

# Youth Empowership Training

Connecting  
Individuals

Discovering  
Cultures

Influencing  
Communities

**Gallaudet University Regional Center - South presents** *Youth Empowership Training* where students are empowered as leaders to share their knowledge and experience with the world. Participants are encouraged to connect with other individuals, discover one another's cultures, and influence their communities. Each participant will be provided with a workbook that includes: icebreaking activities, individual expressions, partner/group discussions, critical thinking skills, self-assessments, and self-reflections. They will also have an opportunity to win a prize after the training is complete.

### 3-Hour Training

- **Training Fee/Honorarium:** Supplies (markers, poster sized post-its, dry-erase markers), Accommodations (interpreters, support staff as needed), and Light refreshments (not required, but recommended).
- **Minimum # of Participants:** 6
- **Maximum # of Participants:** 20

If you have more than 20 participants, individual lessons are recommended. If you are interested in the full three hour training, then all topics above will be covered - depending on the number and pacing of the participants. If you need more information on a specific lesson of interest, feel free to email us at [gurc.acc@gallaudet.edu](mailto:gurc.acc@gallaudet.edu)

**Objectives:**

1. Participants will have a greater understanding of what Empowerment entails.
2. Participants will improve their ability to share their knowledge and experience with others.
3. Participants will be able to express themselves and respect others as individuals, cultures, and communities.
4. Participants will have a greater understanding of perspective.
5. Participants will leave the training with the ability to empower, motivate, and inspire others.

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**PRESENTATION**

**Gallaudet University: Connect, Discover, Influence**

This presentation includes a brief video of Gallaudet University and what it has to offer. Students will be able to get a glimpse of life at Gallaudet and be able to ask a few questions to satisfy their curiosity.

**EMPOWERMENT TRAINING**

**Icebreaker Activities**

The icebreaking session includes three different activities that allows students to warm up with one another and get a better understanding of the topic and what to expect.

**Lesson 1: Connecting Individuals**

Lesson 1 focuses on each participant as an individual. The first activity has the participant share who they are as an individual and what makes them unique. The second activity allows two participants to work together to depict similarities and differences in one another. Participants will develop the realization that regardless of individuality, similar connections do occur and should be embraced.

**Lesson 2: Discovering Cultures**

Lesson 2 digs deeper for participants by exploring their cultures. Topics such as political correctness, stereotyping, and role-play allow participants to share their personal experiences and educate one another - without judgement. This is a powerful session which may evoke strong emotions and the ability to gain perspective.

**Lesson 3: Influencing Communities**

Lesson 3 allows participants to wind down and reflect on what they have learned about individuality and cultures and share how they can influence their community to be the best community ever.

**FINALE**

**Reflection and Evaluation:**

This session focuses on final reflections of the participant and gives time for evaluation of the training.

