

Empowerment
Magic!

Let's Make a World of Possibilities!

エンパワメントの
プロになろう!



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Empowerment Research and Education Forum

Do you know the word "empowerment"

You know

**It is a concept that is also used
in health care, welfare, education,
companies, etc.**

**em-power-ment
[encouragement] [vitality]**

Inspire yourself



**Encourage your
friends**



**Further exert
great influence
on society**



Actually it's around us

**It 's a very important
keyword**

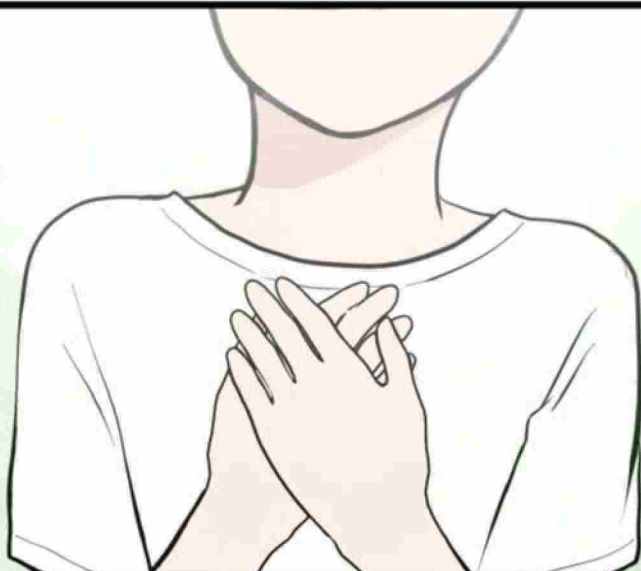


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Now, let's become an empowerment professional	



**A world of
possibilities!**



A university festival



I'm doing a chemical experiment



I'm doing research exhibition in the hall over there

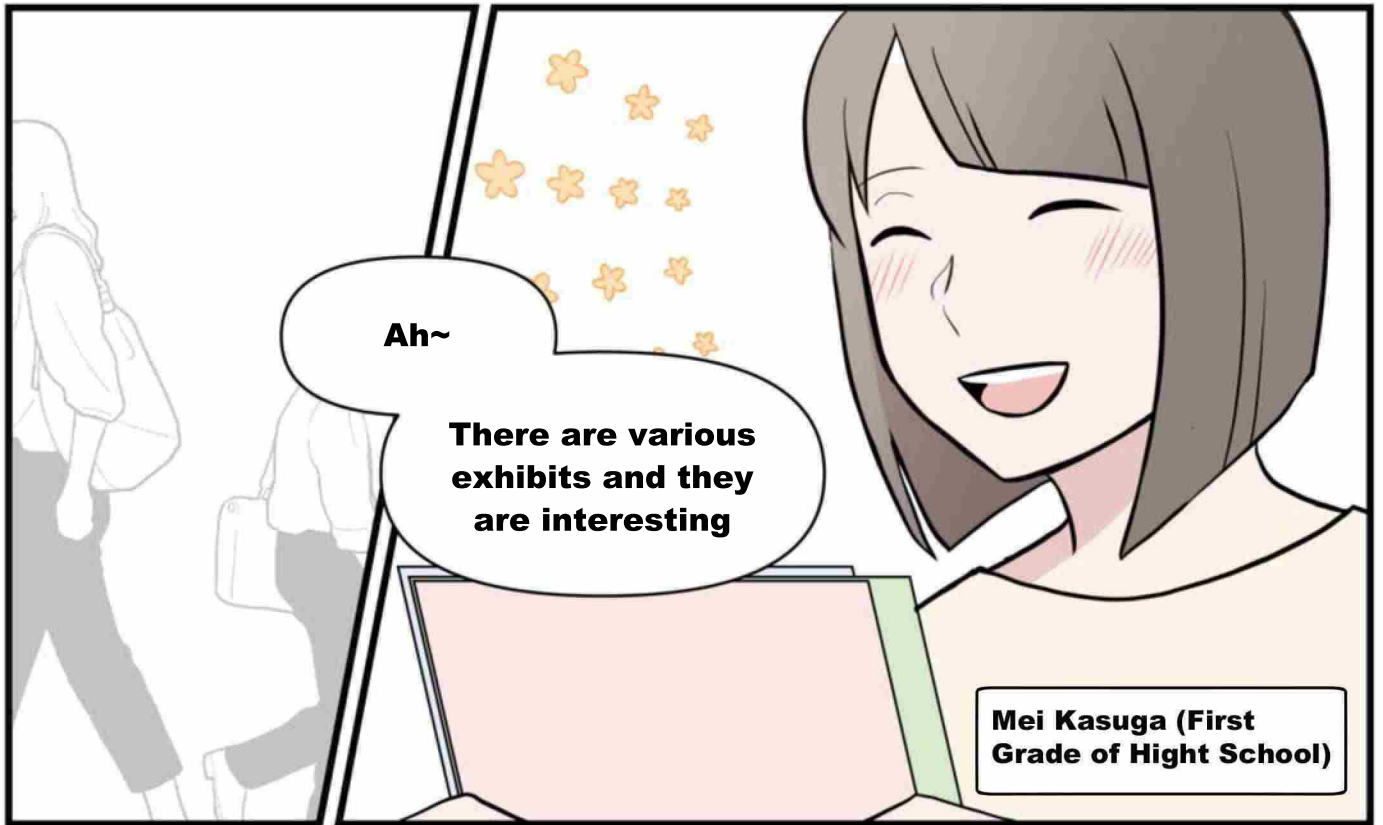


Would you like to experience it?



I will, let's all go

Consider the physical strength of the accompanying person



Ah~

There are various exhibits and they are interesting

Mei Kasuga (First Grade of High School)



It's far, but it was worthy

Ah...

You should thank your brother for accompanying you

Kasuga Taiki (Third Grade of High School)



Thank you, but I didn't have a choice

Because mother told me not to come alone

I also want to be with my friends not my brother...



Well, I am interested in the exhibition so it's not bad

Go with your sister

Ah?



It's about time for a live concert...



There is still some time before the concert starts~

Let's go next

Hey!!



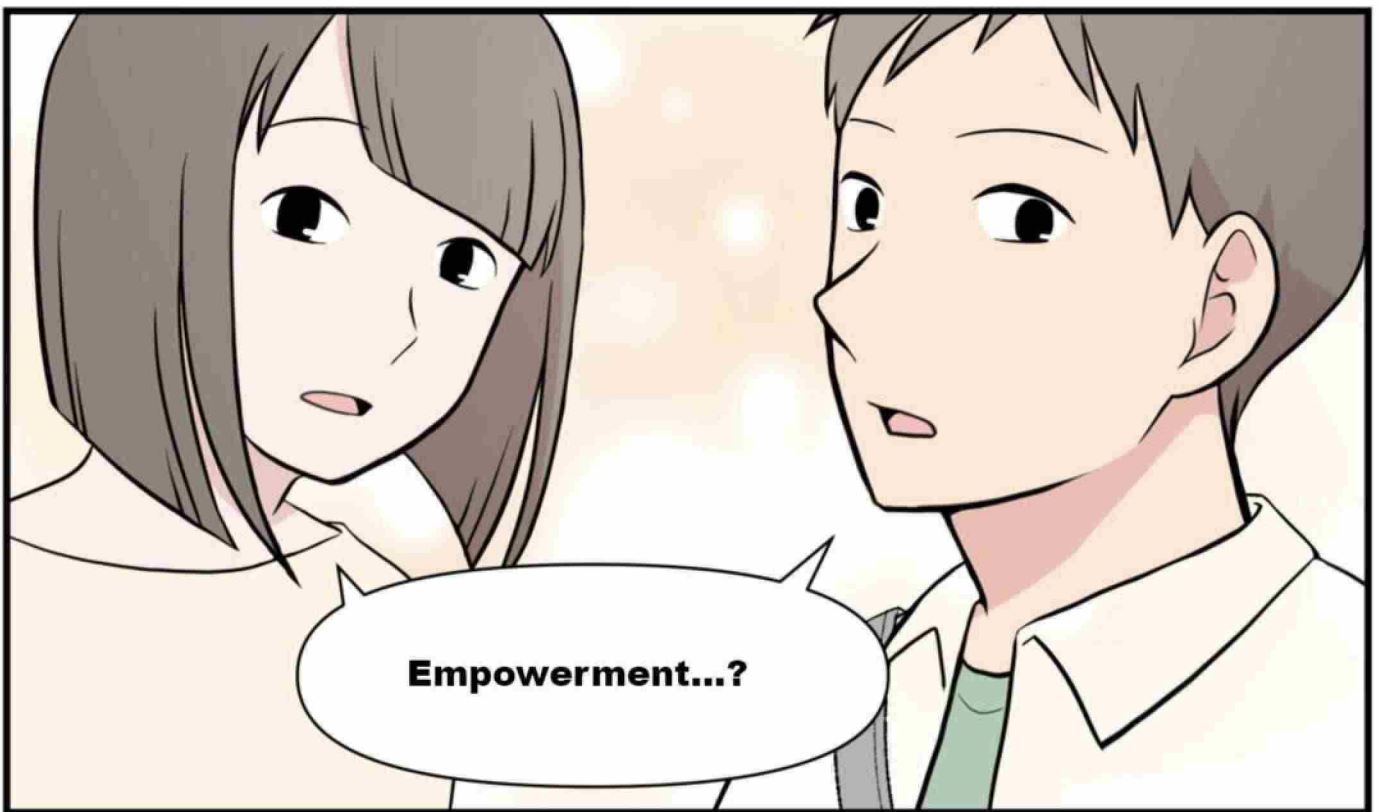
Come on...

What is the next?



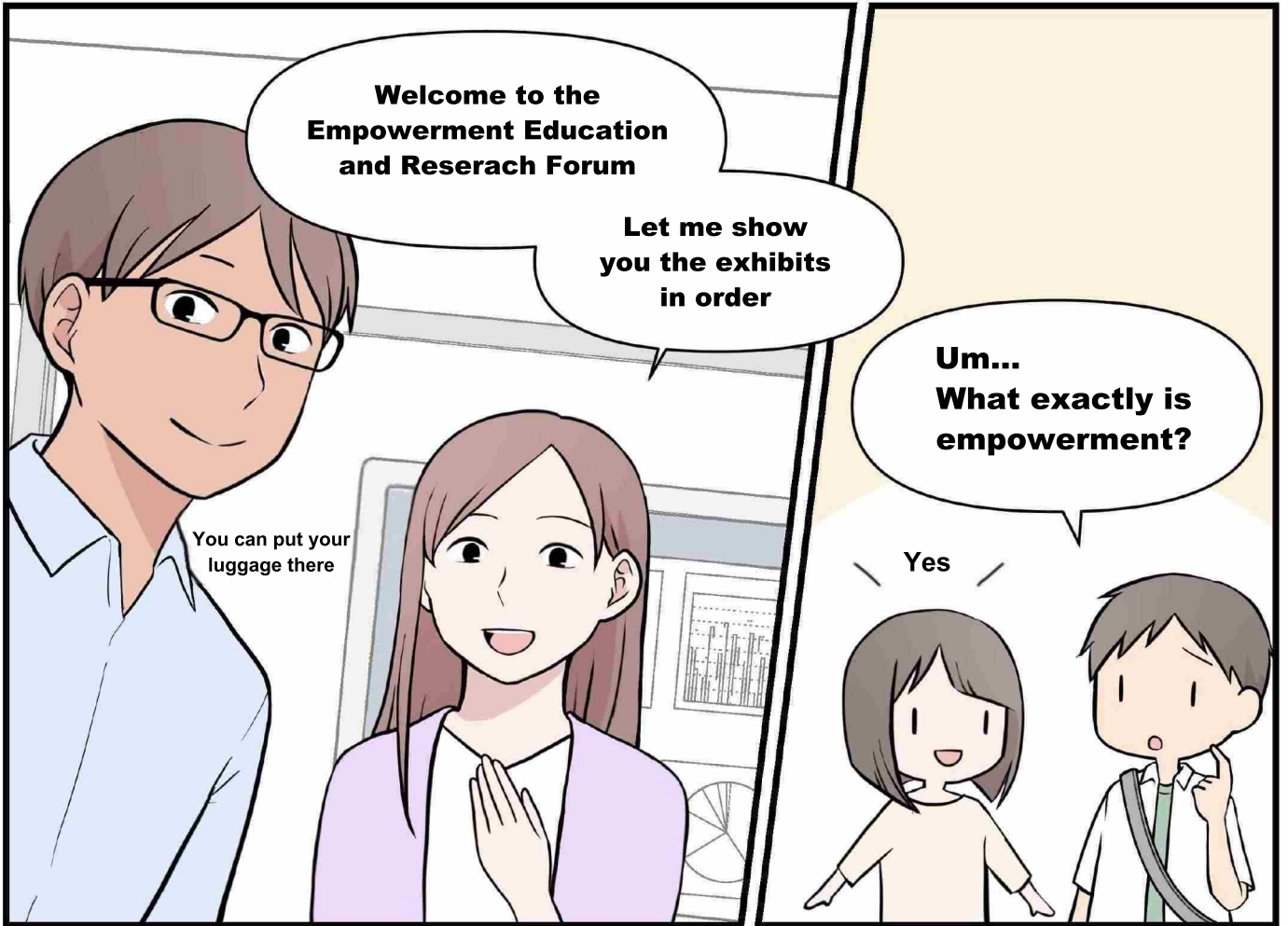
Two people there

Looking for what to see next?



Chapter 1: what is Empowerment?





① **What is empowerment?**

② **Importance of diversity**

③ **Challenge and help each other**

④ **Experience, sharpens your senses**

⑤ **Knowledge connected via the Internet**

⑥ **Practice of empowerment**

This exhibition will show you what is empowerment

And how to grasp it

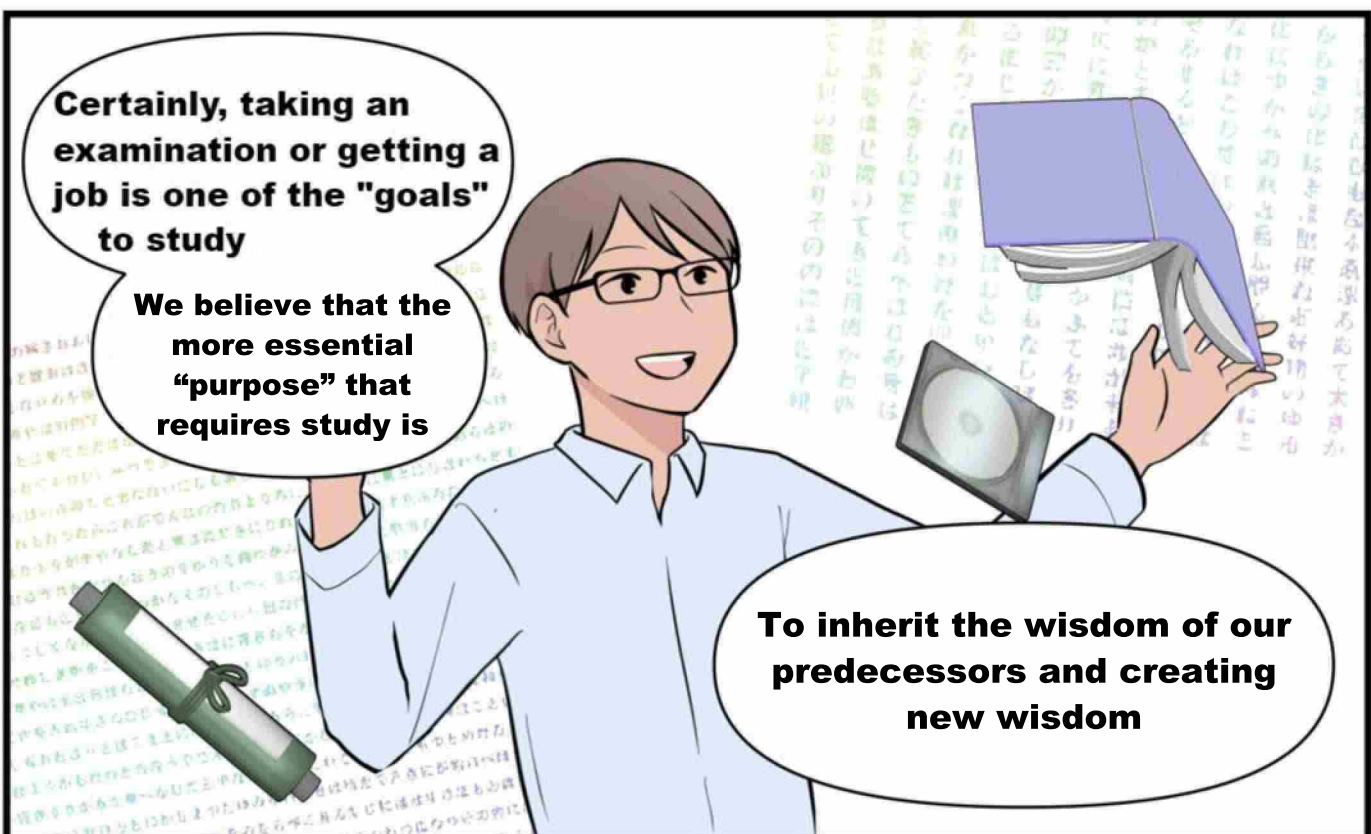
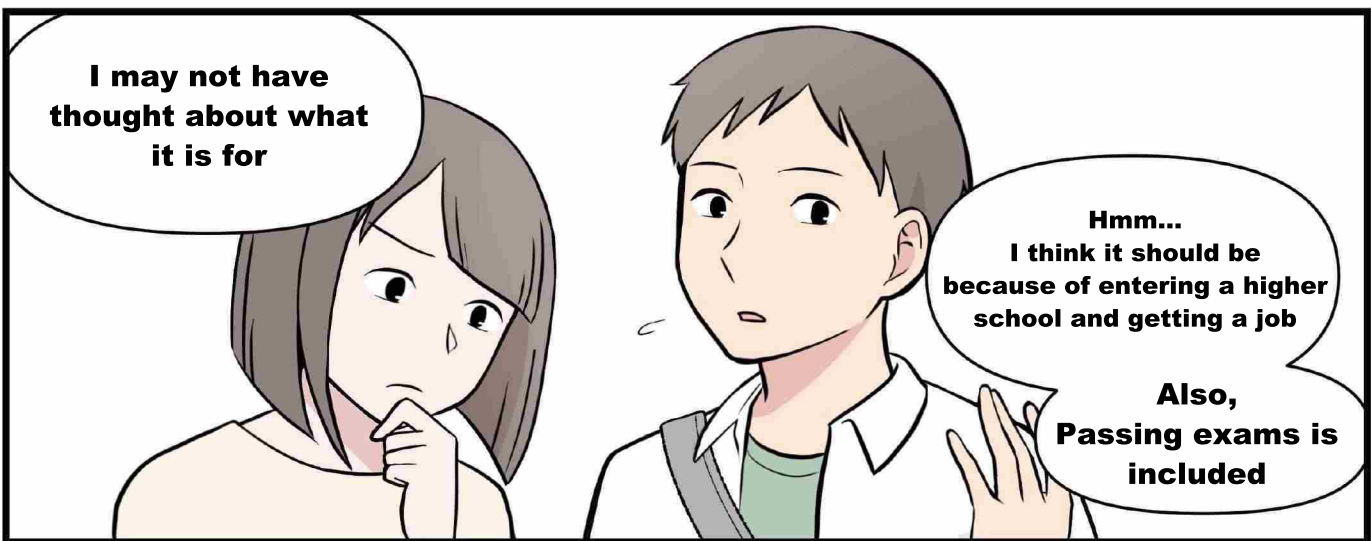
Please!

