

Supercharge

Your Social Impact



Humanitarian
Changemakers
Network

Empowerment 101:

Putting the **Power** in empowerment

Empowerment is fundamentally about **power**. Power at the most fundamental philosophical level is the potential for something to **cause an effect**; transformative power is the potential for someone to exercise agency and transform their social conditions.

Empowerment is not an event or change, but the result of a change process, in which an agent experiences a qualitative or quantitative change in their **transformative power**. There are four expressions of transformative power:

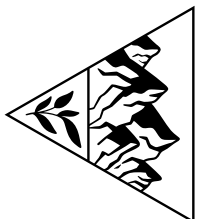


Building an agent's transformative power is what makes empowerment possible. If there is an absence of some type of transformative power, the cycle will slow down and this absence of power becomes a barrier for transformative change. If you can identify the absences that are inhibiting power-for, power-within, power-to, or power-with, then eliminating that absence will enable the cycle of building transformative power, which makes empowerment possible.



Collaborate & connect

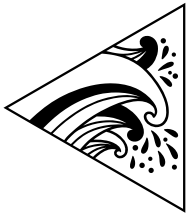
Power-For



Possibilities

Education & Resources

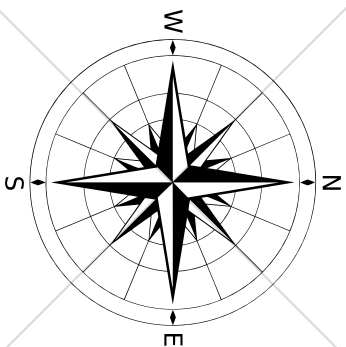
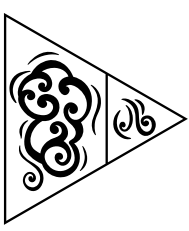
Power-With



