



SOS Pretrial SELF-EMPOWERMENT SERIES

WEEK 1	Introduction: The What and Why of Empowerment What empowerment is/isn't; Empowerment vs. Dis-empowerment.
WEEK 2	Setting the Personal Bar Despite the Hand You've Been Dealt! Play the hand dealt to me and family, Re-creating the best of you.
WEEK 3	The Creative cycle: Creating the Experiences You Desire Totally new thinking helps; Believing I can fly: Am I an eagle or a chicken?
WEEK 4	Staying Motivated to Achieve My Goals 7 Super ways to make your goals real; 8 Qualities that make up persistence.
WEEK 5	Self-Promotion & How to Sell Yourself! You can't sell you, if you can't tell you! Perfect your personal elevator pitch.
WEEK 6	You Are What You Say! Speaking dos & don'ts; Positive Affirmations & Motivational Aspirations work.
WEEK 7	Be Unafraid to Fail & You're bound to Eventually Succeed 6 Reasons it's OK to fail first; Take calculated risks to conquer your fears.
WEEK 8	Inclusion: 21st Century Diversity & You Inclusion as empowering; Identifying how you fit into the world you live.
WEEK 9	Power and Privilege: Power Groups/Non-Power Groups Evaluating Power; Power/non-power experiences; FAQ-Power & Prejudice
WEEK 10	True Colors: Unique Way of Doing a Personality Inventory of You An activity that will help explore and promote your uniqueness of personally.
WEEK 11	Staying Empowered & Motivated in Reaching My Goals Steps to Personal Empowerment; Staying focused on what's important.
WEEK 12	Feeling Empowered: My Future Today! V.I.P. Profiles Quiz; Planning for my future today; Self-Empowerment Pledge.
