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STORIES  
EMPOWERMENT 4

STORIES 4 EMPOWERMENT

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# EBOOK: DEFINING VALUES/COMPETENCES/SKILLS

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# METHODOLOGY

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In this project, we have chosen to select a set of core values/skills/competences. This choice of values can be aimed at all the groups covered by the project: adults with disabilities, adult refugees, adult detainees, adult with some addiction and adult women. These values/skills/competences were carefully chosen for their ability to provide a comprehensive and balanced view, covering various aspects that are elemental to both the development and empowerment of the selected target.

By way of introduction, it is important to mention that Resilience represents the ability to adapt and overcome all the problems that target groups face in their daily lives. Many of the obstacles are unique and complex, and it is relevant to strengthen their resilience to face these challenges with determination and decision. With respect to Equality, we consider it essential for the empowerment of adult women and the other targets groups.

We strongly believe in the importance of guaranteeing fair and equal opportunities for all women and targets groups regardless of their origin, age, economic situation or any other aspect that affects social life. In doing so, we aim to remove all barriers that limit full participation in the social world and promote gender equality on a large scale.

Creativity is also very important because it recognizes the importance of stimulating women's creativity and fostering their ability to solve problems and find solutions in their personal, work, community, etc. lives. On the other hand, we consider of great magnitude to strengthen self-esteem and confidence in their own abilities and skills, helping them to develop their full potential and contribute in a distinguished way in society. Active citizenship is a value we advocate among targets groups.

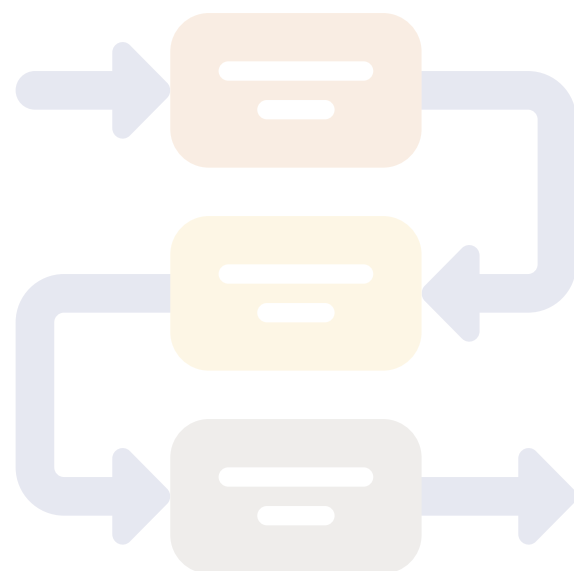
We believe in the importance of encouraging people's participation and engagement in society, empowering them to participate in decision-making and creating a more just and equitable world. In addition to these values, Democracy as a fundamental principle of human governance should be mentioned as it is also present in our thinking about targets groups.

Thus, we encourage all targets groups to participate in the democratic process and their right to express their opinions and protect their rights. Problem Solving is also an essential skill to targets groups. The aim of this project is to encourage them to develop skills to face the challenges of everyday life, helping them to find effective solutions and develop leadership skills in some way. Finally, social inclusion is a fundamental value that permeates all our actions towards our targets groups. We want to ensure that all people have the opportunity to participate fully in the social, cultural and economic life of their communities and society at large, eliminating discrimination and promoting equal opportunities for all.

Each of these values not only represents a fundamental principle in itself, but also interacts and complements the others, creating a holistic framework for human development and social well-being. Through the application of these values in our methodology, we seek to promote a holistic approach that promotes personal growth, equity, civic participation and the building of an inclusive and democratic society.

**We have chosen these values, but other educators or institutions may adapt the methodology to other values/skills/competences they consider relevant. They do not have to stick to those of our choice but are free to select other values.**

**On the other hand this project is destined to adult educators, but it is possible to use it by youth workers, teacher or educators working with different target groups.**





# VALUES / SKILLS/ COMPETENCES

## 1

## Resilience

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Resilience in a positive way.

It does not always mean "overcoming" difficulties, but also learning from them and growing from those experiences. Resilient people are not easily overcome by challenges, but look for ways to cope with them and learn from them in order to move on with their lives.

Resilience is not something a person is born with, but develops over time through life experiences, relationships and learning.

Resilience can be examined along the following dimensions:

- Emotional dimension: the ability to manage emotions in adverse situations.
- Cognitive dimension: the ability to maintain a positive and optimistic attitude when seeking solutions.
- Social dimension: the ability to seek support from others and maintain a positive relationship in difficult times.

