



## **FactSheet**

# **Discover Your Personal Power Workshop**

January 2009

Discover Your Personal Power (DYPP) is the entry point to Employment ACCESS for all hearing clients. It is a five-day personal empowerment workshop that unlocks the door to lasting change and puts you in control of your own life. Participants explore any personal negative beliefs and are encouraged to replace them with new, empowering beliefs for employment success.

The workshop is a combination of information, insights and practical skills-based exercises. Participants work in small groups. A maximum of 12 participants are in the workshop.

DYPP will provide you with the insights and the skills you need to be more effective in your life now, and every day into the future. It is an interactive exploration of the "power of the mind" and will actually change your life.

Your mind is a powerful tool with the ability to motivate or hamper choices you make in your life. This workshop teaches you how to get your mind working for you so you create the things you want in life – while eliminating the things you don't want.

You have potential right now that you are not using. By harnessing that potential and setting bigger goals, you pursue the kind of life you really want.

Self-talk is your most important conversation. Our self talk is constant and our bodies react to it as if our self-talk were real. Self talk can either be positive or negative. Negative self-talk is toxic and is one of the worst internal stressors humans face.

Eighty per cent of what the average person says to themselves is undermining, blocking and self destructive.

Self-talk can lead to creating attitudes. Attitudes can build to create beliefs. And once a belief is programmed into our subconscious, we behave and act according to that belief. Our subconscious will then create a self-image of us.

If self-talk is positive it can cheer you up, encourage you to try new activities and deepen relationships. But negative self-talk can sabotage relationships and drain your self-confidence. You talk to your self in ways you would never think of talking to someone else. Self-talk is constant and so powerful it overwhelms other input, including reality.

We all talk to ourselves. By taking control of our self-talk we can 'psyche' ourselves up or out.

Your opinion of yourself is a result of not only what has been said and done to you, but also the way you have interpreted what has been said and done to you. Over time, your self-beliefs and conclusions become your identity, and your life choices grow from your identity.

Experiences we have had early in life make impressions on us. And these impressions cause us to respond in certain ways to situations we face later in life. When patterns are negative and destructive, the person needs to change direction so he can find release and experience a new freedom.

Beliefs have the power to create and the power to destroy. Human beings have the remarkable ability to take any experience of their lives and create a meaning that incapacitates them or empowers them to do great things.

Many of us have developed beliefs about ourselves that are stopping us from moving ahead in our life – getting a job, going back to school, starting a business or leaving an unhealthy relationship.

Outcomes of believing in negative self-scripts can include over-dependence on the approval of others, lack of self-esteem and low self-concept, immobilization, inability to take risks, negativity, pessimism, self-pity and depression.

Learn how to change how you feel about yourself by building your self-esteem. Develop positive affirmations which encourage you to positive self-talk.

Learn how goal setting can help improve positive self-talk and self-image. Learn how to set specific, attainable goals.

Our professional counsellors will review your resume and cover letter and provide suggestions that will highlight strengths and recognize relevant transferable skills.

Learn tips and strategies for effective interviewing skills from appropriate dress and grooming for job interviews to interview etiquette to practicing common interview questions.

Disclosure of your disability to an employer, should you or shouldn't you? When should it be done? How do you disclose? The DYPP facilitators discuss the pros and cons of disclosing, and if necessary, assist you to form a disclosure strategy. A disclosure strategy allows you to discuss positively your disability on your terms and retain a focus on your skills and abilities.

Discover Your Personal Power workshop is a project of the Coalition for Persons with Disabilities.

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