Unlike Mei, I'm not good at studying

Don't you like learning?

Ah, yes

I like it
It's fun to learn new things



There is a limit to being able to try it alone within a fixed time,

but we can learn a lot if we share what we tried with each other, right?

It is the strength of teamwork!

Long time ago, a monkey group found this principle, so they expanded their wisdom and experience to more and more monkeys 1 to 10, 10 to 100, 100 to 1000...

They continued to expand their wisdom and experience

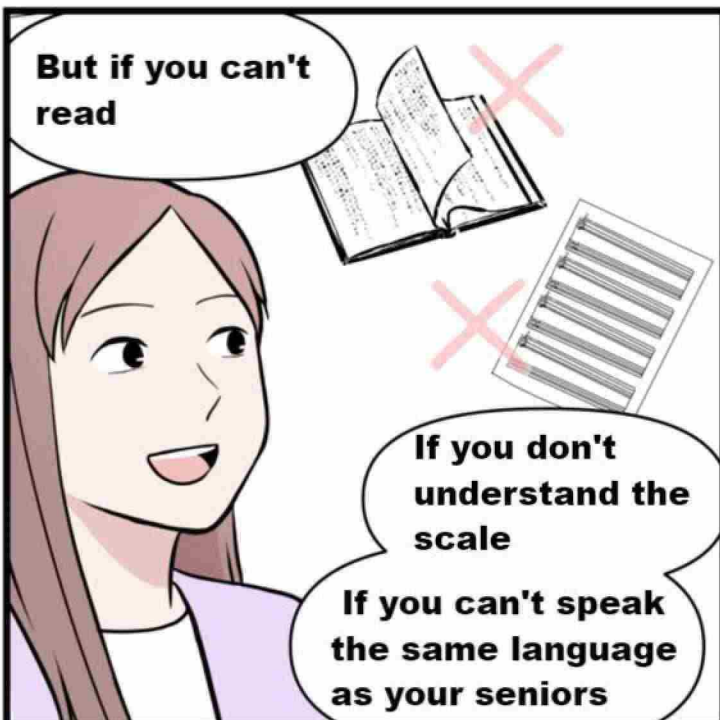
And tell it to their children
Children start their lives by learning wisdom

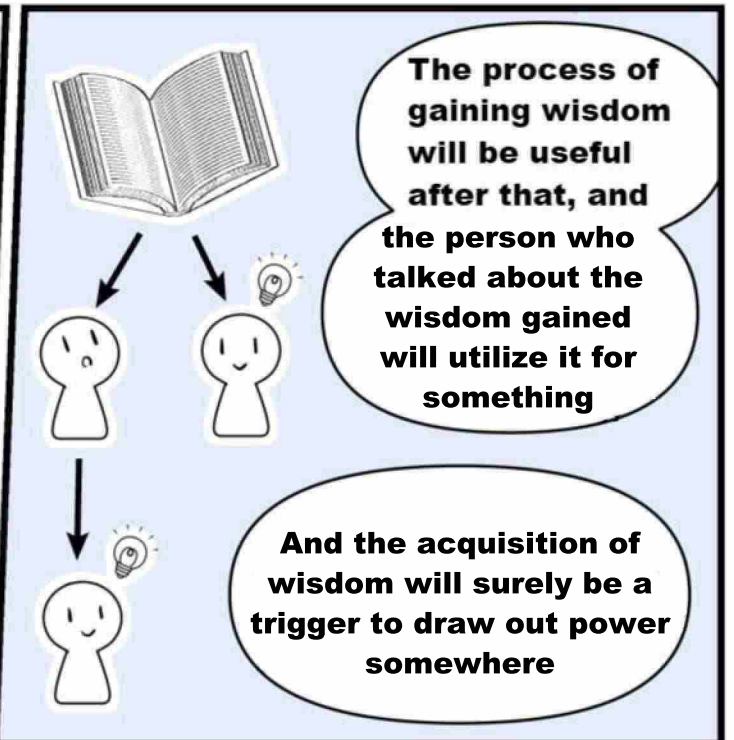
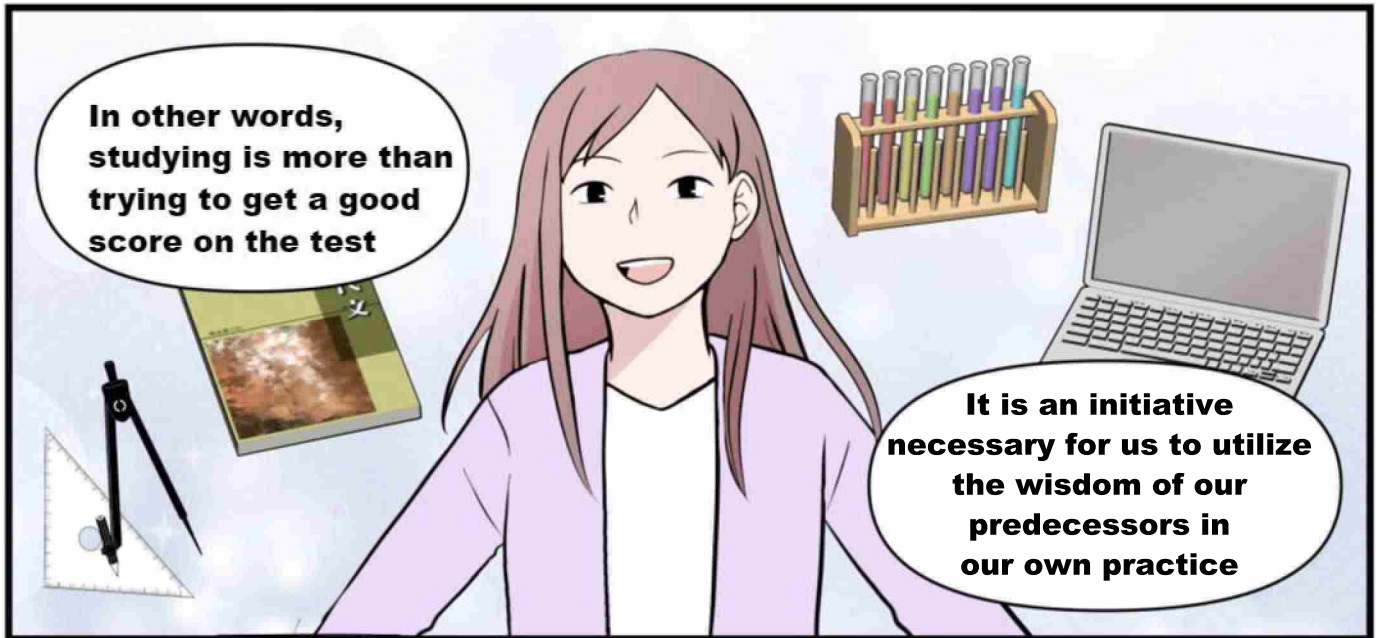
That way people don't have to make same mistakes as the forefathers

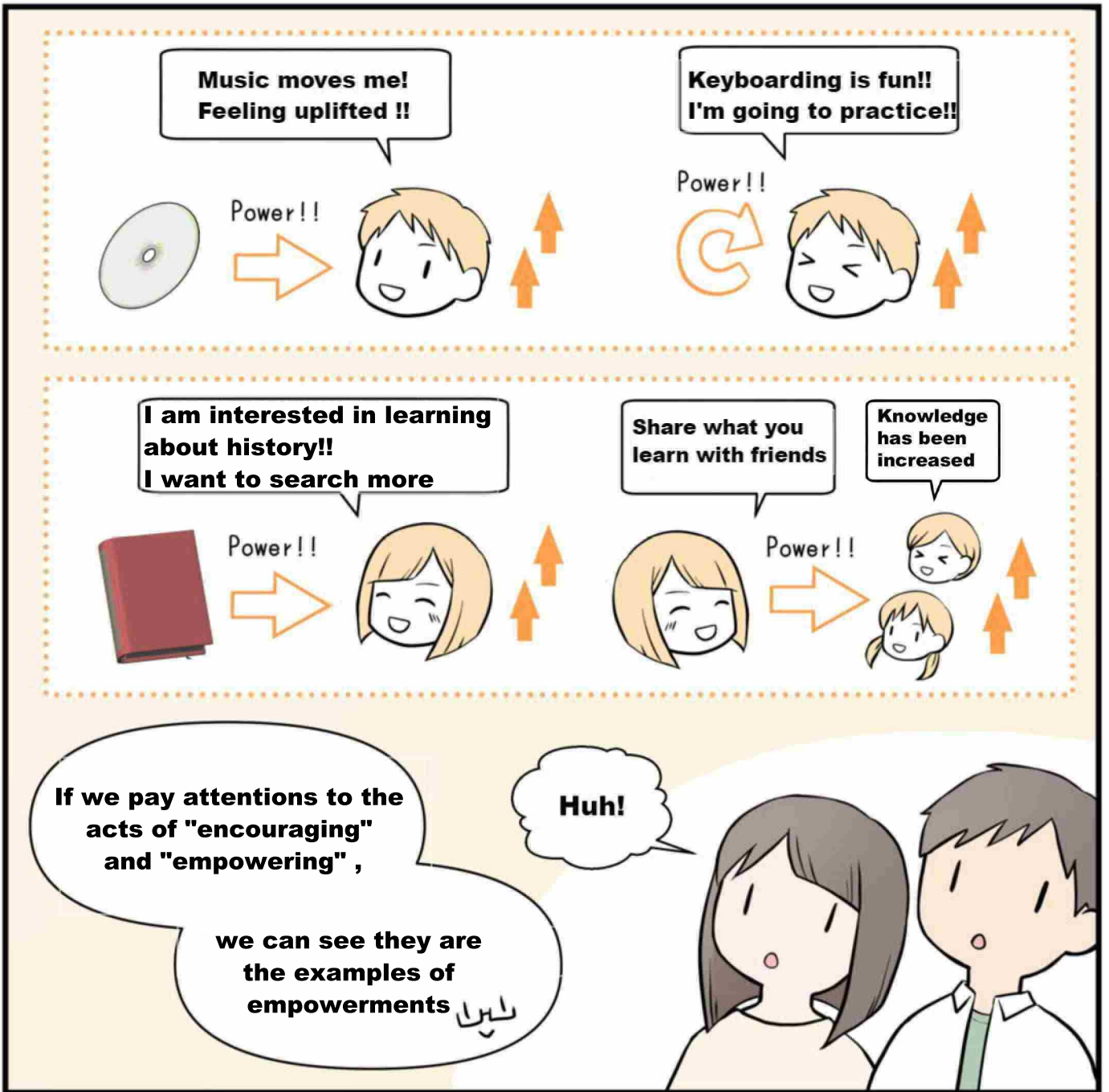
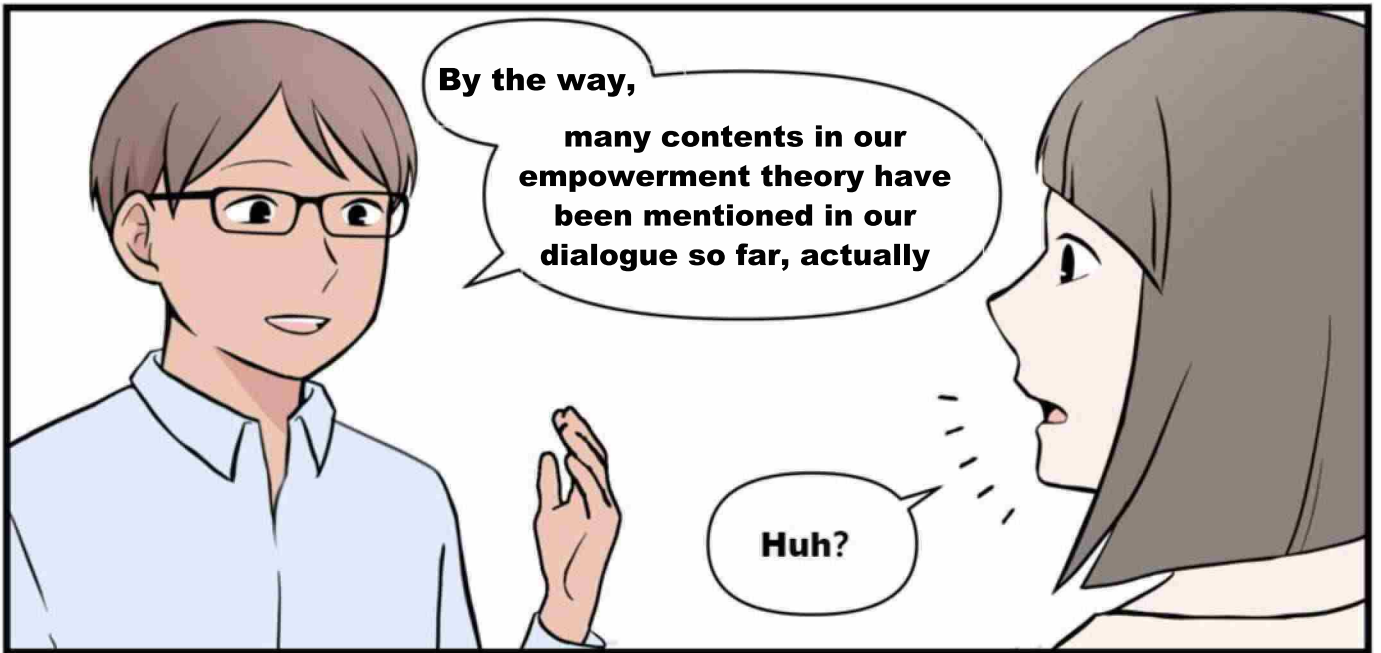
Because they have mastered the existed skills in advance