### Why is important?

The theme of Resilience plays a very important role in achieving the project's objectives. What we want to achieve by working on the value of resilience is to somehow provide participants with the necessary tools and skills to face and overcome the problems and challenges in their lives. This is how this contributes directly to personal development and to strengthening the participants' ability to handle difficult situations, learn from them and move forward.



Resilience is also closely related to social inclusion, because it somehow allows individuals to overcome barriers and obstacles, they may face due to their situation of marginalization or exclusion. If we get participants to develop the value of resilience through the project, they will be able to face challenges related to social exclusion, discrimination, stigma or lack of opportunities.

Resilience will help them find ways to overcome these barriers and participate fully in society. This value is closely related to empowerment, as it is committed to the ability to take control of one's own life and in turn, overcome difficulties actively and effectively.

The project empowers them to face and overcome the challenges that may arise in their lives, which consequently strengthens their sense of self-efficacy and ability to influence their environment. Using storytelling methodology, the project not only helps participants develop their own coping skills, but also fosters the creation of a "community of support" in which participants can share their experiences, provide mutual support and learn from each other. This "community of support" is essential to promote the personal development, social inclusion and long-term empowerment of participants.





# EQUALITY

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Equality is a very important term in society, a concept that refers to the idea of treating all people fairly and equally, regardless of their differences in terms of gender, race, sexual orientation, religion, physical ability, etc.

The aim of equality is to eliminate discrimination and ensure that everyone has equal opportunities in life, including access to educational, employment, health and social opportunities. It also seeks to recognise and value human diversity. It is a goal we must work towards as a society to build a more inclusive and equitable world for all.

To achieve equality, it is necessary to break down the structural and social barriers that maintain discrimination and inequality. This can include policies, anti-discrimination laws and actions that tend to redress historical imbalances.

In addition, equality gives us the opportunity to live in a more inclusive society, where each individual feels valued and respected for who they are. Promoting equality involves educating people about the importance of diversity and tolerance, fostering empathy and understanding between different groups and cultures.

## Why is important?

The value of Equality is very important to achieve the project's objectives. What we want to achieve with this value is to ensure equitable access to education and resources, as well as to promote inclusion and respect for diversity, empower marginalized groups and promote social justice. By addressing this value, we create a conception and an environment conducive to personal development, social inclusion and active citizenship for all participants.

First of all, we can say that Equality implies ensuring that all people have an equal education and that they can make use of all the resources necessary for their personal development. With the project, what is claimed is that all this is done in a natural way but regardless of their economic and social origin, gender, ethnicity, or other characteristics that may affect them.

- In addition, it is important to emphasize that Equality also implies appreciating and valuing multiple experiences, perspectives and cultures. Choosing this value for the project fosters an inclusive and respectful environment where people feel valued and understood, facilitating their active participation and personal development.
- Equality also means empowering those social groups that have unfortunately been marginalized or discriminated against since ancient times.
- Equality is synonymous with social justice, as it seeks to address concerns and inequalities in society. By promoting Equality in all areas of the project (from access to education to the distribution of resources), it contributes to creating a more just and equitable society in which all people have equal opportunities and equal rights.





# CREATIVITY

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Creativity is a cognitive skill that involves the generation of new and original ideas, the ability to think innovatively and solve problems in unconventional ways. And it is not a skill that is limited to the artistic field, but can be applied in any area of life, be it work, education, business or personal life.

Creative people have the ability to generate new solutions to existing problems, improving them and creating new solutions. There are various strategies to foster creativity, but it is also important to create an environment that fosters creativity.

It is important to recognise that creativity involves not only the generation of ideas, but also the ability to implement them effectively.

Creativity can be assessed from different perspectives:

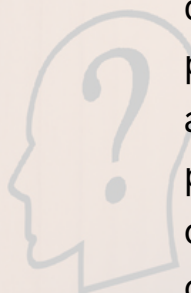
- Teamwork: the ability to work collaboratively with others, generating innovative ideas and joint problem solving.
- Cultural context: The appreciation of cultural diversity and different perspectives in the creative process, seeing how these can serve as a source of inspiration when generating ideas.
- Practical application: focuses on the ability to implement creativity effectively in work, personal and educational settings to contribute to the advancement and development of innovative solutions in various fields.





