

# Self-empowerment: discover how to build your power to act



## Description and objectives

- How could you feel more competent, worthy, valuable, and capable of doing things? What would enable you to address adversity with calm and resolve?
- How could you create conditions around you that would foster your ideas and projects?
- How could you develop courage to fight for what is important to you and to say No to what is not?

Although these questions seem very personal, they are actually widely shared and universal. Most people have doubts and struggle at times with their self-image, self-acceptance and confidence. Research shows consistently that developing these aspects is highly correlated to coping with life challenges, and emotional well-being.

This workshop is designed to help you identify ways to foster positive self-image, to transform limiting beliefs into self-compassion, and to increase your “power to act”.

## Approach

Through experience sharing, discovery of tools like cultivating self-care and mindfulness, as well as via the analysis of concrete situations, each participant will be able to make another step on her/his path of professional and personal growth.

## Trainer

Nir Zalts, expert for leadership and professional development

Number of participants	8
Dates and location	7 <sup>th</sup> + 8 <sup>th</sup> March + 11 <sup>th</sup> April, EPFL
Registration opening	24 <sup>th</sup> January
Duration	2 consecutive days + follow-up session (9h–12h)
Contact	bureau.egalite@epfl.ch