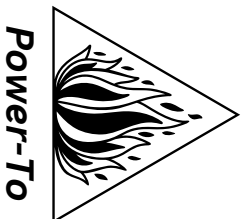
Capabilities

Autonomy

Power-Within



Action



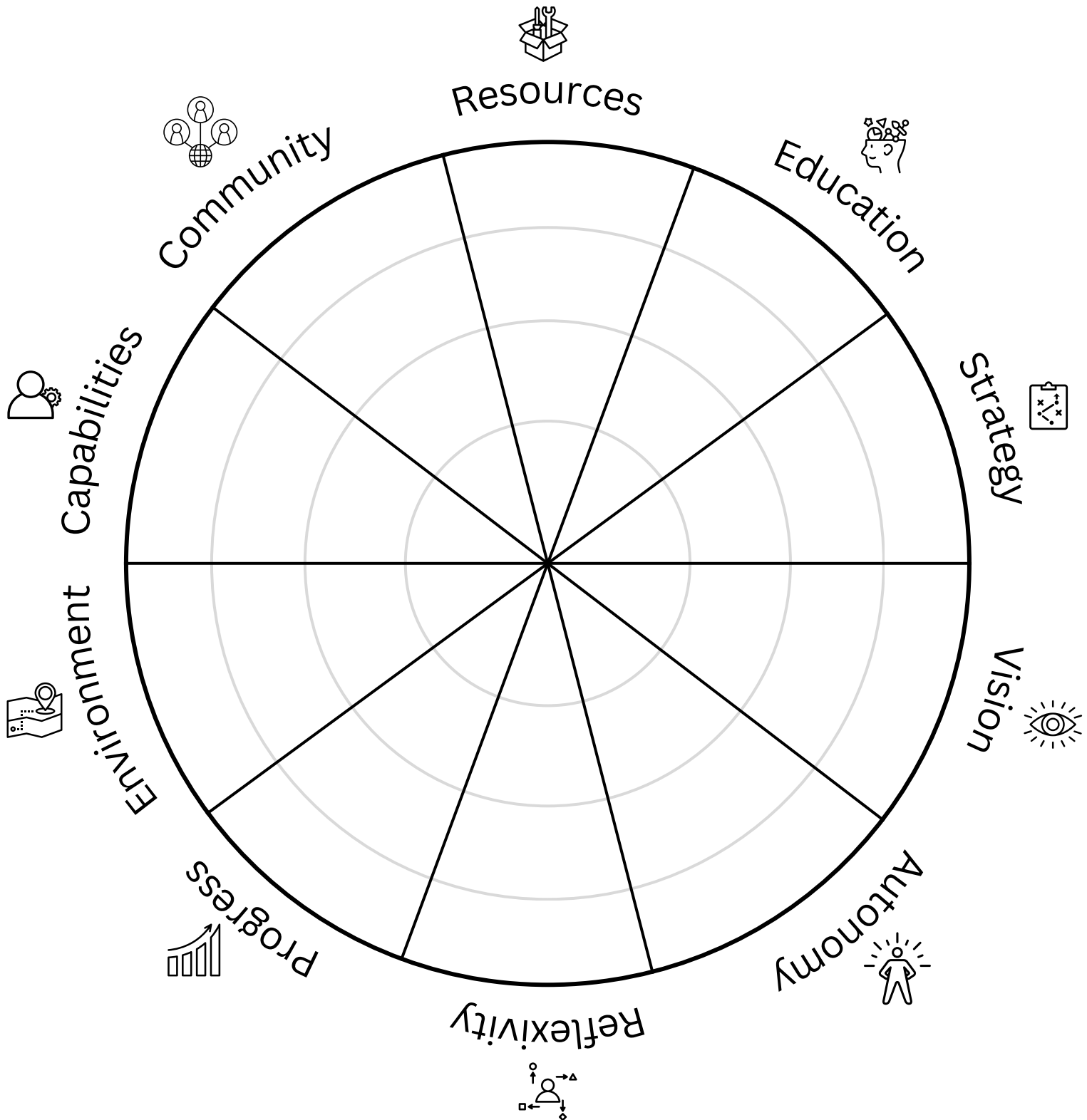
Power-To

Environment, reflexivity & repetition

Vision, confidence & Autonomy

Transformative Change

Toolkit & Self-Assessment



The following categories encompass some of the tools that can equip and empower you to drive transformative change. Think about a challenge you want to address or an impact project you are working on. Colour each section according to your satisfaction level with each category in the context of achieving that goal - the outer circle meaning are 100% satisfied with your current situation. Which do you need to address? How will you do this?



Resources: What resources do you have access to? Which resources do you not have that you need? How might you get them?



Education: Are you educated enough to address this challenge? What else would you need to learn? How will you learn it?



Strategy: Do you know how to solve the problem? Do you have a clear goal and objectives? Do you know what actions to take to achieve that goal?



Vision: Do you have a clear vision of how the world will look when you achieve your goal? Does this vision align with your values? Can you be sure your strategy will move you towards this vision?



Autonomy: Do you have the ability to take action and speak out? Are you confident in your ability to do so? Do you truly believe that you will make a difference? Do you trust your ability to make the right decisions?



Reflexivity: Are you able to analyse cause and effect patterns? Are you receptive to feedback? How will you assess and evaluate your actions? Are you able to be flexible and adapt your actions as conditions may change?



Progress: What does success look like? How much progress do you expect to make? How much progress have you made so far? What needs to change?



