

### Unpacking possibilities: going beyond the four pillars

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Hub leader presentations – English

## One Hubs Leaders Journey to an Ah Ha Moment

Unpacking Possibilities – Going beyond the four pillars of community hubs



# "Dependency"



### **Debriefing & The Reflective Process**



- Unpacking "Dependency"
- Who, What, Why
- Barriers uncovered
- Being Brave vulnerability is the key to improvement



## Measuring Empowerment

• Empowerment will look different for everyone

 Building strength and confidence as we grow



# Maslow's Hierarchy of Needs

### Self-actualization

desire to become the most that one can be

**Esteem** respect, self-esteem, status, recognition, strength, freedom

#### Love and belonging friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

### Physiological needs

air, water, food, shelter, sleep, clothing, reproduction



### The road to empowerment through Connection

- "I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship."
  - Brene Brown



## **Barriers the Hub can contribute**

Unconscious Bias
Doing for rather than with
External Influences



## My Take Away

Dependency into Opportunity
Strength Based approach
Power of Words





## Thank you for listening



### References

- Are You Aware of Your Biases?
- by <u>Carmen Acton</u>
- February 04, 2022
- <u>https://hbr.org/2022/02/are-you-aware-of-your-</u> biases#:~:text=To%20become%20aware%20of%20your,speak%20up%20 when%20they%20disagree%3F</u>