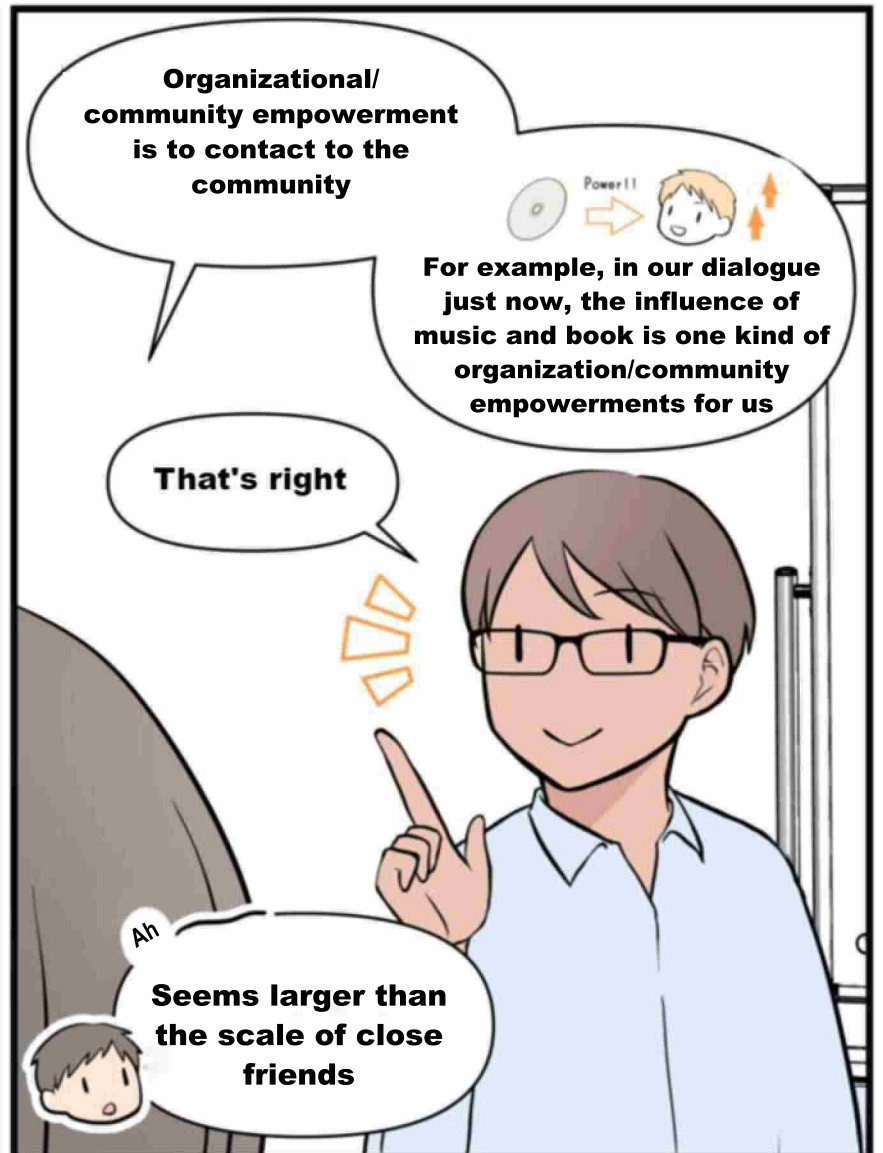
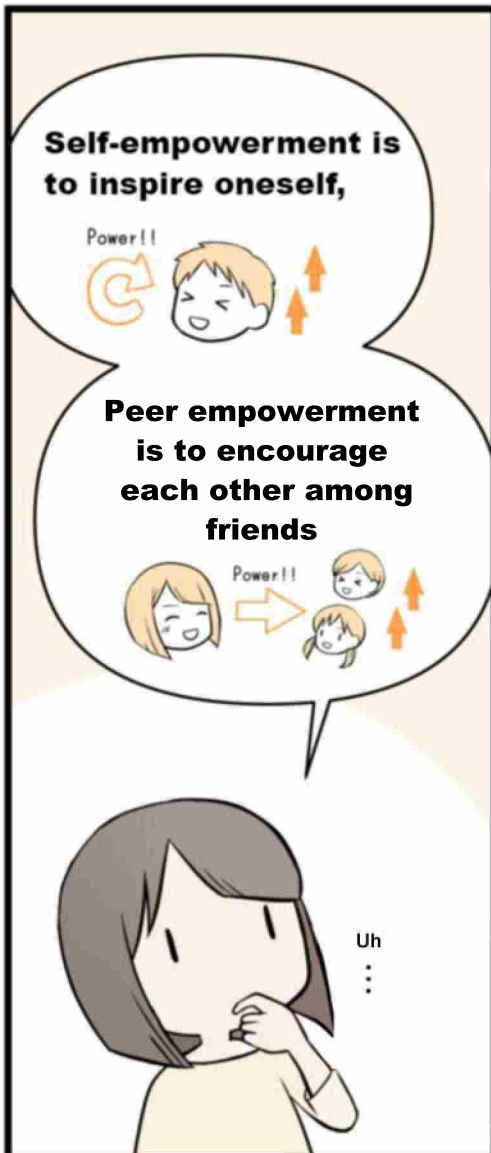
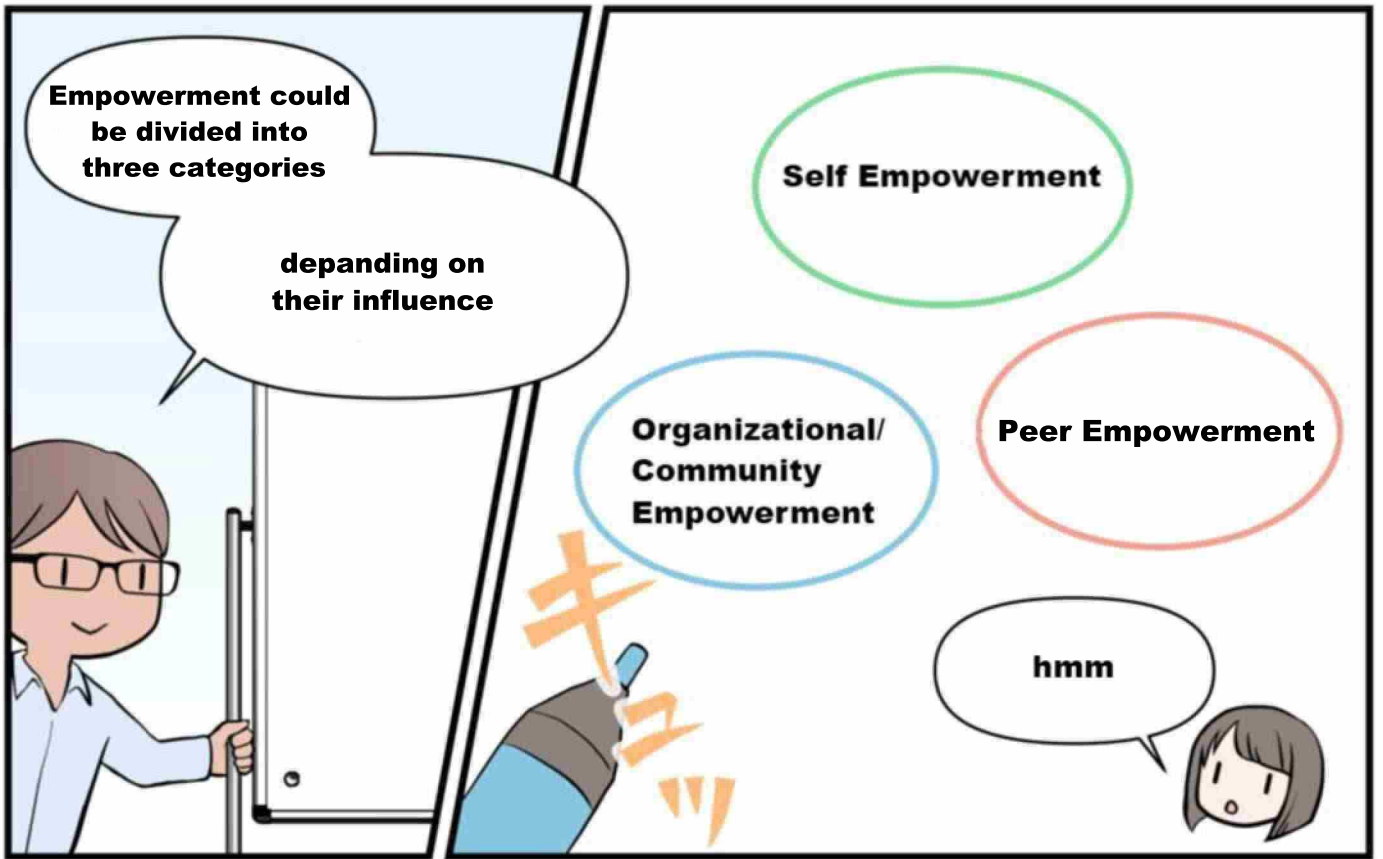
Therefore, people have the same amount of time to prepare for new challenge

The process is called "social learning"









However, although classified, all empowerments are interconnected



Sister...
Let's see

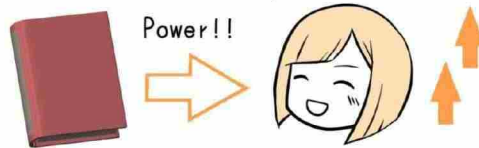
I'm Mei,
and my brother is
Daiki



Do you ever
share the
knowledge

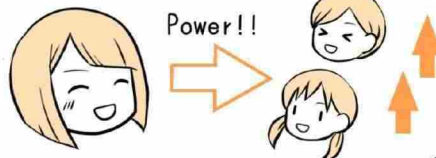
you have gained
with anyone like
the example you
just gave?

I am interested in
learning history!!
I want to search more



Share what you
learn with friends

Increased
Knowledge



Yes,

I will actively
spread my own
knowledge to the
outside

Why you wanted
to do that?

Why?

Let me see...



I spreaded my knowledge because it is convenient and I was very excited

so that I wanted to share the feeling to the others

Enjoy with everyone, and so on. These are such reasons, maybe

Wow ———— !!

Listen me!

And maybe a little bit of a need for approval

Not a little bit at all

いざいざ

There are a lot of reasons

We could share with varietious people, including families, friends,unspecied number of social networking sites

Moreover, the people you shared with also have a strong tend to share it with their surroundings

People have a satisfaction that can only be filled by interacting with others

I'm running a little short on this one ...

**In the story of Robinson Crusoe,
the ship sinks and he is washed
up alone on a deserted island**



**It is not enough even we
have food**



**We want nourishment for
our minds and the meaning
of life**

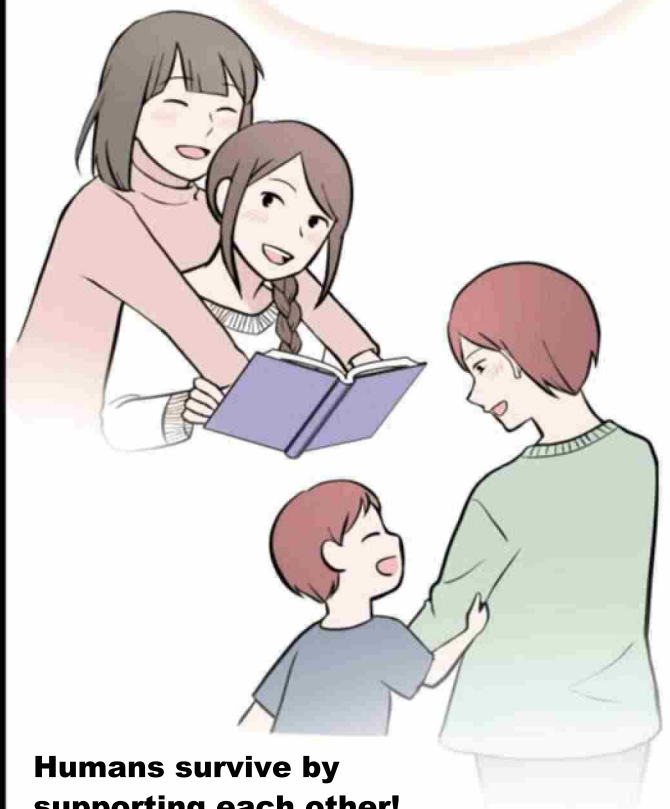
**However, nourishment of the mind
could not be obtained by oneself**

**The satisfaction you
get by yourself could
not keep you going on**



**I am willing to hear someone tell
me I am wonderful,
I am willing to hear someone tell
me I am helpful
for them**

**I'm here
because of you**



**Humans survive by
supporting each other!**

There's the feeling of wanting praise,
but there's also the feeling that when the other person is happy it makes you happy, too

Let me give you some more

もっとあげようかな

We want to be praised, pleased, and needed

because of such desires, we are willing to expand our own knowledge and enjoyment!

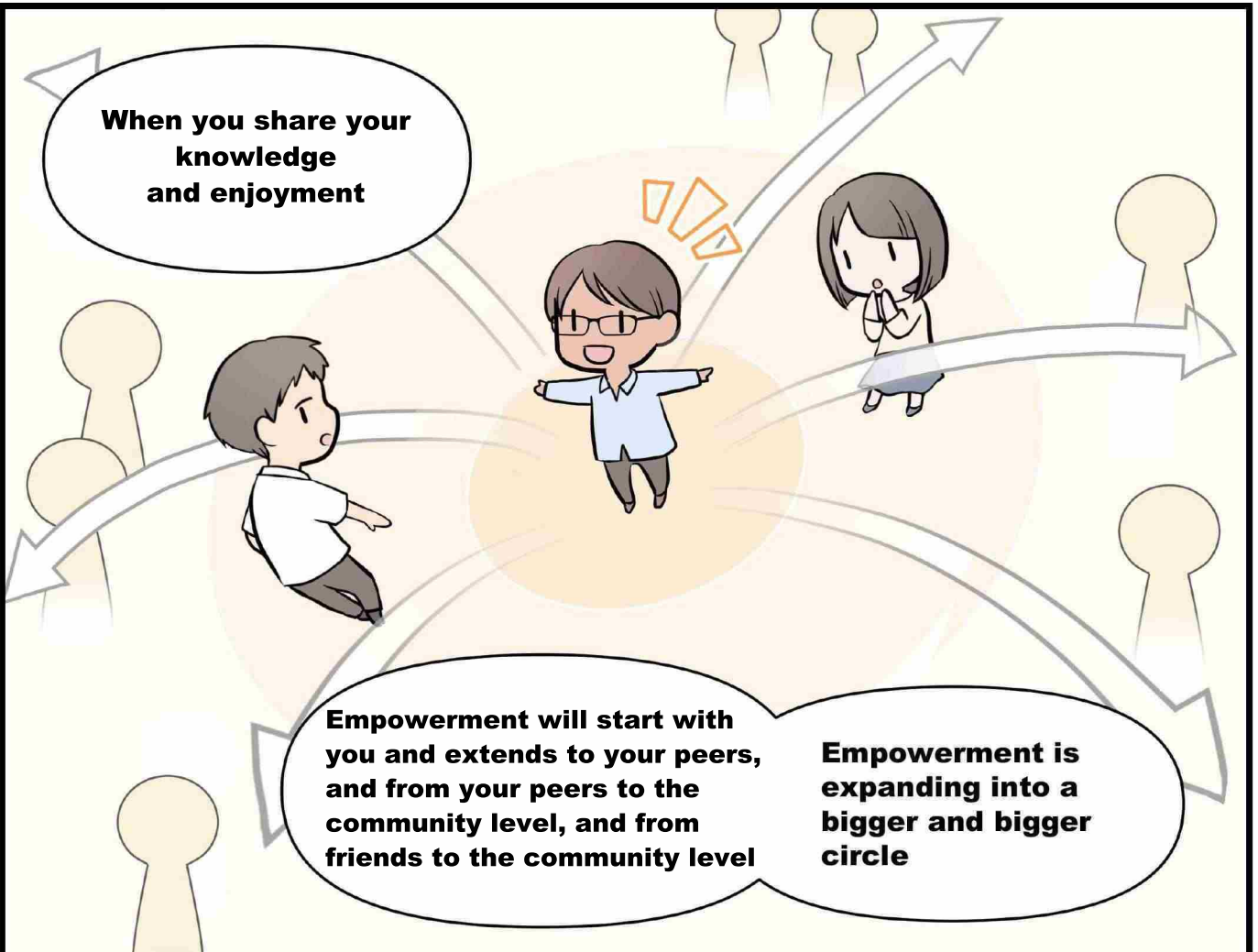


When you share your knowledge and enjoyment



Empowerment will start with you and extends to your peers, and from your peers to the community level, and from friends to the community level

