

Empowerment Strategies for Women

GoSkills online course syllabus

Skill level

Beginner

Lessons

18

Pre-requisites

No prior experience needed

Video duration

1h 4m

Estimated study time

1h 4m

Instructor

Alexis Kanda-Olmstead

Introduction

1 What is empowerment?

You are ready to create change for yourself and other women, but you aren't sure what to do or how to get started.

Embracing Gender

2 Getting comfortable with power

Power is often perceived negatively, but in actuality, it is a neutral force that can be channeled in positive ways.

3 Making the invisible visible

Gender is everywhere, but like water to a fish, it's hard to fully understand and appreciate.

4 Identifying gender barriers

Women have a tendency blame themselves for their shortcomings rather than the barriers that exist because of their gender.

5 Overcoming gender barriers

Gender roles and expectations can keep women from reaching their full potential.

Capitalizing on Confidence

6 Closing the gender confidence gap

Confidence is related to gender and power.

7 Increasing your confidence

Many women cite a lack of confidence as a reason not to take action.

- 8** **Overcoming your fear of failure**
A fear of failure may be keeping you from taking the risks necessary to achieve your goals.
- 9** **Confidence-building exercise**
Confidence isn't about being fearless or taking huge risks.

Building Resilience

- 10** **Cultivating self-compassion**
Self-compassion is a powerful way to recover from setbacks and failure.
- 11** **Mindfulness shortcuts**
Mindfulness is a misunderstood concept that seems hard to master.
- 12** **Active meditation**
You don't have to be a Buddhist monk to learn how to meditate.
- 13** **Letter from your future self**
Women often give great advice to their friends but can't seem to do the same for themselves.

Supporting Others

- 14** **Everyday activism**
Activism is more than staging a protest or marching on Washington.
- 15** **Women's leadership**
Research shows that women are incredibly talented leaders, so why are there so few women in leadership roles?
- 16** **Women's communities**
There is great diversity within women's communities that can help or hinder your activism.
- 17** **Empowering others**
We all have power and can use it in service to each other.

Conclusion

18 Embracing empowerment

Thanks for watching this course! Now, you should feel confident in your ability to advocate and support yourself and other women around you.

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