## Why is important?

The value of Creativity is very important to the activities and objectives of the project. What we want to achieve by working with the value of Creativity is to foster an environment that values and promotes innovation, original and Creative thinking and written expression, which in turn can clearly contribute to personal development, enhance social inclusion and improve the active citizenship of the participants. First, fostering Creativity among adult educators and participants can significantly improve the quality of teaching and learning. Educators are able to foster an original and creative environment to inspire participants to think more innovatively and to find creative and different responses to the challenges they face. In addition, Creativity can be a powerful tool to empower project participants to investigate and discover their unique talents and abilities. By fostering an environment that truly promotes Creativity, participants are provided with an opportunity to express themselves freely, to make decisions and solve problems in a creative way, which really builds their self-esteem and self-confidence.



Creativity is essential in storytelling, as it involves the ability to produce and convey a series of stories in a persuasive and effective way. With the development of a shared methodology that promotes creativity in storytelling, the project can achieve its objectives of empowering the participants' ability to share their own stories in a creative way, and this is what allows them to connect with others and promote a sense of belonging to something or someone and social inclusion.

Being creative is an essential factor in any work environment, as it somehow allows individuals to find innovative solutions to problems and adapt to change in a practical and effective way. This is how we see that by providing tools that foster Creativity at work, the project can improve the employability of participants by equipping them with skills that are highly valued in today's labor market. Finally, Creativity is essential in storytelling as it is involved with the human capacity to reinterpret and transmit cultural traditions in a creative and relevant way to contemporary audiences. Thus, by exploring and distributing traditional stories in a creative way, the project can foster a greater appreciation and understanding of cultural diversity in Europe, thus promoting inclusion and intercultural dialogue.





## SELF-CONFIDENCE

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Self-confidence is when you have confidence in yourself and what you can do. It is having a sense of security and positivity about who you are and what you can achieve, which helps you face challenges and make decisions with confidence and conviction.

Having self-confidence influences your academic or professional performance. Cultivating it involves recognising and valuing your own achievements and strengths, accepting and learning from mistakes and failures. It also involves developing a positive and optimistic mindset.

Self-confidence plays a very important role in decision-making. People who are confident in their own abilities have the necessary security to make decisions with determination and conviction, accept responsibility for their choices and are willing to learn from their mistakes.

Beyond that, people who have self-confidence tend to experience greater personal satisfaction and happiness in their lives, as they tend to have a positive attitude towards themselves and everything around them, allowing them to face challenges with optimism and resilience.

### Why is important?

Another of the essential values for developing the activities and objectives of the project is Self-confidence. What we want to achieve by working with the value of Self-confidence is to promote an environment that values and fosters confidence in individual skills and abilities, which in turn can significantly affect the individual and personal development, social inclusion and active citizenship of the participants.



First, Self-confidence is fundamental to success in education, but not only for educators, but also for participants. By supporting the work of the educators, the project can help them develop their own Self-confidence and transmit this value of self-confidence to all participants, which will help them face the challenges and overcome the barriers they face in their lives. Self-confidence is a key element of personal empowerment.

Thus, by activating the empowerment processes in the participants, the project can help them develop greater confidence in their own skills and abilities, which will allow them to have control of their lives, defend their rights and participate in life, in society. On the other hand, but following the same line, Self-confidence is essential in the storytelling process, as it somehow implies the ability to believe in what each person has to tell, i.e. the information that can be contributed and the ability to influence others.

By creating a common and shared methodology that promotes Self-confidence in storytelling, the project can enhance the ability of participants to share their own narratives with confidence and conviction, which will enable them to engage with others more effectively and promote their social inclusion. Self-confidence is critical in any work environment, as it enables individuals to face challenges and make decisions with determination and conviction.

By providing tools to encourage Self-confidence at work, the project can improve the employability of participants by equipping them with the confidence and security to succeed in the labor market.



## ACTIVE CITIZENSHIP

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The concept of active citizenship implies citizens' interest in participating in the public and political life of the country. There are two fundamental factors in developing good active citizenship, education and participation. Education is indeed fundamental, no individual can properly contribute to the betterment of the country if he does not know the founding values of his nation, how can one vote with awareness if he is not aware of his form of government? Participation is just as important, it is the direct way in which citizens can express their consensus or dissent, yet this tool is sometimes neglected, a clear example of which can be found in the data from the last elections in Italy, where only 63.91% of those eligible exercised their vote. This rate, which is the lowest ever recorded in the country, increases a climate of mistrust that sees citizens increasingly inactive and resigned to their fate.

Active citizenship can then be examined in four main dimensions:

- The political dimension of citizenship refers to political rights and responsibilities towards the state.
- The social dimension refers to behaviors related to the interaction between individuals, driven by sound and shared values.
- The cultural dimension of citizenship refers to the awareness of a common cultural heritage.
- The economic dimension refers to all actions taken by an individual with the aim of contributing to his or her own livelihood and that of the country.