Empowerment is expanding into a bigger and bigger circle

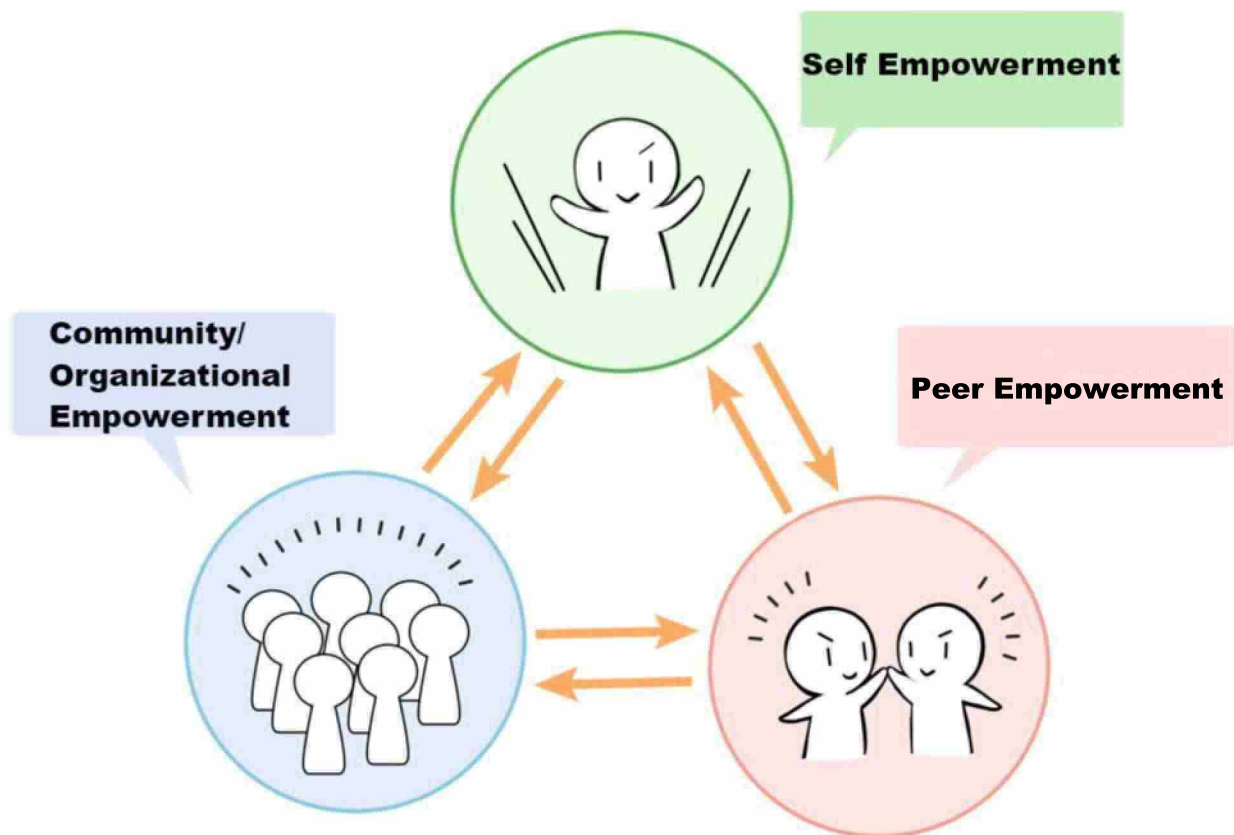


Empowerment Overview Reflection

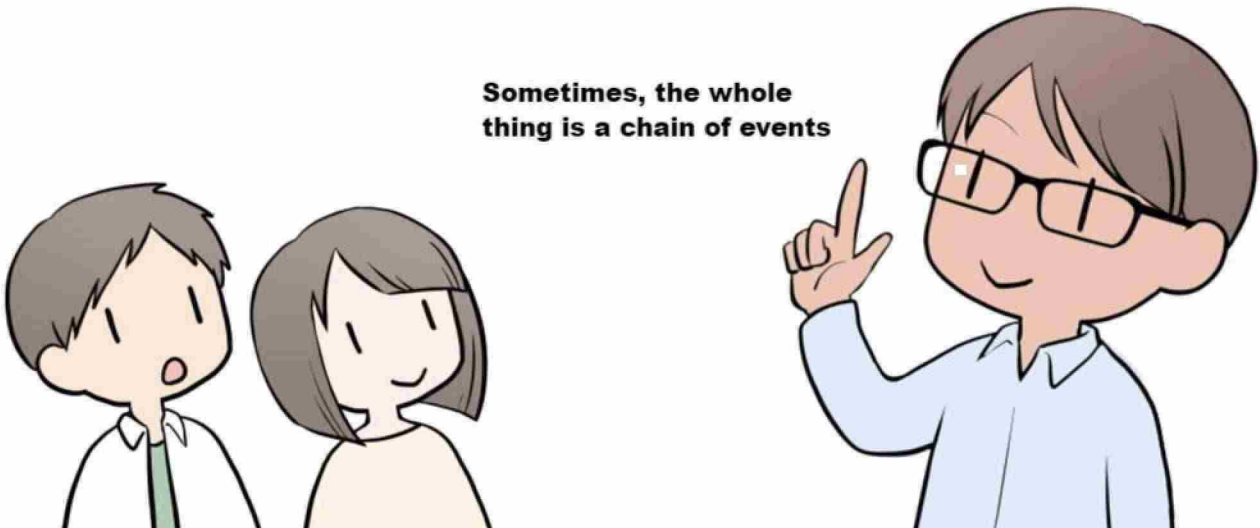
“Empowerment”

... Inspiring oneself and others, drawing out power, and letting power spring forth

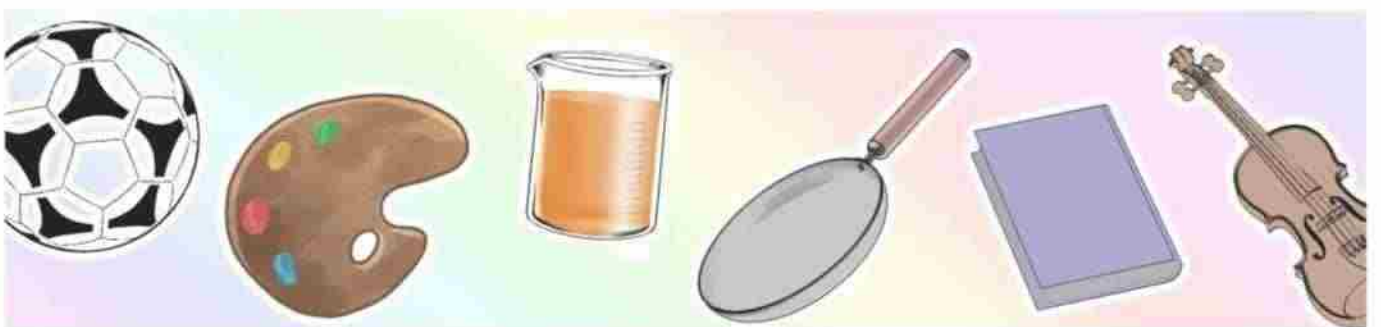
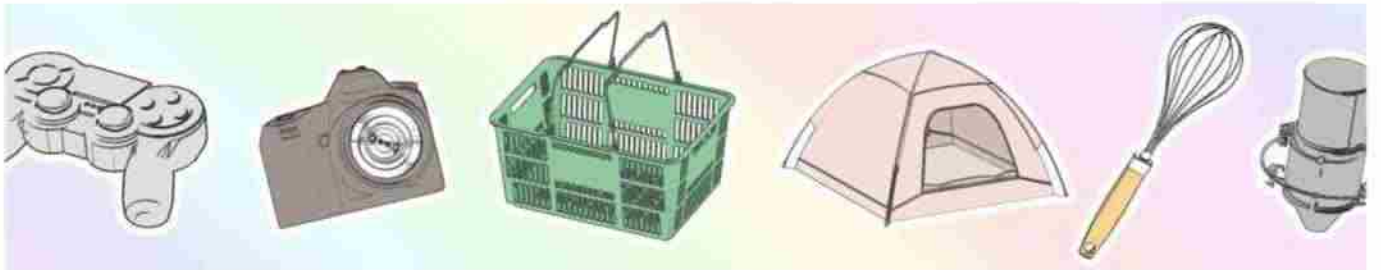
- ◇ I was moved by reading a book
- ◇ I felt energized after eating delicious rice
- ◇ I got more knowledge and wanted to research more
- ◇ I had a lot of fun at clubs and bands
- ◇ I got a sense of fulfillment from participating in volunteer activities, etc

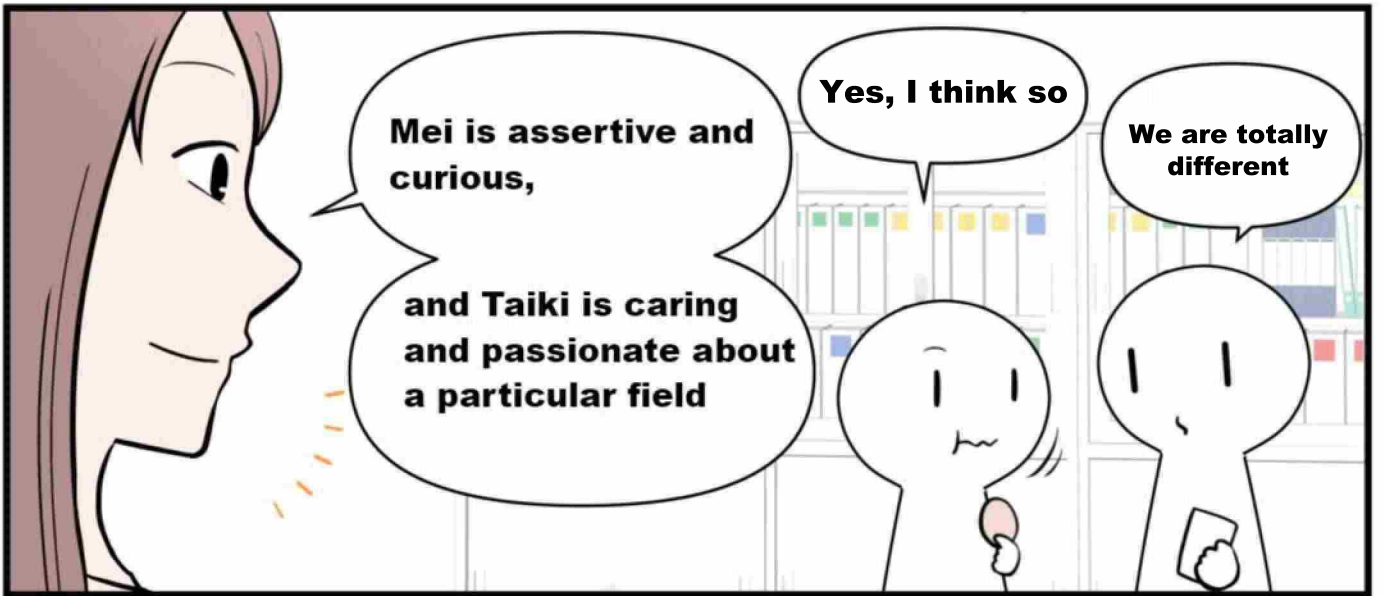
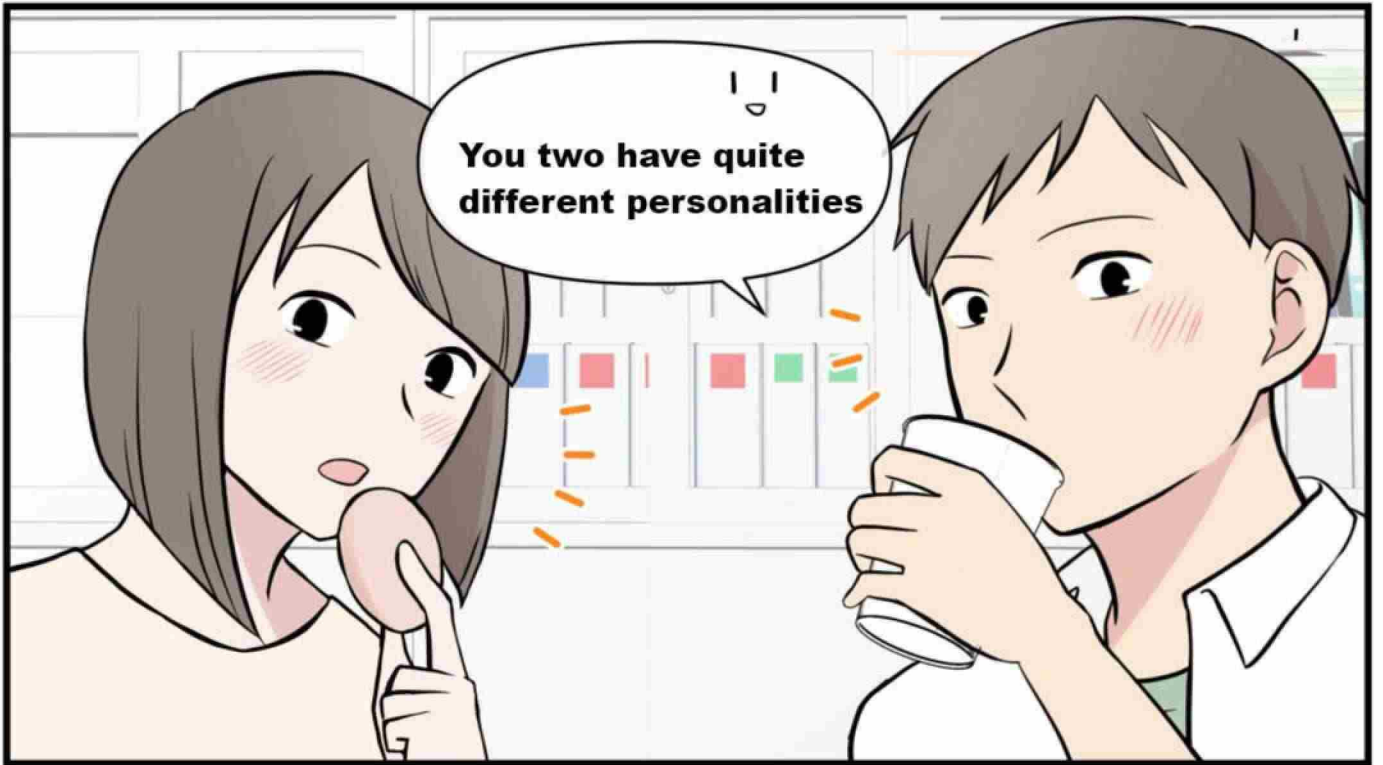
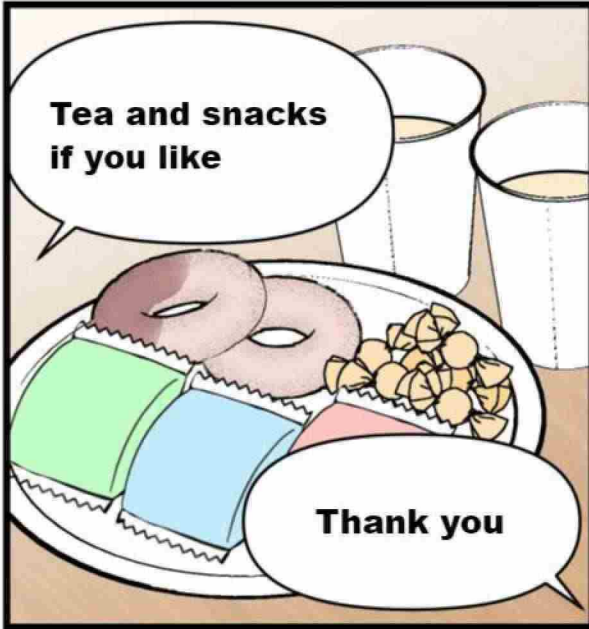


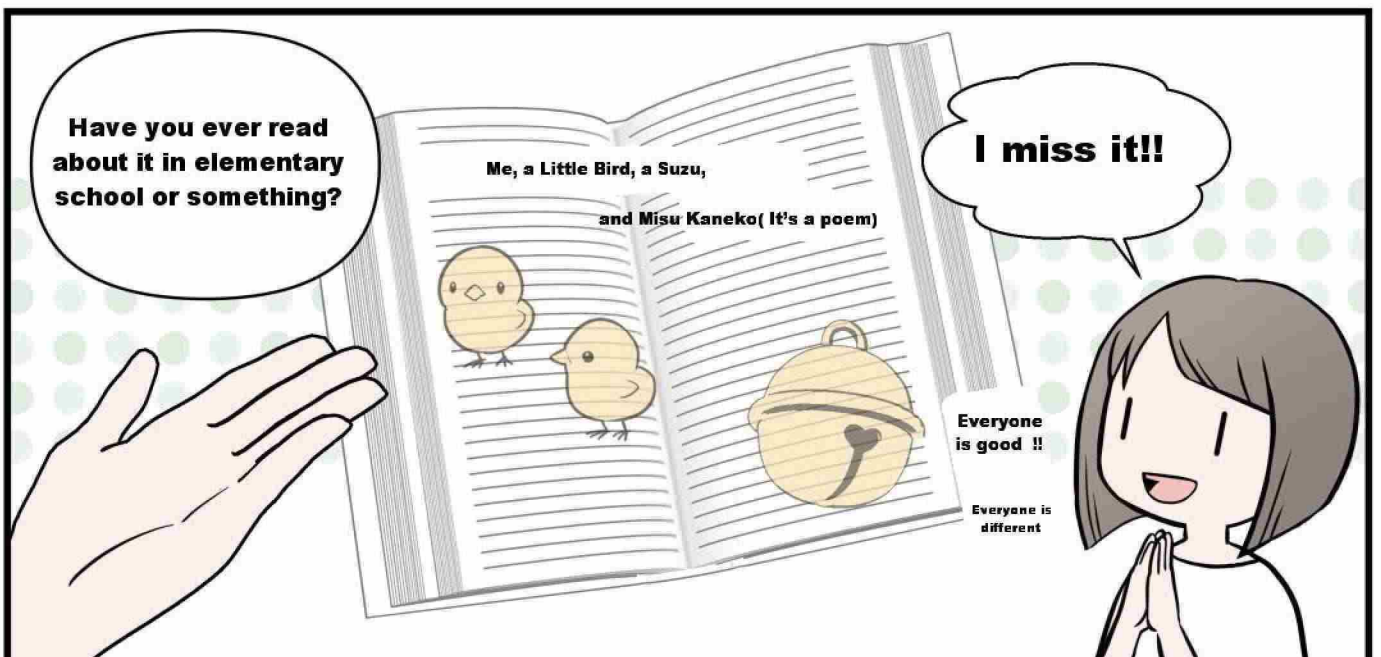
Sometimes, the whole thing is a chain of events



Chapter 2: Diversity and Empowerment







When we inspire each other, it's not more exciting to be in the same groove

I think diversity is good, of course

Sometimes we get along well because we're similar,

but it's hard to face a wall when we have the same disadvantages

Can you do it ?

