



Programme for Empowerment training module (Pilot training)

Third Seminar

Diaconal centre Liepaja, Latvia, 20 -21 of February 2019

20 February 2019

1st day:

Emphasis on the support groups for people with disabilities in the region of Liepaja (support groups in Rucava, Barta, Grobiņa, Durbe a.o., participants of different groups in the Diaconal centre)

Aim:

- a) to deepen the understanding of the empowerment concept and the action learning method,
- b) to share own experiences with concrete activities and reflect on them with the whole group
- c) to plan new activities with a clear understanding of the different roles

10.00: Welcome and introduction

10.30 – 11.00: Empowerment training and action learning

- Short repetition of the main points;
- Your own conclusions from the SEMPRE project, how the learning happens, maybe also difficulties;
- Empowerment concept, reflection of the participants on where they feel empowered.

11.00 – 13.00: The participants share their experience with their activities and/or micro projects

- If there are many participants, an additional event on Friday can be organised



13.00: Lunch

13.45 – 14.45: Group work: new problems and planning of activities

14.45 – 15.30: Group work presentations and discussion “How to continue with the process after SEMPRE?”

15:30: End of the 1st day

16.30: Visit to RadiVidiPats (NGO dealing with environmental issues)

21 February 2019

2nd day:

Emphasis on the social service providers in the region of Liepaja

Aim:

- a) to deepen the understanding of the empowerment concept and the action learning method,
- b) to share own experiences with concrete activities and reflect on them with the whole group
- c) to look for ways how to implement new activities in social service institutions

10.00: Welcome and introduction

10.30 – 11.00: Empowerment training and action learning

11.00 – 13.00: The social service providers share their experience (social workers from different institutions and municipalities)

13.00: Lunch

13.45 – 14.45: Group work

14.45 – 15.30: Group work presentations and discussion “How to continue with the process after SEMPRE?”

15:30: Meeting representatives of the Social Service in Liepaja. Discussion about the current deinstitution plan.

3rd Workshop in Liepaja

On the 21th and the 22th of February 2019 The Diakonjas Center in Liepaja conducted a workshop, where they had invited a representative from the Danish partnership to participate in order to support the empowerment- and the action learning process.

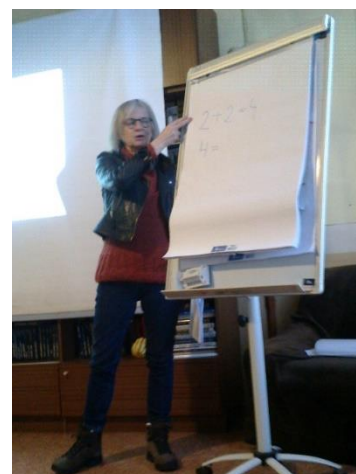
This workshop was the second, where representatives from the Danish partnership participated.



Participants:

Participants of the workshop differed a bit on the two days, but they represented both users, social workers and voluntaries from the diacony – and other interested people.

The participants represented different activities both inside and outside the Diaconia.



The workshop:

On the first day we repeated some of the slides from the workshop in June 2018 about empowerment. The slide with Winnie the Pooh saying: **“You can do more than you think”** became together with the picture of the elephant, you have to cut – or eat in small pieces the core phrases of the workshop and contributed to create plans and visions for future activities. See powerpoints from the workshops.



We worked with action learning with the workshop group as a reference group and divided the group in two. The two groups served as learning groups for the day. They evaluated previous and existing actions and planned new, both individual and together as it was best suited.

They agreed on continuing workshops like this, as it gave them a lot of inspiration and courage to be together and discuss both challenges and successes and learn from them.

Contact: Anette Nielsen, anni@ucsyd.dk