

EMPOWERMENT

Class Three: Developing Your Character

Personal Development

Reveal
the
Real
You



Personal Development

- Includes activities that improve awareness and identity, develop talents and potential, build human capital and facilitates employability, enhance quality of life and contribute to the realization of dreams and aspirations.

Personal Development Includes:

- improving self-awareness
- improving self-knowledge
- building or renewing identity
- developing strengths or talents
- improving wealth
- spiritual development
- identifying or improving potential
- building employability or human capital
- enhancing lifestyle or the quality of life
- improving health
- fulfilling aspirations
- defining and executing personal development plans

Awareness

- **SELF-AWARENESS**--Being attuned to your feelings, recognizing them *as they happen*. *PERSONAL DEVELOPMENT* teaches students how to stay off “Auto-Pilot” by keeping their Adult Ego State turned on and by paying attention to their feelings in a non-reactive, nonjudgmental way.
- **SELF-CONTROL**--Being able to manage your emotions and moods, to be able to calm yourself when upset, control impulses and emotions, handle frustrations, and delay gratification. It includes being able to keep from being “emotionally hijacked” by your feelings, and thus able to handle stress, anxiety, and anger. *PERSONAL DEVELOPMENT* teaches the connection between your thoughts, feelings, and behavior, explaining that whatever you “tell” yourself about what is happening *to you* will directly affect your feelings. Students are taught the skill of Cognitive Reframing (choosing to see things in a different and more positive way) as a way of keeping or regaining control of their emotions.

Awareness

- **EMPATHY**--Being able to shift your perspective and see situations from the perspective of *others*. It also includes being able to read the body language of others and is best expressed through your communication skills. *PERSONAL DEVELOPMENT* teaches how to do this.
- **COMMUNICATION SKILLS**--Being able to listen effectively, express feelings assertively, and resolve conflicts using a win-win negotiation style. *PERSONAL DEVELOPMENT* teaches all of these communication skills and allows students the opportunity to practice them in realistic role-play situations.

Awareness

- **SELF-EFFICACY**--Believing in your own power to make choices about how you will respond in any situation instead of allowing other people to control you by “pushing your buttons.”
- **ABILITY TO SELF-MOTIVATE**--Being able to persist in the face of frustration. This ability is developed by using the above skills. *PERSONAL DEVELOPMENT* teaches that whether you *think you can* or *think you CAN'T* in any situation, you are correct, because it is the job of your brain to help turn what you want into your reality. However, you *must BELIEVE YOU CAN first!* Visualization and self-talk help you believe in yourself.



QUESTIONS?

Staying Stable

In Rocky Situations



Staying Stable Defined

- Why are most people trapped by fears and worries? Because they lack faith! But what is faith? Is it positive thinking? A feeling? One's church affiliation? The belief that Jesus died for your sins? Confidence? Hope? Or is it something far more?

Faith Defined

What Is Faith?

- Complete trust or confidence in someone or something.
- Strong belief in God or in the doctrines of a religion, based on spiritual apprehension rather than proof.
- Belief - trust - confidence - credence - credit

Rocky Situations

- It's a slow, slippery slope and erosion process of the faith we've built in ourselves over the years. Suddenly, we wake up and realize that over time we shifted from a mindset of abundance to a mentality of simply getting by.
- Why? Simple: When we get hard pressed, we shift our sight from Gods promises and our faith to our natural conditions and sources.
- Here's the great thing about God's economy that most of us forget: When you get in a place where a common resource isn't enough, God's got some resources in a rock, in an uncommon place.

Faith Stabilizes

- Water is supposed to come from a river, or a stream, or a faucet; not a rock. When Moses was in need of water it was pour out of a dry rock. Definitely not what Moses expected.
- From a rock! THAT'S uncommon resources from unlikely places, and we're supposed to have eager, earnest anticipation of those. Are you believing for THOSE kinds of resources and overflowing results because of your seeds sown, or do you look to the same natural places to simply get by?

Filling The Void

Putting
the
pieces
together



Synopsis

- We feel a haunting hollowness in the depths of our beings.
- This is much worse than the ordinary kinds of emptiness, which we attempt to fill by possessions, achievement, relationships, etc.
- Can we acknowledge the inward lack?
- Can we discover deeper forms of fulfillment?
- Can the Void be filled?

Identifying Voids

- Do you often feel lonely even when you are with people?
- Are you inconsistent with your spiritual practices; such as, prayer, meditation, seeking like-minded people for fellowship?
- Does your primary relationship leave you feeling bored and frustrated?
- Does your physical health waver from good to bad often?
- Are you moody and can go from one extreme emotion to another within a short period of time?

The Revelation

- The good thing about voids is they can always be filled; they can change almost instantaneously. Recognizing them is by far the most difficult part.
- Filling voids is another way of creating balance in our lives, life-giving balance. In other words, it's not to be taken lightly.
- We need to look closely at ourselves, our relationships, and our physical existence to determine what our needs are and how to meet them.

Fulfilling Your Purpose

- This is your responsibility. No one is going to do this for you. Being satisfied and complete is a part of fulfilling your purpose and caring for the life you've been given.
- The journey to filling your voids begin with Peace.
- “Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid” (*John 14:27*).

A Life Without Mediocrity

Don't
Settle



Abandon Mediocrity

- Transition is extremely chaotic because you are letting go of a known, and grabbing an unknown, and before you grab hold of the unknown you have to totally let go of what you know works for you up to that point.
- “Dance with the one who brought you to the dance.” is a common saying. The problem is, there will come a time you will have to make personnel changes because what got you to one level does not always take you to success in future levels.

Having A Mentor

- In the Bible, a man named Elisha had a mentor named Elijah come into his life. Elisha was following a life of mediocrity, plowing unending fields.
- When a mentor came into his life and saw what he didn't see in himself, the mentor threw his mantle of leadership on top of him. When that mantle hit Elisha, he began to realize that the mediocrity he had been so committed to would no longer work for his life.

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Burning The Past

- Many times you will have to burn up everything that would draw you back to your past, so you won't be tempted to go back when times get tough (which they will!).
- Elisha was smart enough to know that before he moved forward with Elijah, he would have to burn anything that would provide incentive for him to go back when things got tough, when things made him want to quit, when things got difficult. He had to eliminate anything that would be comfortable for him to go back to at some point.