Oh, I see

I can't do it

Because each of us has different strengths, we can often help each other

Big and timid

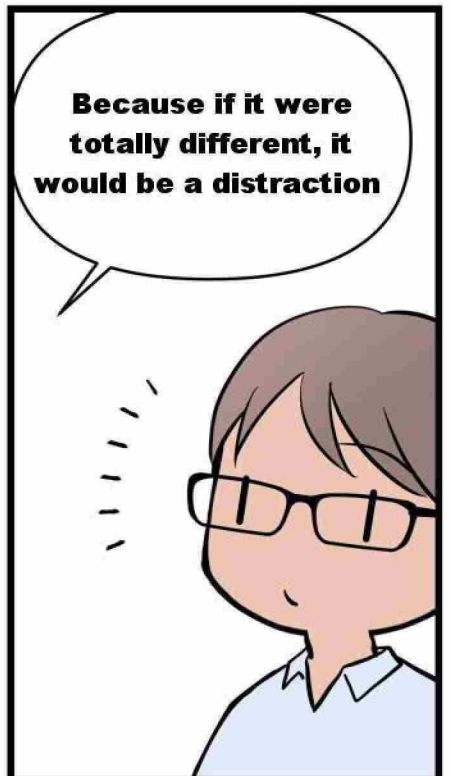
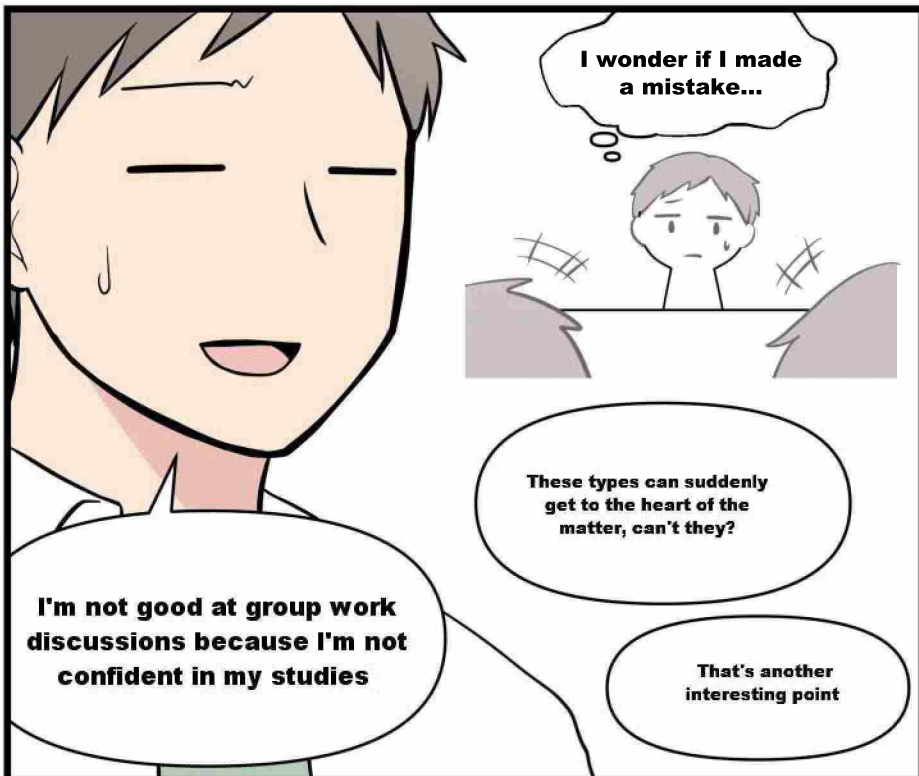
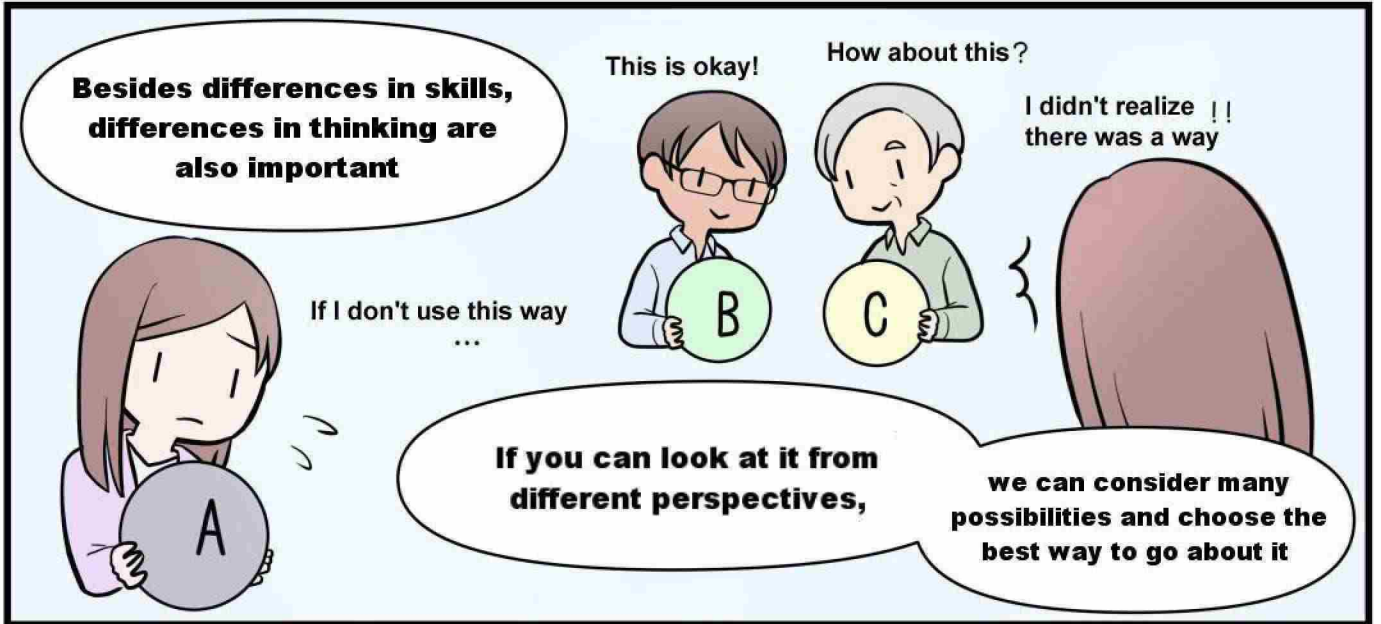
Small but full of courage

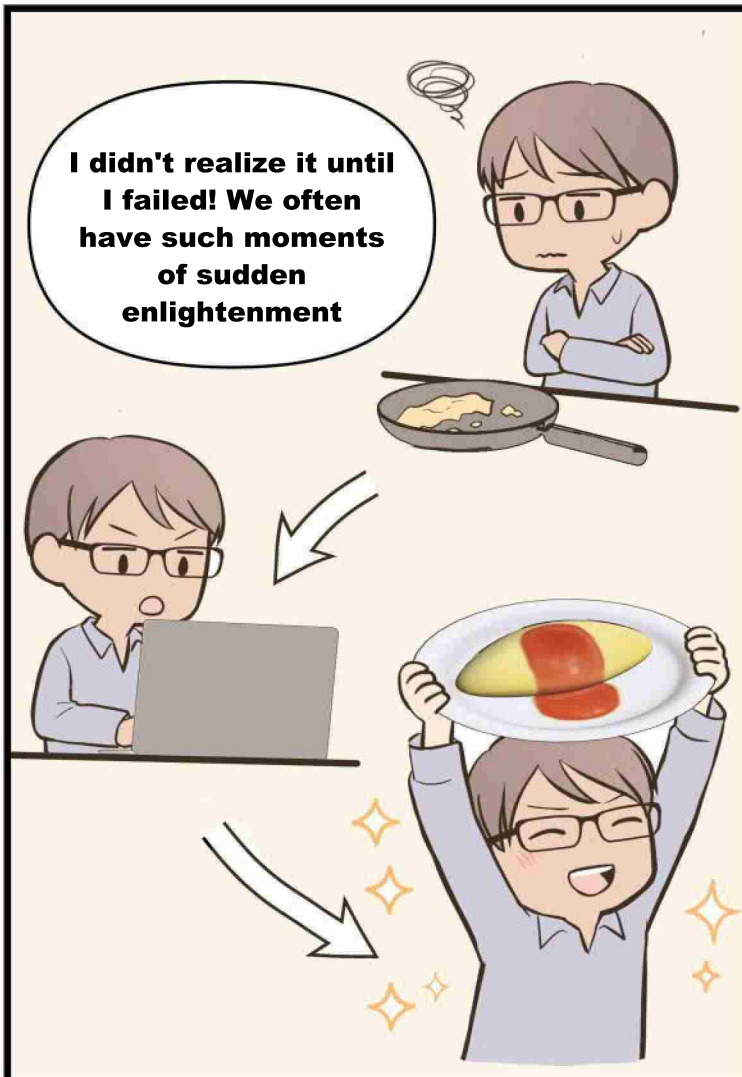
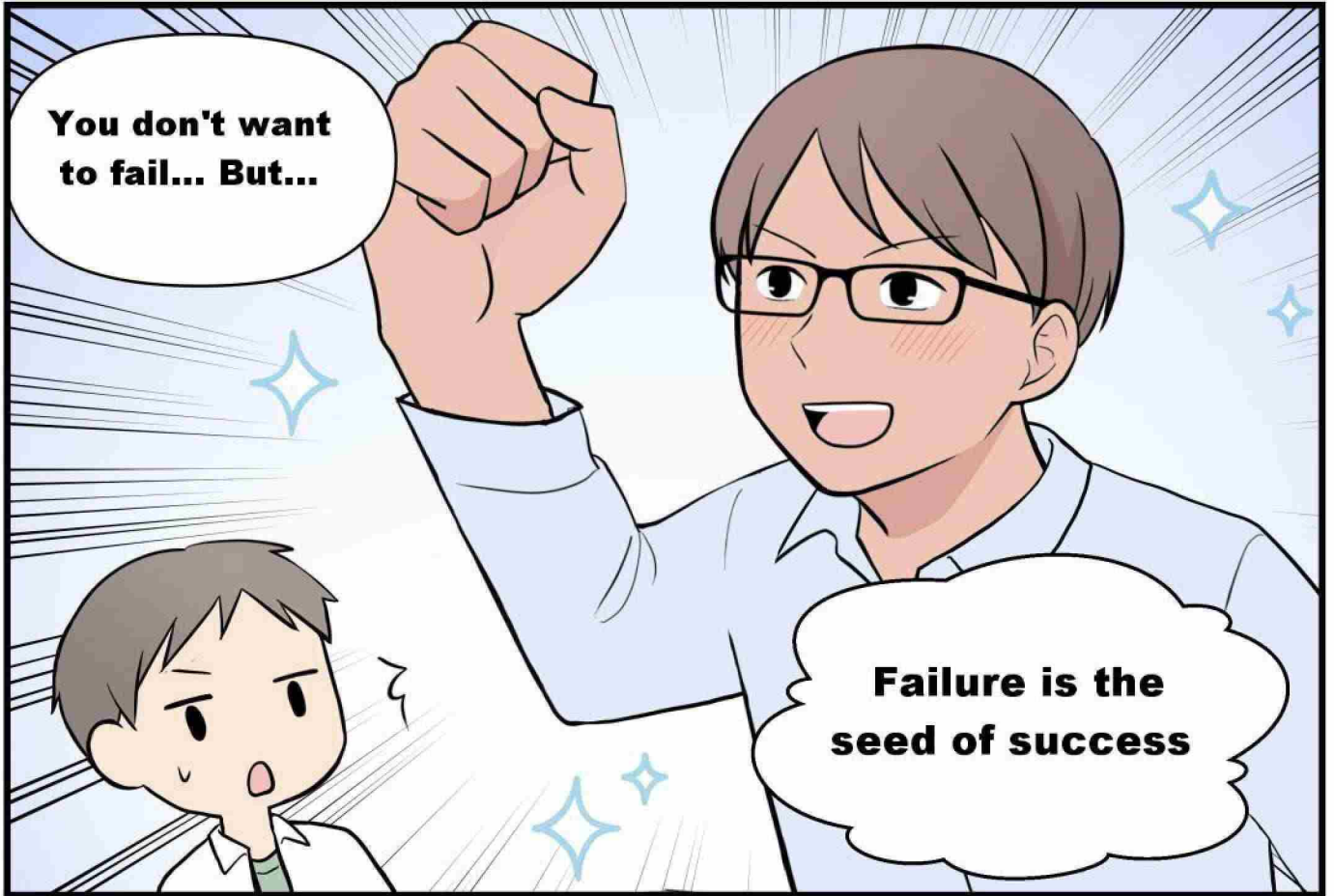
It's all right

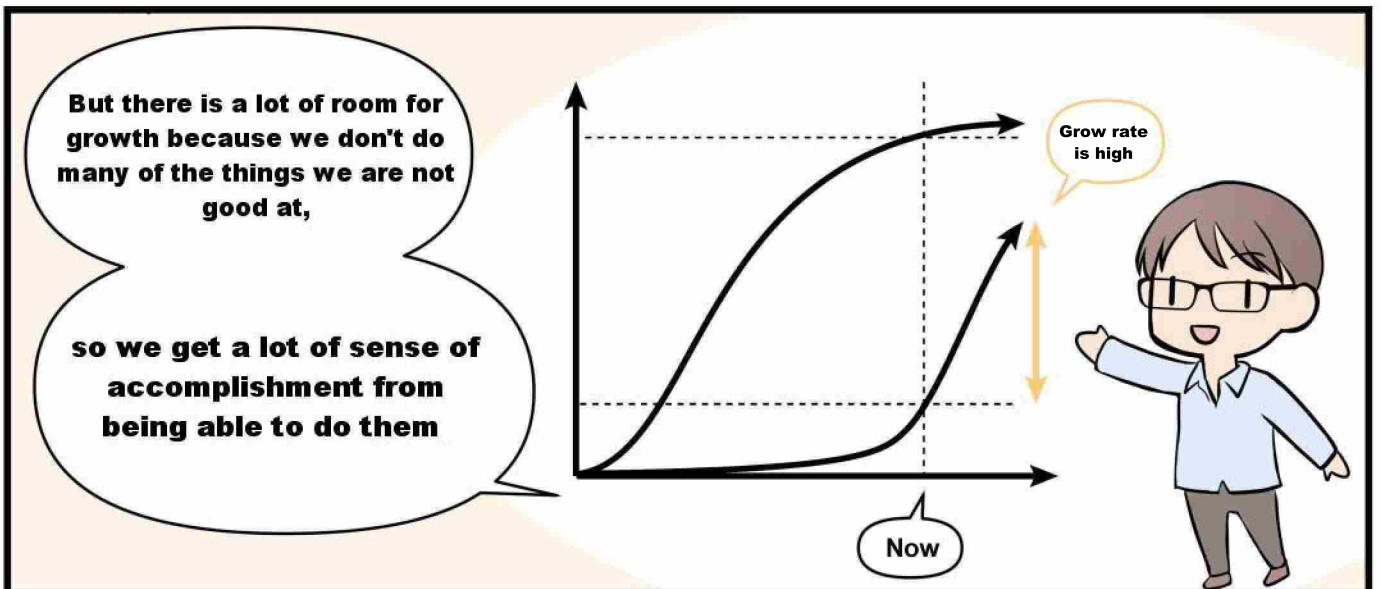
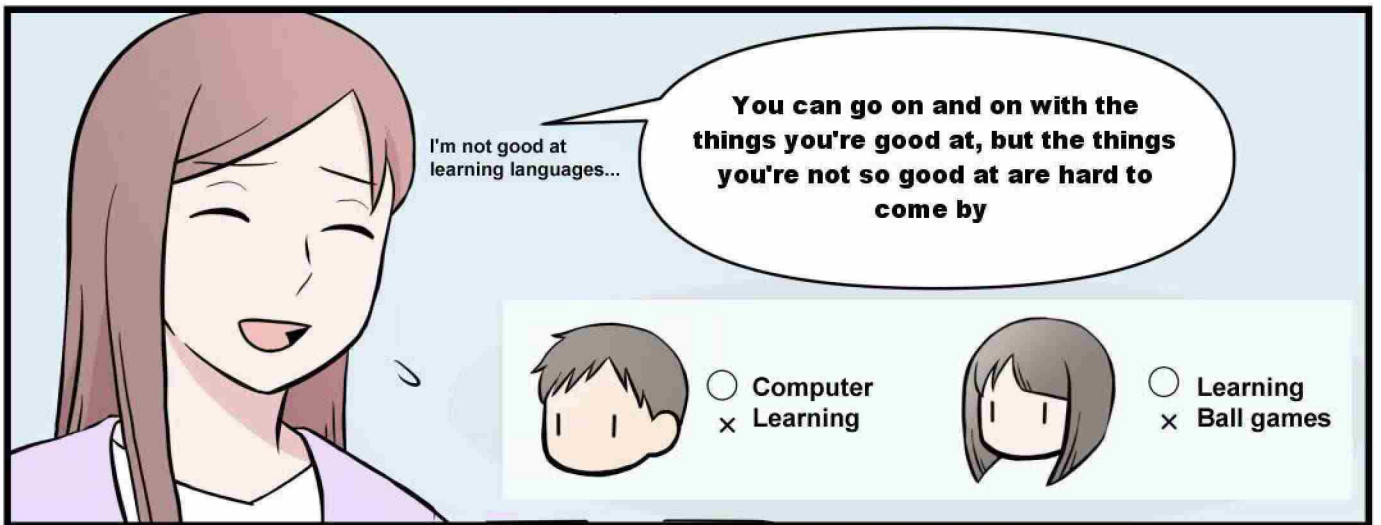
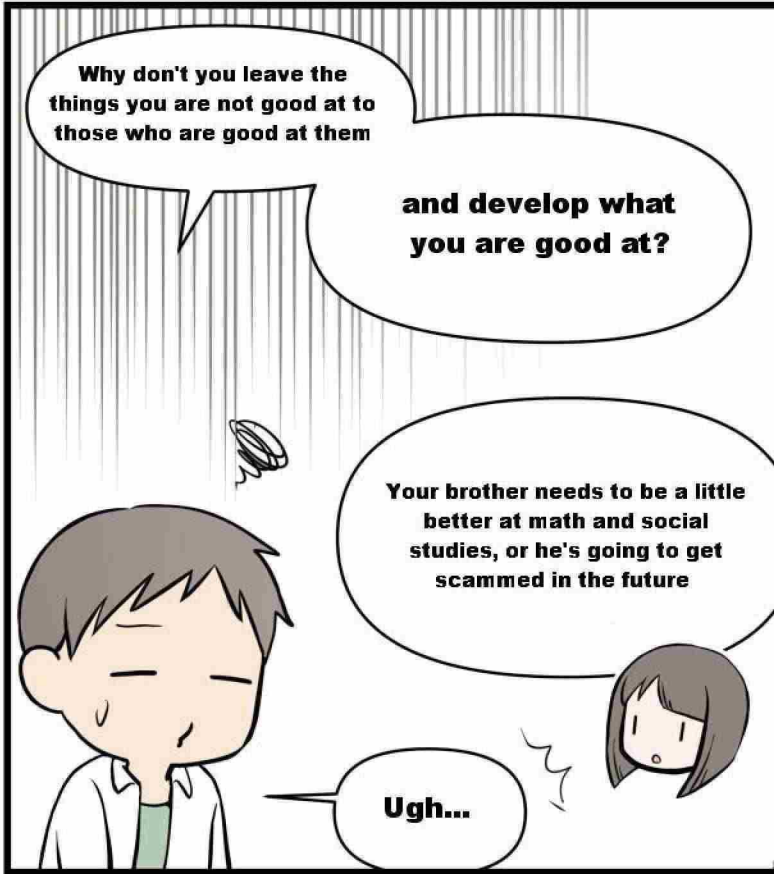
Even though you and Daiki's band are similar in the sense that you both love music, there are some songs that you can do because you have different parts that you are good at

