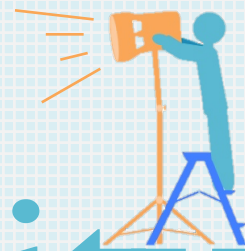
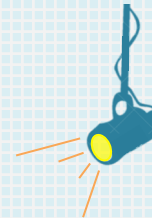


# Latino Community Stage



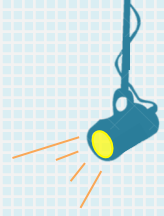
Workshop  
Summary



# Self-Empowerment

---

Workshop Description	<p>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.</p>	
Target Audience	<ul style="list-style-type: none"><li>• High school, community college, and university students (all majors welcome)</li><li>• Ideal for student led clubs/orgs, nonprofits, symposiums, &amp; conferences</li></ul>	
Primary Objective	Increase self-confidence aimed at persistence in academic and career pursuits	
Our Goals	<ul style="list-style-type: none"><li>• Explore inner confidence and unique potential that affect academic activities</li><li>• Recognize the significance of vicarious learning</li><li>• Identify possible future selves that inspire current academic progress</li><li>• Identify methods of empowerment that go beyond self-affirmations</li><li>• Provide practical approaches to embrace imperfections and turn them into strengths that foster self-assurance</li></ul>	
Desired Outcomes	<ul style="list-style-type: none"><li>• The ability to explore, set, and adhere to personal expectations</li><li>• Understand the link between unique potential, academic pursuits, and possible career paths</li></ul>	
Topics Covered	<ul style="list-style-type: none"><li>• Self-determination Theory</li><li>• Self-efficacy</li><li>• Dealing with Doubt</li><li>• Setting personal standards</li></ul>	<ul style="list-style-type: none"><li>• Guidance from role models</li><li>• Energizing self-worth again &amp; again</li><li>• Vulnerability as Strength</li><li>• Developing a Personal Toolbox for Learning</li></ul>



# Self-Empowerment

---

Length of Workshop:	Workshop can be adapted to meet the needs of the group or event. However, length of workshop may affect timeframe to build toolbox (see below).
Where?	We come to your school, university or event. Our workshop coordinator will ensure that all the details specific to your group or event are addressed.
A Personal Touch:	All participants will build & take home a personalized mini-toolbox. The toolbox will serve as a physical & symbolic reminder designed to measure ongoing progress, add new tools, and create desired outcomes.
Workshop Fee:	Workshop fee will depend on number of participants and length of workshop. Partial or full waivers for fee will be considered on an as-needed basis.
Book a Workshop	Contact our Event Coordinator at <a href="https://www.latinocommunitystage.org/contact">https://www.latinocommunitystage.org/contact</a> if you have any further questions or to book a workshop.
Important Notes:	<ul style="list-style-type: none"><li>• 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 in workshops and all other events.</li><li>• We welcome participants with disabilities. Please let us know if any reasonable accommodations need to be made. In addition, ensuring that the workshop venue and space is accessible to all registered individuals will also be important.</li><li>• Food is not included, however, we encourage hosts to provide a light meal or refreshments.</li><li>• All majors are encouraged to take part in this workshop.</li><li>• What's the process like? Short and sweet! Our event coordinator will answer any additional questions and send a simple checklist that will help organize your event.</li><li>• 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 <i>global stage</i> to celebrate their worthy accomplishments.</li></ul>