



**Digital
Advocacy Hub**

Personal development

Feeling empowered



**Easy
Read**

Easy Read



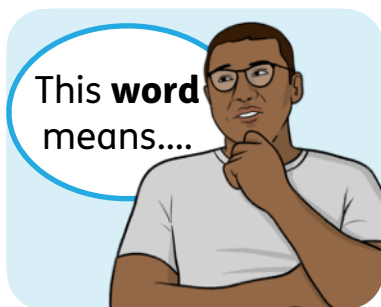
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



This information is from the n-compass Digital Advocacy Hub.

At n-compass, we think everyone should have the chance to:



- Make choices and changes that will improve their life.



- Improve their **wellbeing**.

Wellbeing is the way you think and feel about life. Improving your wellbeing can help you enjoy life more.



We call this **personal development**.

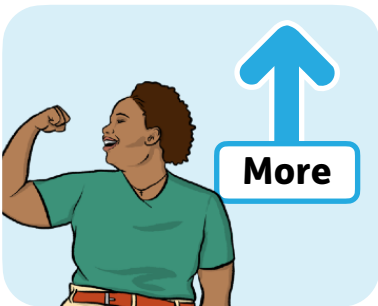


Part of personal development is being **empowered**.

This booklet will:



- Explain what being empowered means.



- Give you information and ideas on how to be more empowered.

Being empowered



Being **empowered** means having the power to have more control of your life.

Being empowered is about:



- Being strong and confident.



- Knowing your **rights** and making sure other people respect your rights.

Rights are things that every person should have by law. Like the right to be safe and the right to be respected.



- Making your own choices.

How to be empowered



The first step in being empowered is finding out what stops you from being empowered.

Some things that may stop you from being empowered are:



- Feeling you are less important than other people.



- Other people seeing you as less important than them.



- Being made to believe that you cannot control your own life.



When you know what stops you from being empowered, you can start to fix it.



The second step in being empowered is believing in yourself.



You have lots of skills and you might need some support to use them.

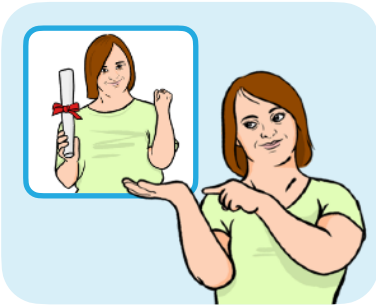


There are many ways to help you feel more empowered.



The aim is to help you have more control in your own life.

Here are some ways to start believing in yourself more:



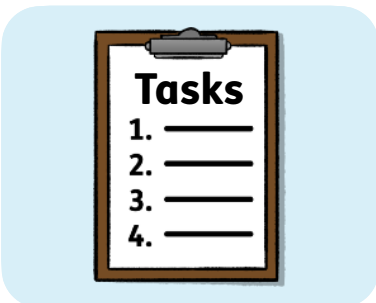
- Think about times when you have done well at something in the past.



- Spend time with people who you admire and who can support you to be empowered.



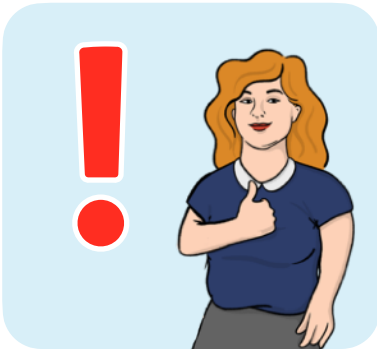
- Look after your wellbeing and be kind to yourself.



- Set life goals and break the goals into smaller tasks.

Every time you do a task well you will feel more empowered.

Here are some ways that you can be more empowered:



- Change the way you think about problems.

Try to not see problems as a big deal - instead, see them as a chance for you to learn.



- Stay positive and do not let mistakes stop you from believing in yourself.



- Try and do new things - you will find that you can do more than you think.

Find out more



The n-compass Digital **Advocacy** Hub gives free and fair information about lots of different parts of life.

Remember, **advocacy** is helping people to speak or speaking up for them.



n-compass runs advocacy services across the north of England.



You can find out if we run services near you on our website:
www.n-compass.org.uk/our-services/advocacy



Or you can speak to us using the Sign video website:
www.ncompass.signvideo.net