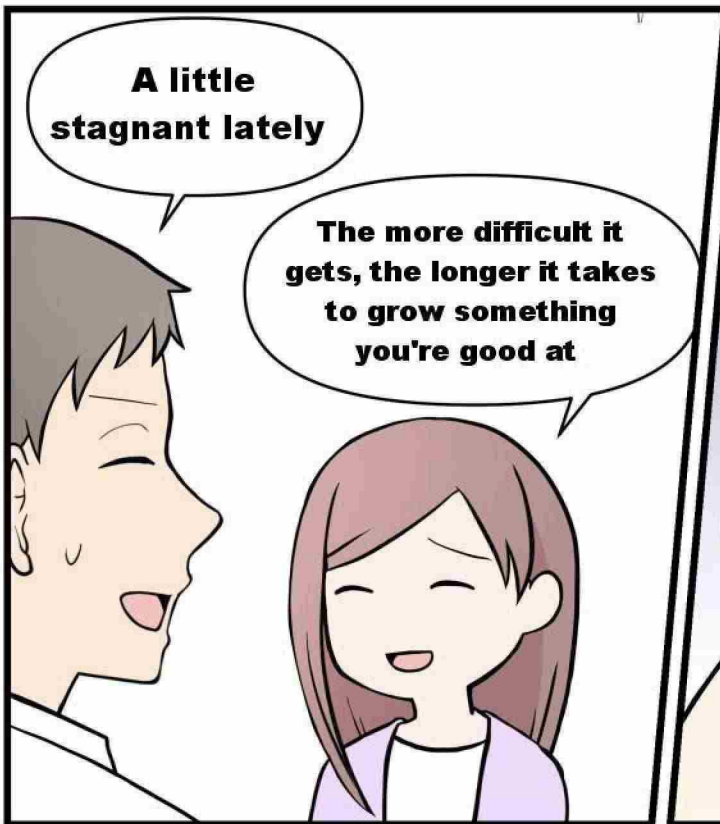
Let's go ——— !!

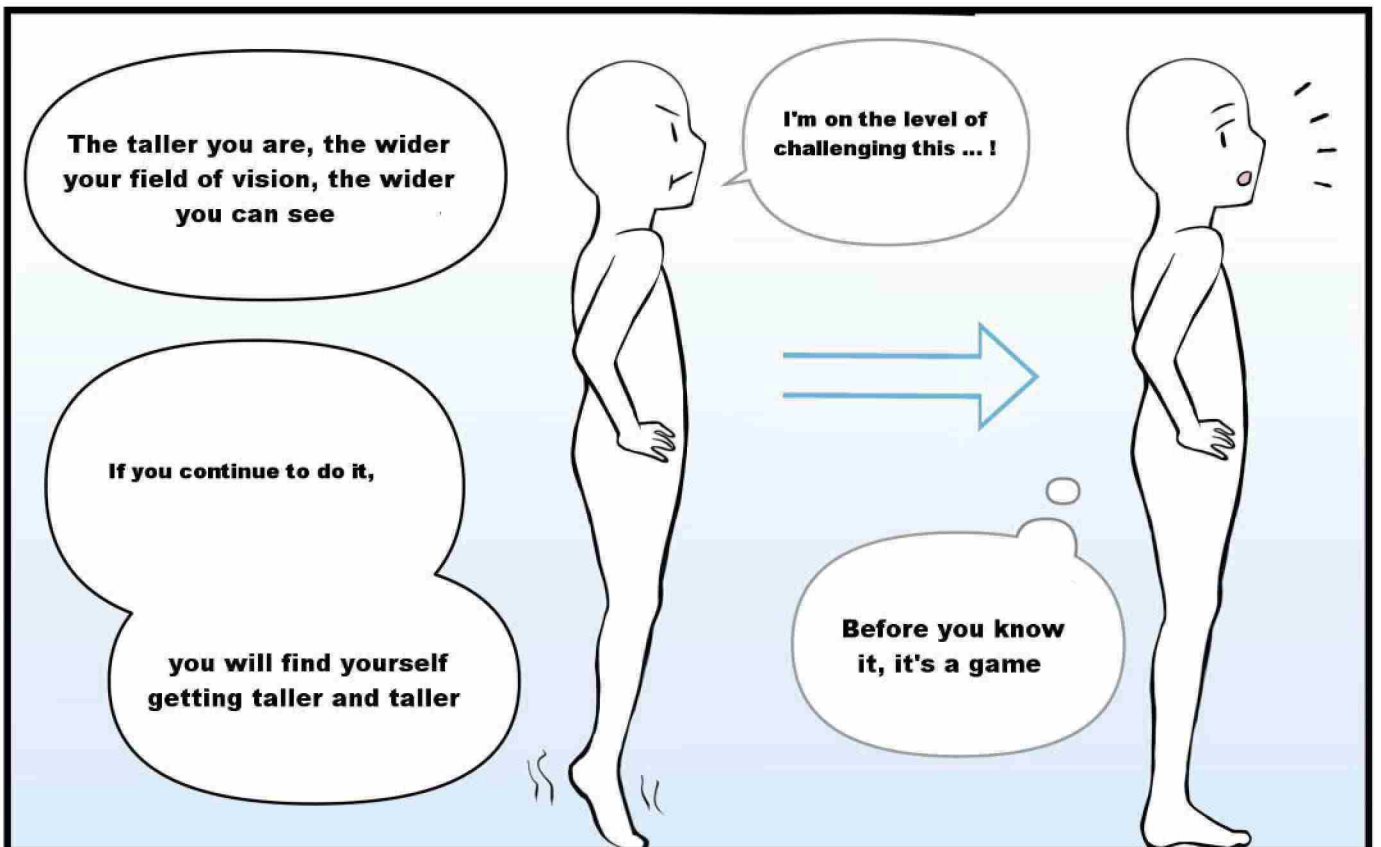
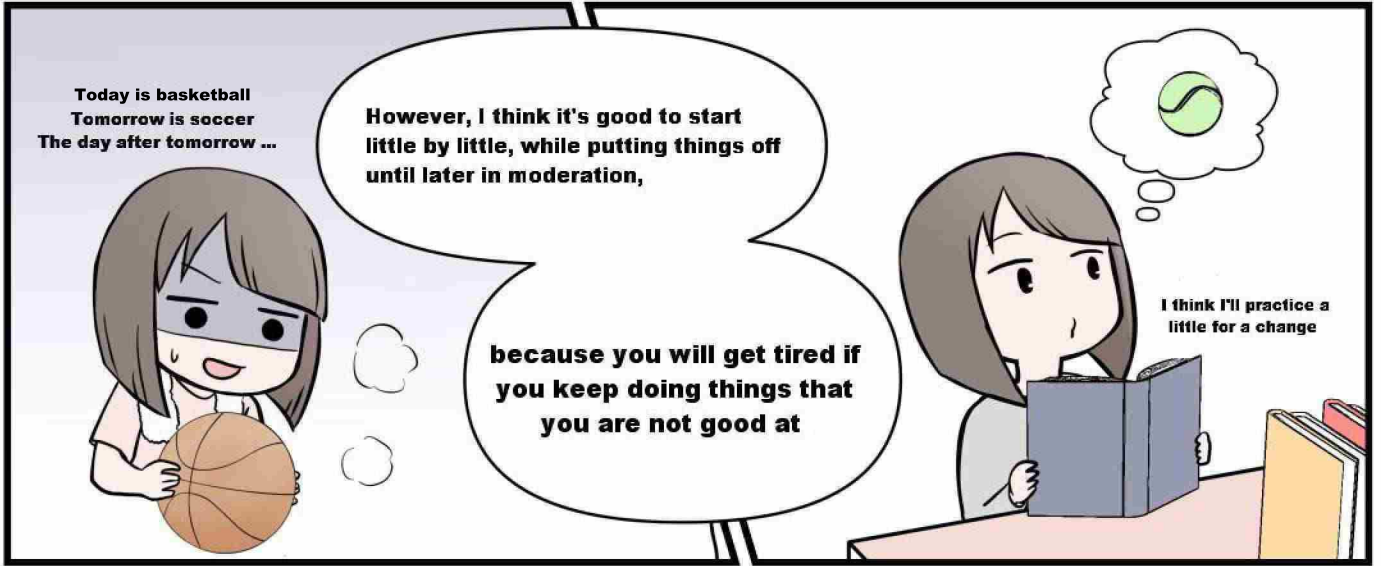
The base is important, but...

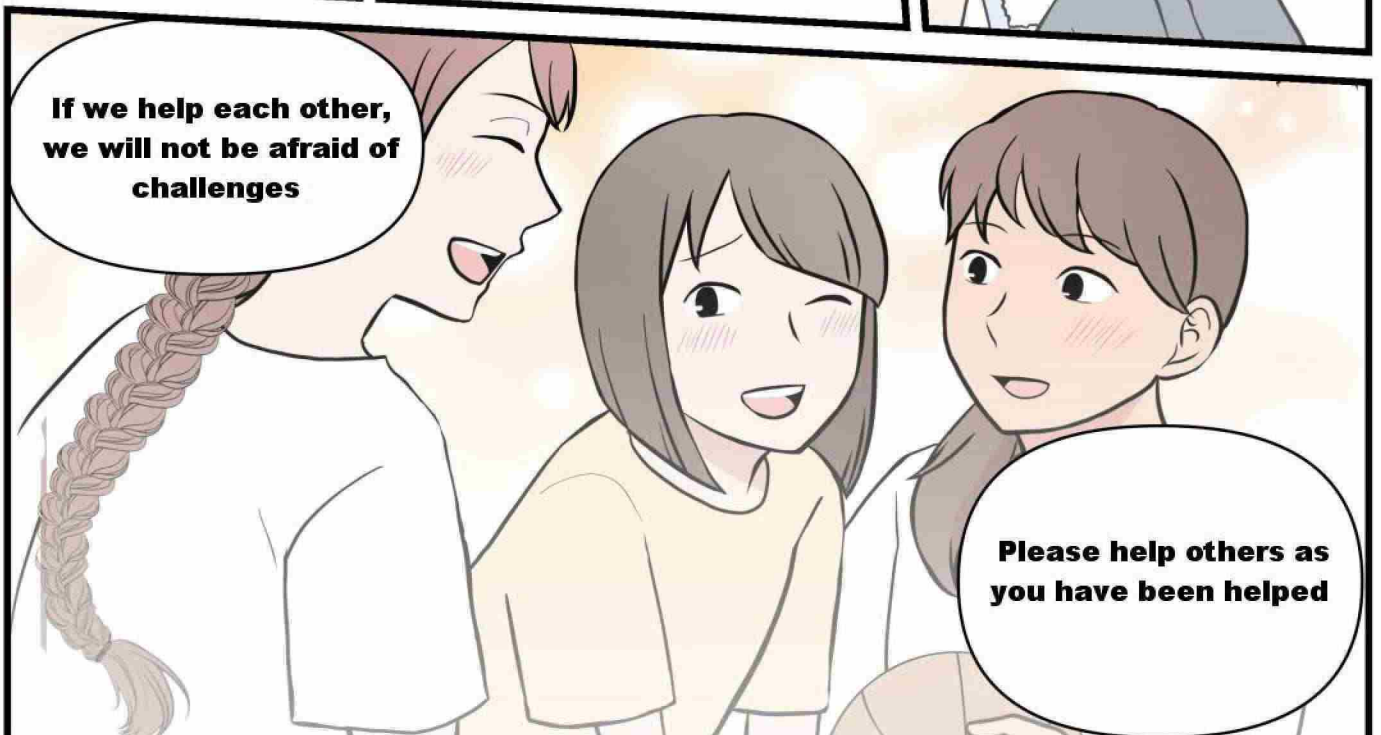
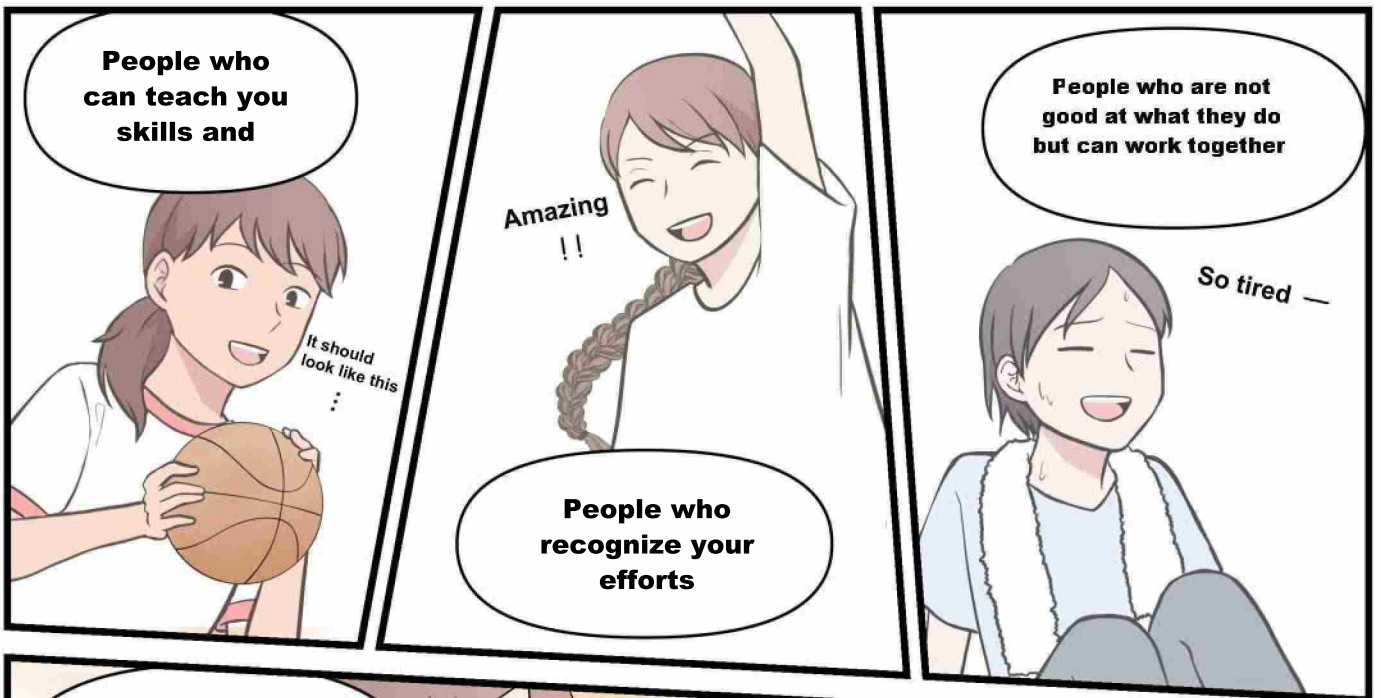
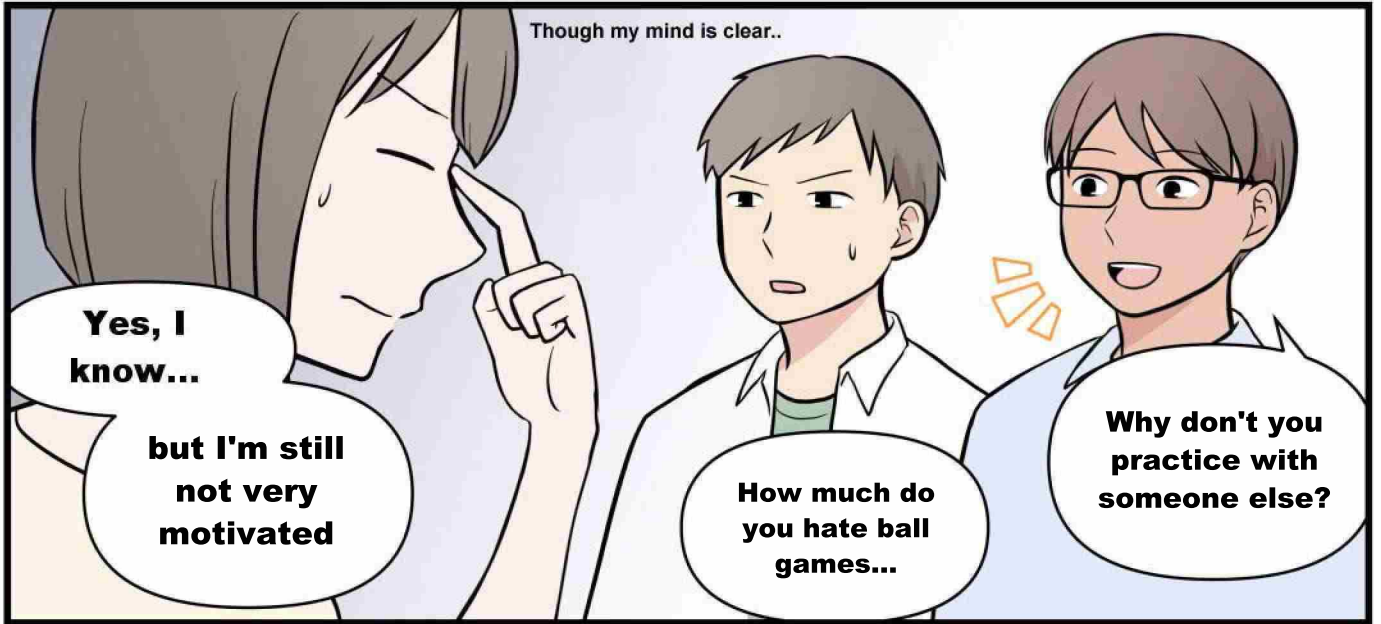