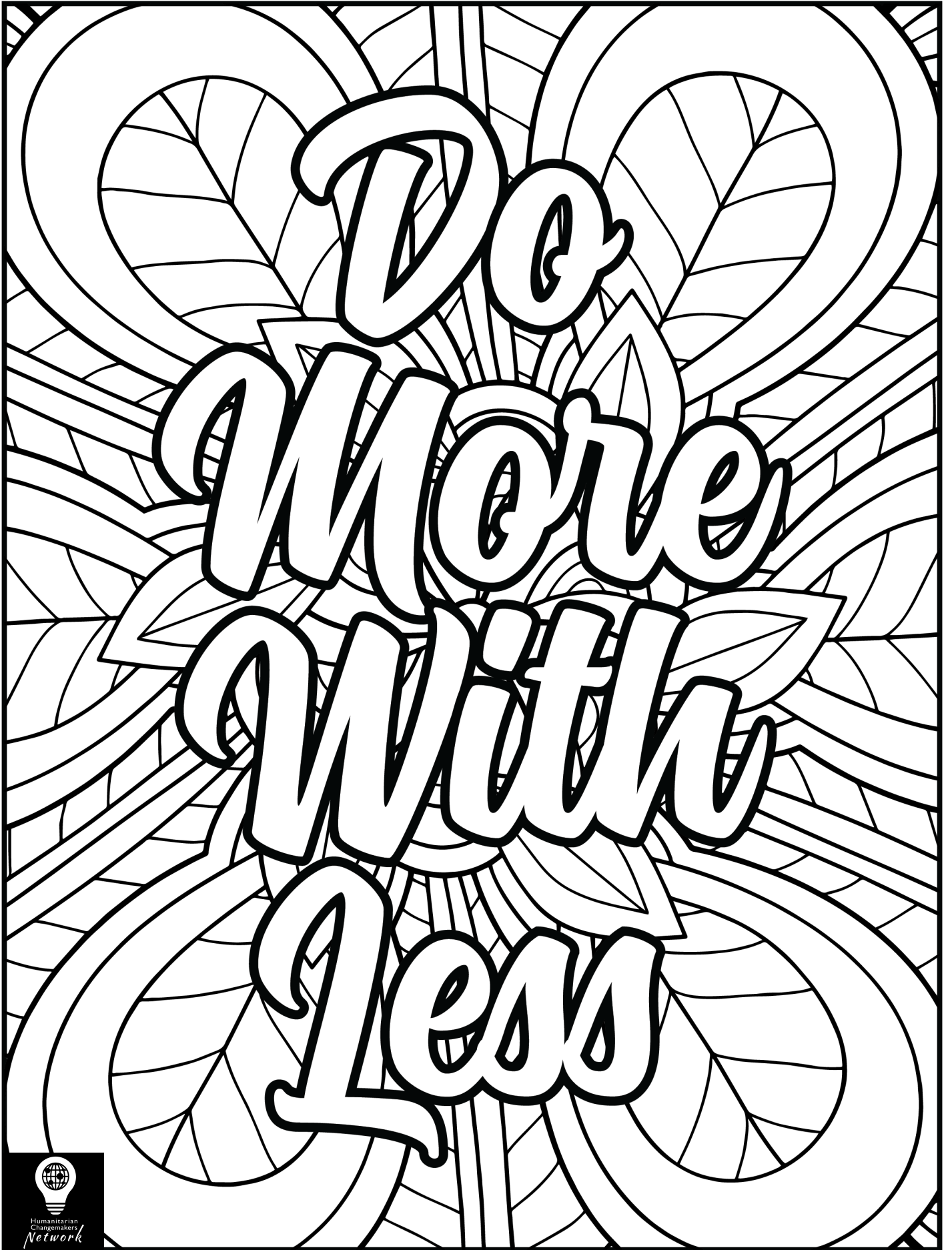
Environment: Do you have an enabling environment to be and do? What external barriers may prevent progress? How can you overcome these?