## Why is important?

A core value for developing the project's activities and objectives is Active Citizenship focuses on promoting the civic and political participation of participants, as well as strengthening their capacity to influence society and contribute to positive social change, which in turn can contribute significantly to the personal development, social inclusion and Active Citizenship of participants.

First, it is common knowledge that Active Citizenship involves participating in the public and political life of the country, and this requires a solid understanding of citizens' rights and responsibilities. By supporting and enhancing the work of adult educators, the project can help them provide participants with the necessary education on Active Citizenship, including information on the country's founding values, political rights and the importance of active participation. Active Citizenship is closely related to giving people the opportunity to participate in decisions that affect their lives and society.

By activating processes of empowerment of participants, the project can help them develop the confidence and skills necessary to actively participate in political and public life, express their opinions and contribute to positive social change. Storytelling can be a powerful tool for promoting Active Citizenship, allowing participants to share their experiences, values and perspectives with others. By creating a collaborative approach that uses storytelling to foster Active Citizenship, the project can help participants develop their ability to influence public opinion, raise awareness of important issues, and promote social change. Finally, Active Citizenship means taking concrete actions that contribute to the well-being of society, whether through civic engagement, voting, or other social activities. By providing activist tools, the project can help participants turn their commitment to Active Citizenship into concrete and relevant actions that will benefit their communities and the country as a whole.



## DEMOCRACY

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The word democracy derives from the Greek 'δῆμος' meaning people and 'κράτος' meaning power, literally 'government by the people'. The concept has obviously undergone a great evolution over the years, widening more and more the range of people who are allowed to participate directly or indirectly in political life. It is important to emphasize that understanding democracy as a value means realizing that living in a democratic state entails many rights but just as many duties. First and foremost, there is the duty to participate in public life. Indeed, numerous historical experiences show that it is not enough to create democratic institutions in order to generate a democracy, but that citizens must have an interest in the development of democracy.

An important distinction is that between direct and representative democracy. The former is based on systems that allow citizens to decide directly on an issue, for example through a referendum. The second, on the other hand, consists of citizens exercising their right to vote, thus placing the choice in the hands of politicians; in this case, the risk is that citizens may vote influenced by political propaganda and not on the basis of their own ideas, as cases of former comedians coming to power are not new.

### Why is important?

Democracy is one of the most important values that could be addressed in this project, since the promotion of Democracy seeks to promote civic and political participation of the participants, as well as to strengthen their understanding of democratic principles and their ability to influence the political process, which in turn can contribute significantly to personal development, social inclusion and active citizenship of the participants.



Democracy means active participation of citizens in the public and political life of the country. By supporting and strengthening the work of adult educators, the project can help them convey to participants the importance of citizen participation in democratic systems and provide them with the skills and knowledge they need to participate effectively in political decision-making.

The principle of Democracy is that citizens have the right to influence decisions that affect their lives and communities. By activating participants' empowerment processes, the program helps them develop the confidence and skills necessary to actively participate in political life and contribute to the development of Democracy in their countries. Storytelling can be an effective tool for promoting Democracy, allowing participants to share their experiences and perspectives on important political and social issues.

By establishing a shared focus on the use of storytelling to promote Democracy, the project helps participants increase their civic awareness and better understand their role in the political process. Democracy requires citizens to actively participate in political life, including exercising their right to vote and participating in civic and community activities.

By providing practical working tools, the program helps participants understand how to contribute effectively to the development and strengthening of Democracy in their countries.

# **PROBLEM SOLVING**

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Problem solving is a transversal competence that is of fundamental importance in today's labour market. In a fast-paced world, it is important to develop the ability to solve problems and unexpected events. Of course, every individual has a greater or lesser propensity for solving unexpected problems, but through work practice and exercises that help prepare for these situations, it is possible for every individual to develop this ability.

The most common problem-solving method involves four stages:

- Identifying the problem: This phase seems the simplest, but in reality, it is more complex than you might think, because very often the real problem is not the apparent problem.
- Generating alternatives: In this step the subject generates a number of possible solutions to the problem.
- Evaluate solutions: This part consists of drawing up a risk/benefit ratio for each solution and choosing the one that is most appropriate.
- Implementation: The last step is expressed by the implementation of the chosen solution.

## **Why is important?**

Problem Solving is one of the most important values for this project as it seeks to strengthen participants' abilities to effectively confront and resolve obstacles. Problem Solving is an important skill in everyday life and in the workplace. By supporting adult educators, the program can empower them to teach participants effective Problem-Solving strategies to help them solve the specific challenges they face in their lives, whether at work, home, or in the community.