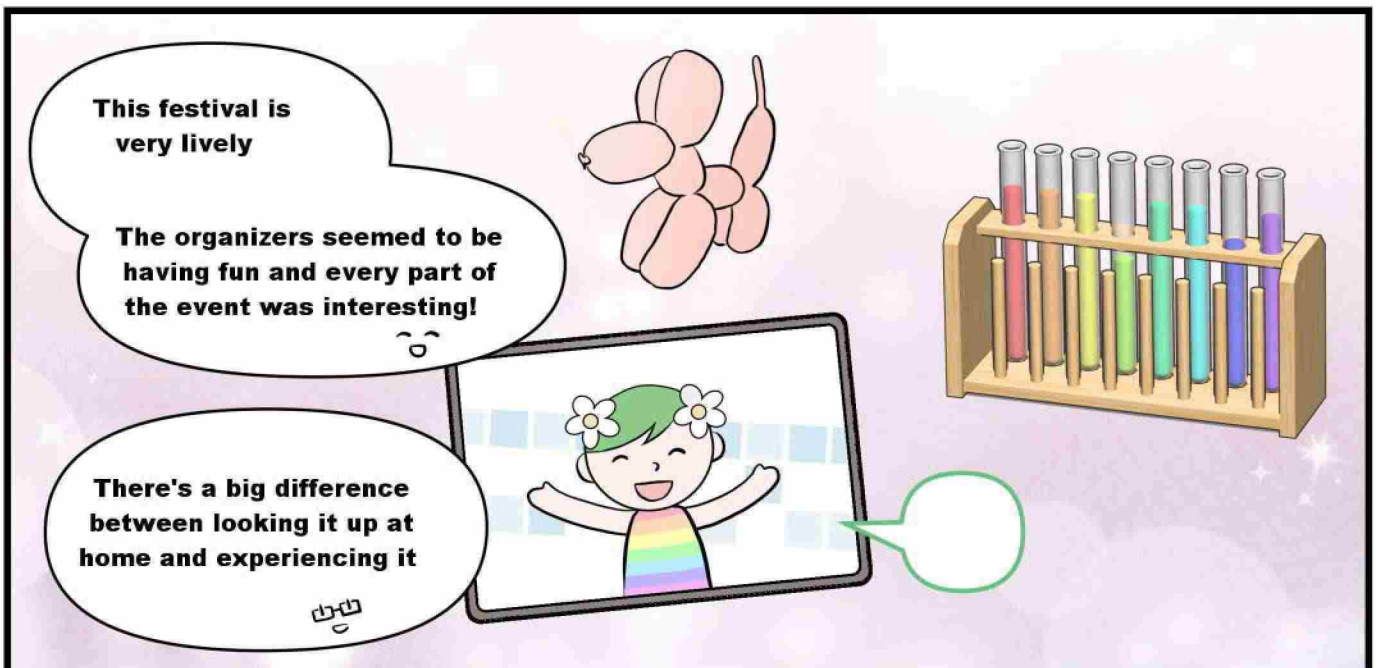
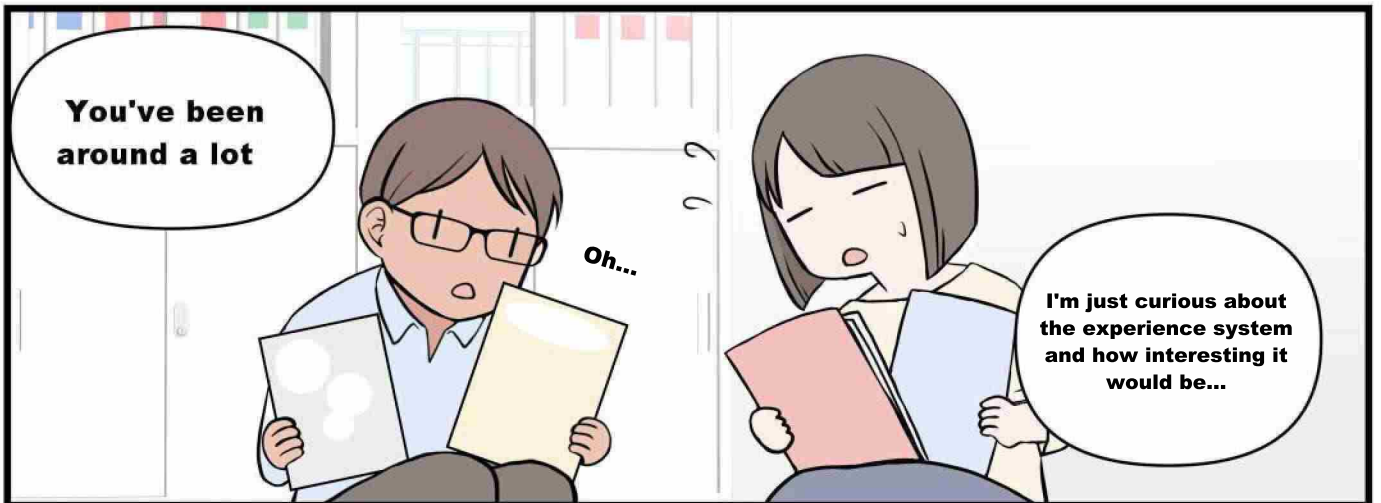
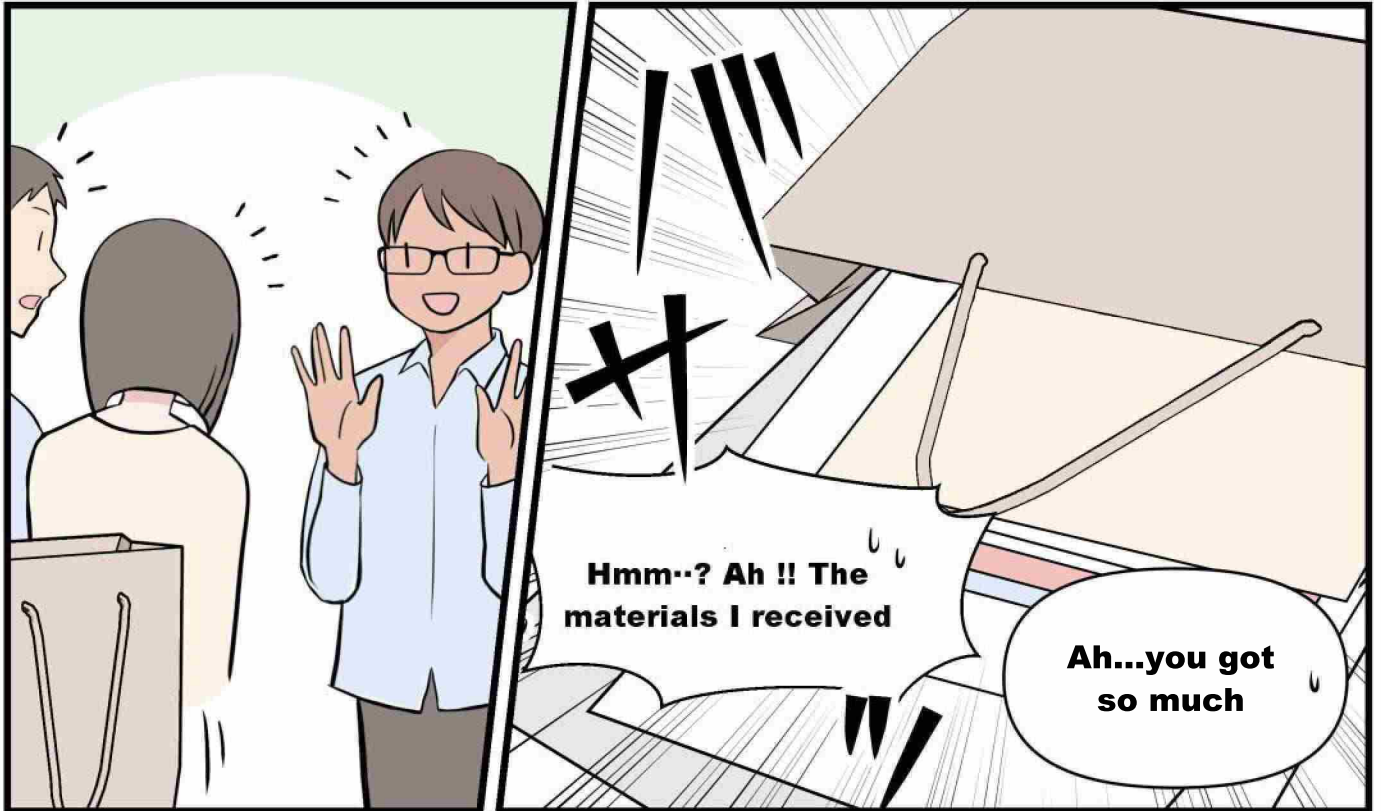


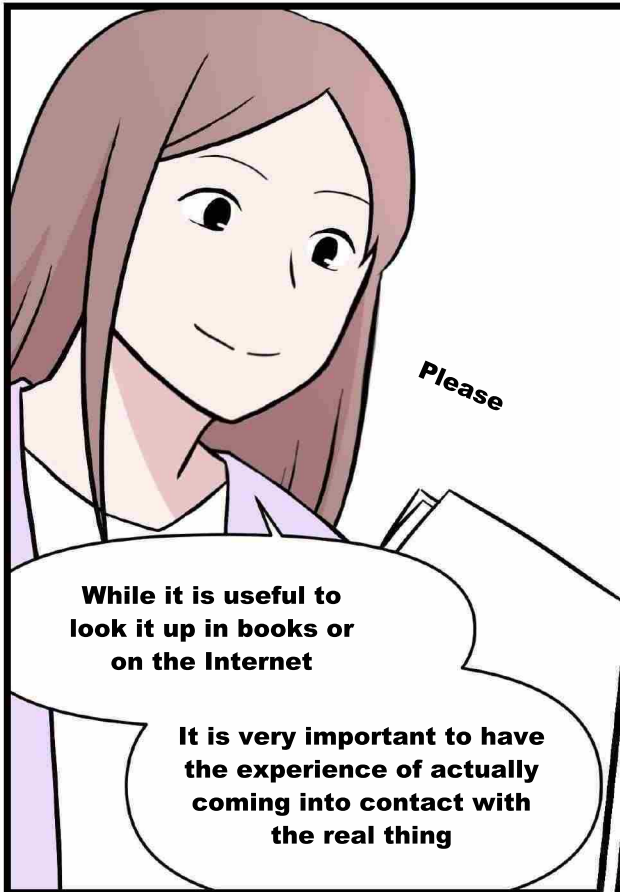




Chapter 3: Real and Virtual Experiences







Please

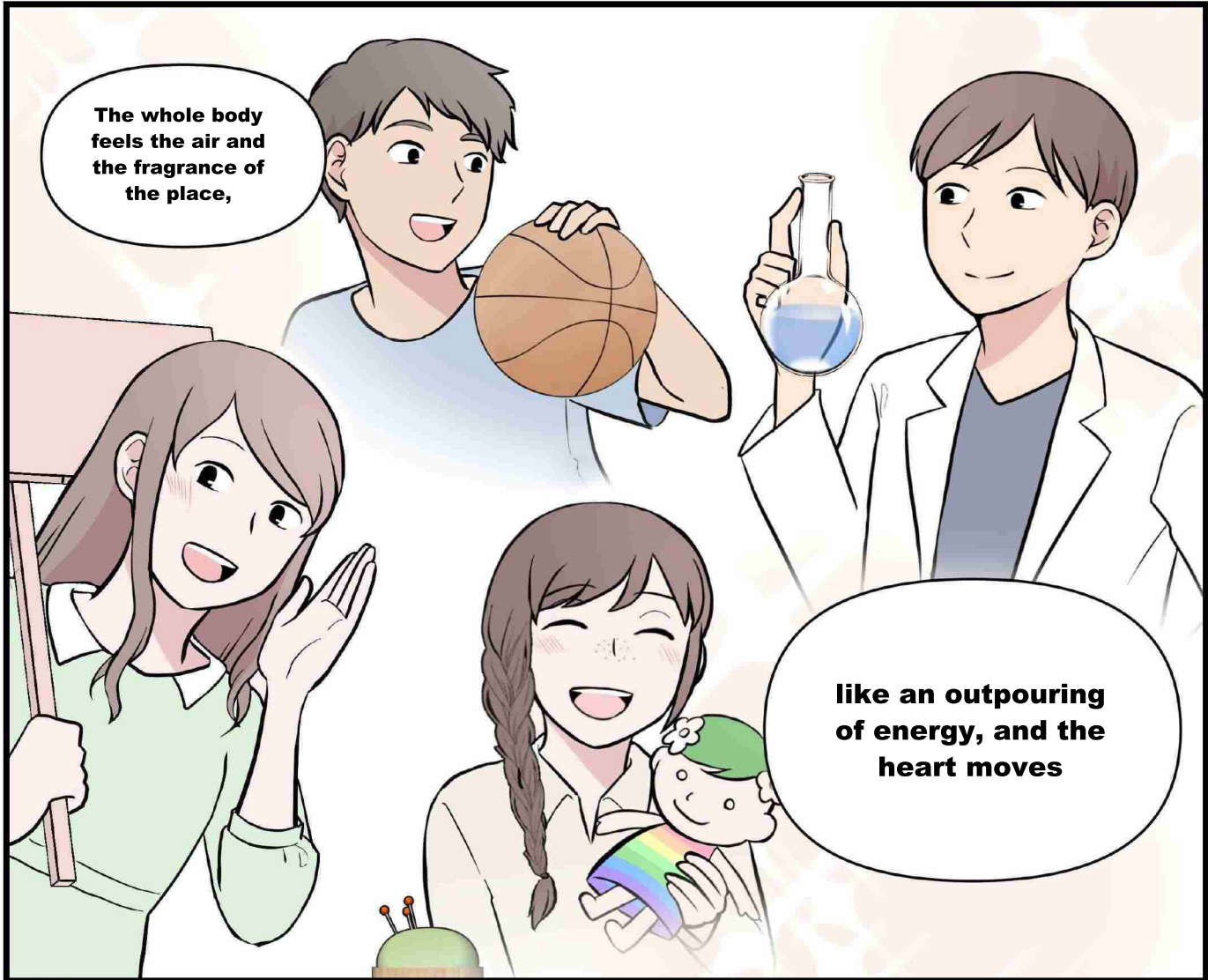
While it is useful to look it up in books or on the Internet

It is very important to have the experience of actually coming into contact with the real thing



