



Lesson 22: Empowering Others

Lesson Plan

Estimated lesson time: 60 minutes

Learning objectives:

- Define what it means to empower others and identify strategies to facilitate action
- Engage in team-building exercises and examine the roles involved
- Examine the relationship between motivation and leadership

Key concepts:

- Collaboration
- Communication
- Empowerment
- Leadership
- Motivation
- Teamwork

Lesson components:

- I. Icebreaker activities – 10 minutes
- II. Empowering Others (lecture and activity) – 15 minutes
- III. Systems Thinking: Teambuilding (group discussion) – 30 minutes
- IV. Debriefing – 5 minutes