By developing strong Problem-Solving skills, participants gain more confidence, the ability to overcome obstacles and the power to take control of their lives. This contributes to personal empowerment by being able to face challenges with confidence and determination, thus promoting autonomy and agency in the environment.

Integrating problem solving into a storytelling methodology provides a unique opportunity to teach practical Problem-Solving skills in a creative and memorable way. By using stories and narratives, projects can engage participants more effectively and provide practical tools to overcome challenges while exploring cultural and social values through storytelling.

By providing practical tools and Problem-Solving techniques, this project will equip participants with transferable skills that can be applied in a variety of real-world situations. This includes the development of analytical, critical thinking and decision-making skills, as well as the ability to communicate effectively when working in teams and solving problems together. Problem Solving is a universal theme that can be addressed through traditional tales and stories from various European cultures.

By exploring these stories, participants will learn not only Problem-Solving strategies, but also cultural values related to perseverance, creativity and collaboration, increasing their understanding of Europe's cultural diversity.





## **SOCIAL INCLUSION**

Social inclusion is a duty to which all democratic states are subject, propagating social inclusion means actively combating economic, social, or racial discrimination. Social inclusion policies imply actively following fragile individuals in their life journey. For instance, it is very important that children with disadvantaged family or economic situations are helped to access education, as cases of children being forced to drop out of university to help support their families are not new.

A further situation that deserves attention is the inclusion of ex-prisoners in society, as very often offenders have difficulty finding work because employers require a clean criminal record. Therefore, it would be important to create pathways within prisons, educating these people and developing work pathways that can continue even after the period of imprisonment, as this would drastically reduce the chances of re-offending.

### **Why is important?**

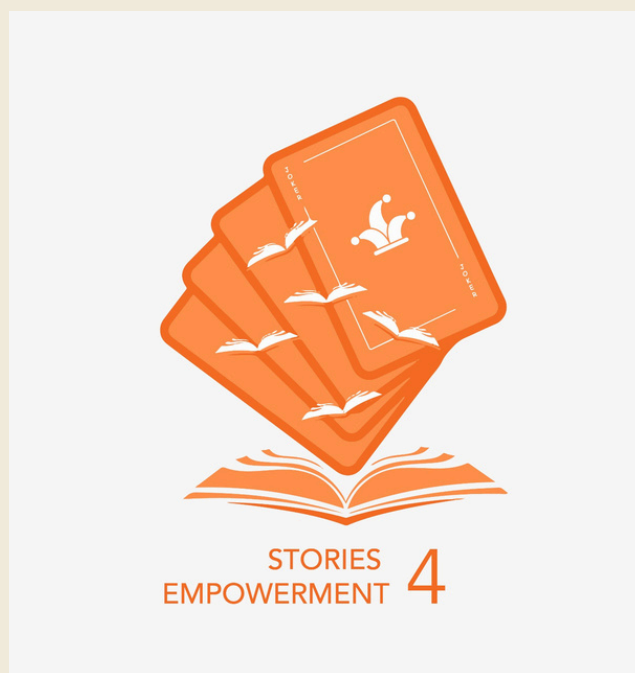
The value of Social Inclusion aims to promote equal participation in society for all people, regardless of their origin, economic situation or personal circumstances. Social Inclusion involves ensuring that everyone has access to educational and personal development opportunities. The project will support adult educators in their ability to respond to the specific needs of marginalized adults by providing them with resources and customized strategies to promote their inclusion in education and society at large.



Social Inclusion is closely related to enabling people to actively participate in their own development and in their community. By activating a process of empowerment among participants, the project will overcome the social and economic barriers they face and increase their confidence and ability to fully participate in society and contribute to positive change. Storytelling can be a powerful tool to promote social inclusion by amplifying the voices of marginalized people and sharing their experiences.

By developing a common methodology for using storytelling to address issues of Social Inclusion, this project can increase community awareness and promote empathy and mutual understanding among different social groups. Social Inclusion requires the implementation of policies and practices that remove structural barriers and promote equal opportunities for all. By providing operational working tools, this project aims to help participants and educators identify and address social inequalities and create practical and sustainable solutions to promote inclusion in a variety of contexts.

Social Inclusion means valuing and respecting the cultural and ethnic diversity of society. By exploring European culture through traditional stories, this project can promote intercultural understanding and recognition of differences, thus strengthening the sense of belonging and social cohesion of all European citizens.



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