright yellow and orange glow near the horizon. The person is wearing a light-colored jacket and dark pants, and their right arm is raised in a fist, symbolizing triumph or achievement.

**THE EASIEST WAY
TO TRANSITION FROM
NEGATIVE TO POSITIVE
MOTIVATION, IS BY
CONSIDERING**

**what you are
most grateful
for in life**



What do you appreciate in your life that you would like to experience more of and why?

What

Why

1	
2	
3	

Objectives

Q: What do you believe God would like you to learn, discover or develop?
(through your participation in the EMPOWER program)

Q: Why do you think it's so important to accomplish this specific goal?

Q: When will you have accomplished this specific goal by?

Day: _____ Month: _____ Year: _____

On every mountain in life, there are obstacles along the way that make it difficult for us to climb. But when we have our eyes set firmly on the summit and beyond, our reason 'why' (motivation) helps us overcome any 'what' (obstacle).