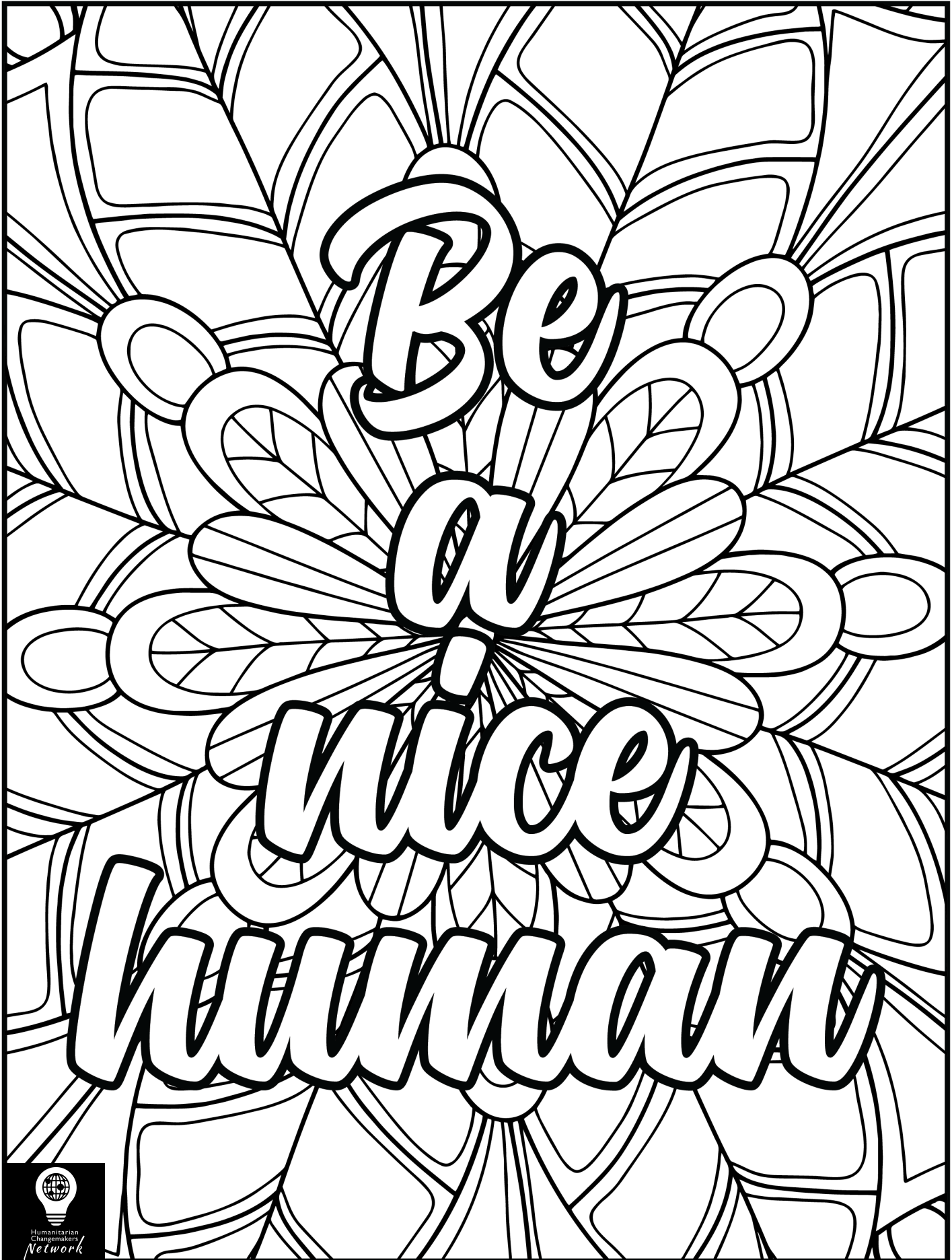


Capabilities: Do you have the necessary skills to achieve the goal? Who else might be able to contribute? Is the vision you hold something that is practicable and possible? What are your limitations?



Community: Do you have a supportive community? How will people-power help to achieve your goals? How can collaboration make your efforts more effective? What is your relationship to those with lived experience, decision-makers, or people who might challenge you?





Be
a
voice
for
humanity

*Keep
moving
forward*

