



EMPOWERMENT MODEL

Transforming Individuals and Organizations

Peak Performance

Maximum productivity
and innovation

High morale and job satisfaction

Reduced absenteeism, burnout
and turnover



Personal Empowerment Skills

Optimism / positive
attitude

Stress management

Work / life balance

Regulated emotions

Focus and energy

Physical / mental fitness

Self-care and wellness



Professional Skills

Effective communication:
listening, speaking

Team building / teamwork

Leadership / supervision

Change management

Technical skills