

Latino Community Stage



Workshop
Summary

Self-Empowerment

Pursuing and dedicating relentless energy toward high aspirations begins with the belief that getting there is possible. The words, "I go to seek a great perhaps" comes to mind. But what are the inner and outer conditions that spark and sustain our drive and pursuits? Understanding such conditions are important for the development of confidence, control, and choice with everyday experiences. This workshop focuses on better understanding how self-efficacy, self-esteem, self-regulation, and environmental structuring influence everyday decisions. The aim is to examine how existing potentials and exploring possible selves can help achieve personal, academic and professional aspirations. By the end of this workshop participants will know how to deploy ongoing and self-determined strategies that will help link current academic progression and possible future career paths.

Workshop Description

Target Audience

- High school, community college, and university students (all majors welcome)
- Ideal for student led clubs/orgs, nonprofits, symposiums, & conferences

Primary Objective

Increase self-confidence aimed at persistence in academic and career pursuits

Our Goals

- Explore inner confidence and unique potential that affect academic activities
- Recognize the significance of vicarious learning
- Identify possible future selves that inspire current academic progress
- Identify methods of empowerment that go beyond self-affirmations
- Provide practical approaches to embrace imperfections and turn them into strengths that foster self-assurance

Desired Outcomes

- The ability to explore, set, and adhere to personal expectations
- Understand the link between unique potential, academic pursuits, and possible career paths

Topics Covered

- Self-determination Theory
- Self-efficacy
- Dealing with Doubt
- Setting personal standards
- Guidance from role models
- Energizing self-worth again & again
- Vulnerability as Strength
- Developing a Personal Toolbox for Learning

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Length of Workshop:

Workshop can be adapted to meet the needs of the group or event.

Where?

Due to covid restrictions, we are offering virtual workshops at this time. However, if your group would still like an in-person workshop at your facility, please let us know to make arrangements.

Workshop Fee:

One virtual workshop is free for the group. However, workshop series fee will depend on number of participants in cohort group and length of workshops. Program or organization is responsible for fee. All workshops are intended to be free for all students.

Book a Workshop

Contact our Event Coordinator at <https://www.latinocommunitystage.org/contactus> if you have any further questions or to book a workshop.

- Do workshop participants have to be Latino/a? Nope! Although the Latino/a population is our primary demographic, everyone is welcome to take part and contribute to workshops.

Important Notes:

- What's the process like? We keep things simple! Our event coordinator will answer any additional questions and send a simple checklist that will help organize the workshop or your event.
- Is there acting or theater involved? Why Latino Community Stage? Ah no, not at all. Much of what we do is about putting the best and brightest Latino/as on a *global stage* to celebrate their accomplishments. Take a look at LatinoCommunityStage.org.