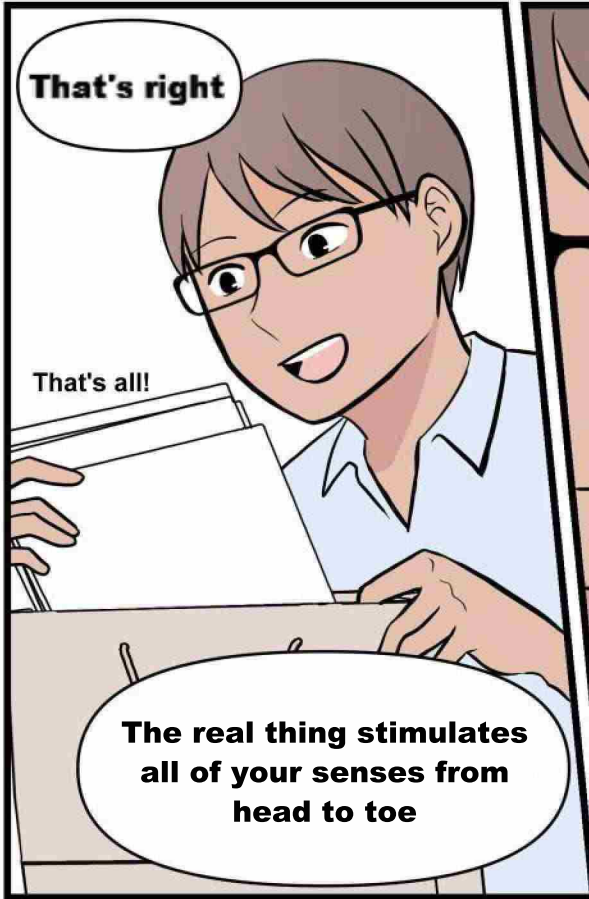
People should perceive things,

not only with their eyes and ears, but with their entire body



The whole body feels the air and the fragrance of the place,

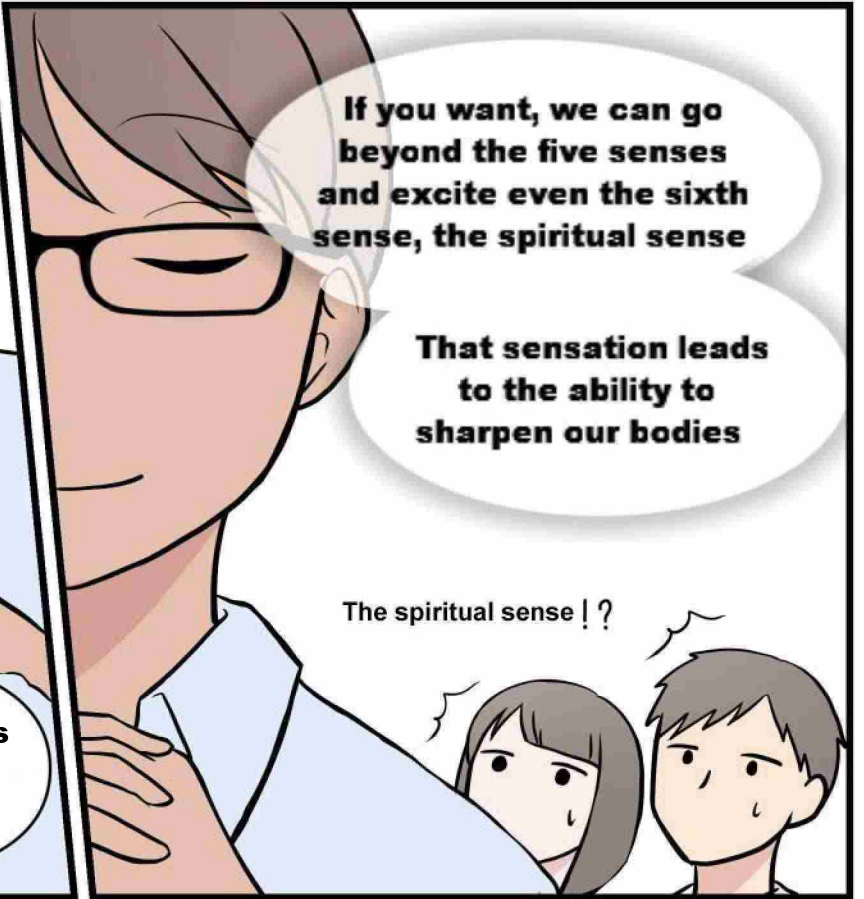
like an outpouring of energy, and the heart moves



That's right

That's all!

The real thing stimulates all of your senses from head to toe



If you want, we can go beyond the five senses and excite even the sixth sense, the spiritual sense

That sensation leads to the ability to sharpen our bodies

The spiritual sense ! ?



All sorts of experiences are important for training the mind

People need nourishment for both the body and the mind

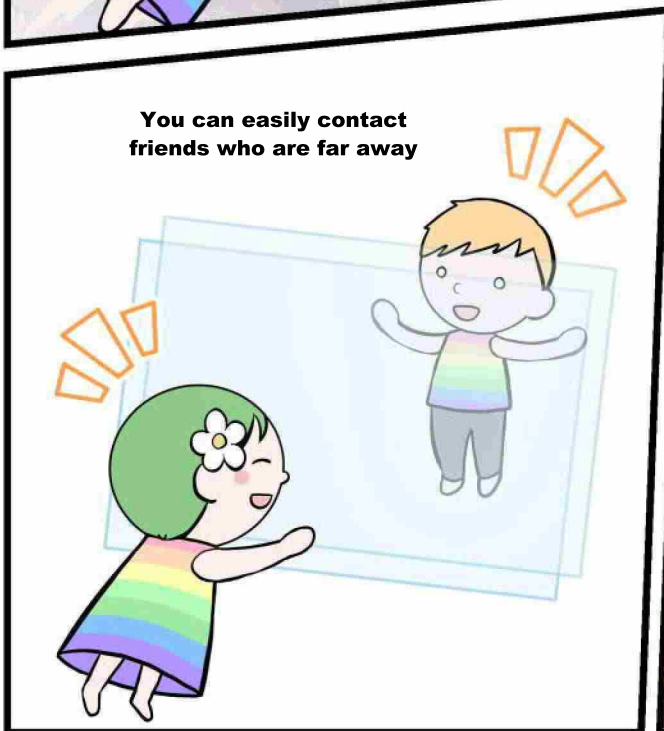
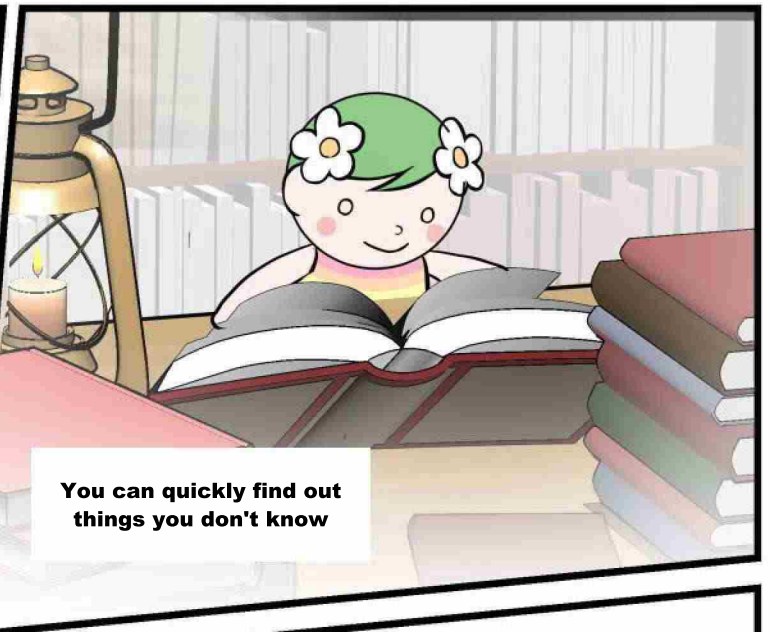
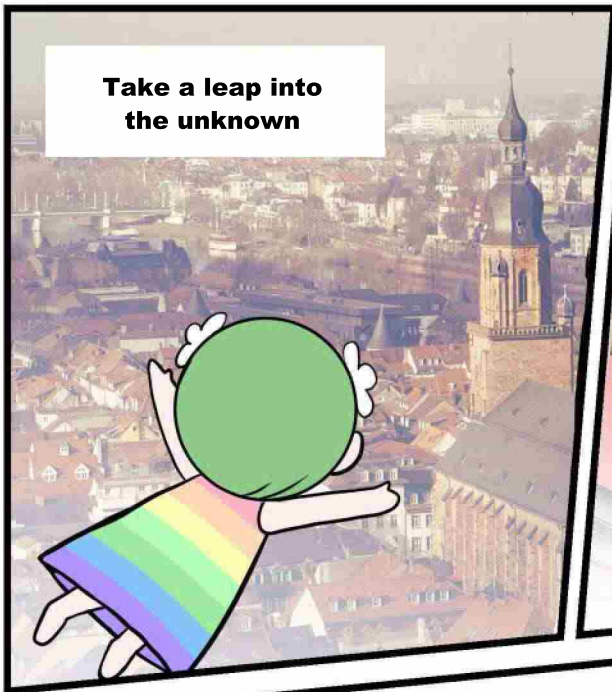
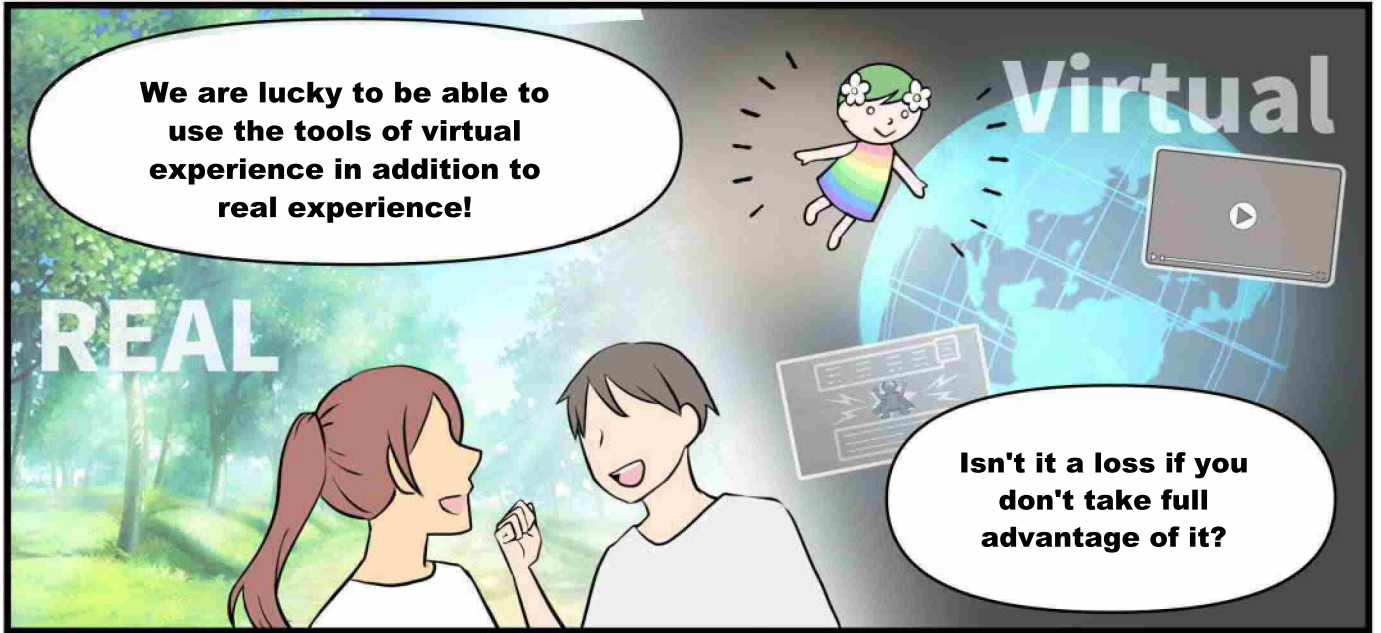
I hope you will continue to receive various stimulations



I'm not sure if it's enough to just look it up on the Internet

But I often watch performance videos.

Of course, you can make good use of the Internet

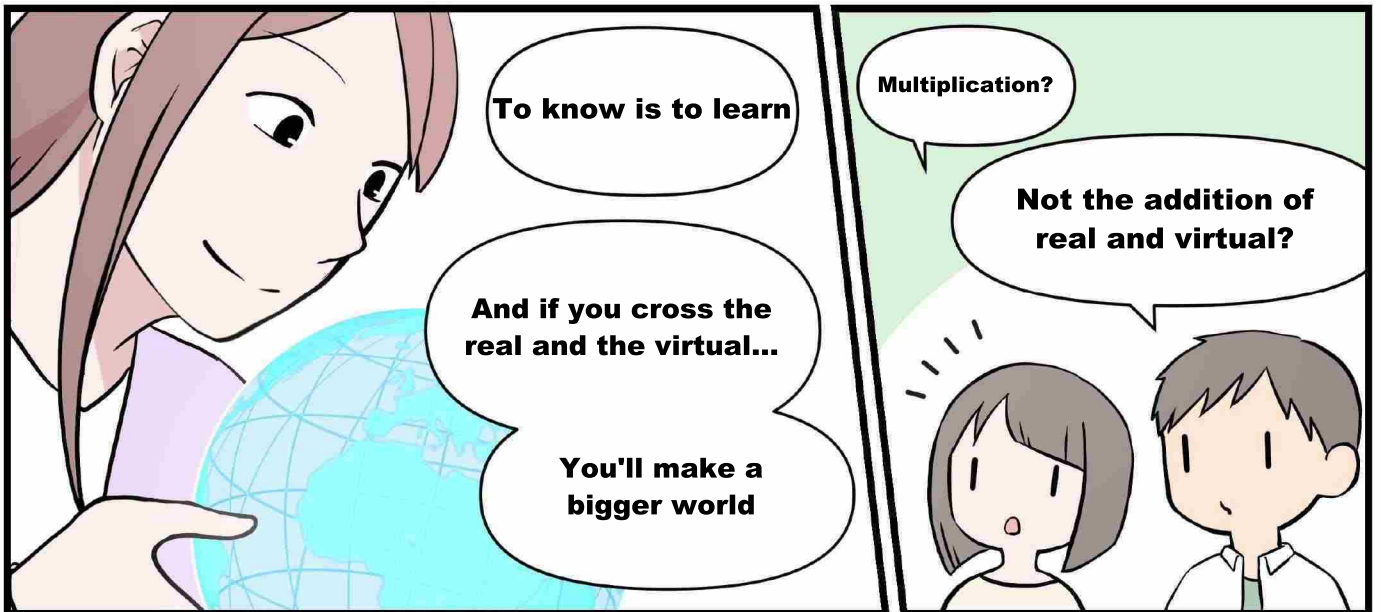




**The whole wide world
appears before your
eyes, and you wonder**

**Where did we come from
and where are we going?**

**You can watch like a hawk
flying high in the sky!**



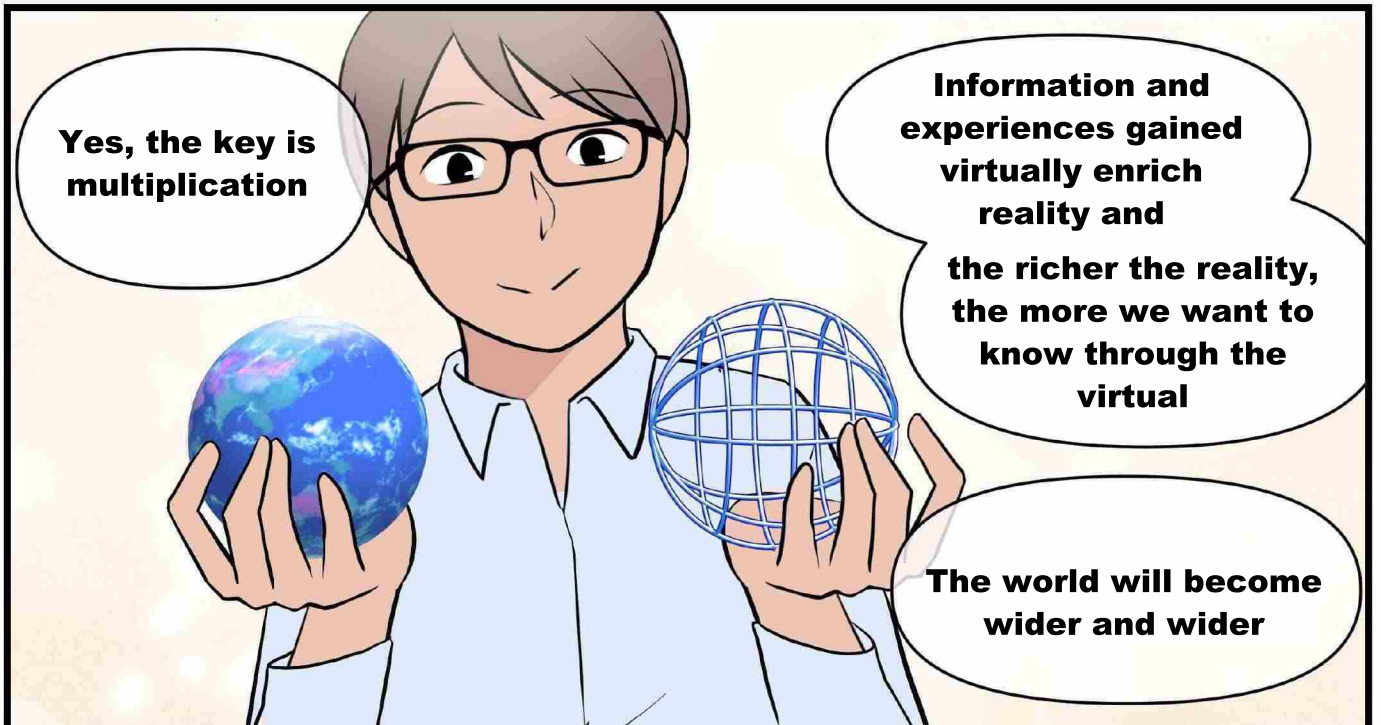
To know is to learn

**And if you cross the
real and the virtual...**

**You'll make a
bigger world**

Multiplication?

**Not the addition of
real and virtual?**

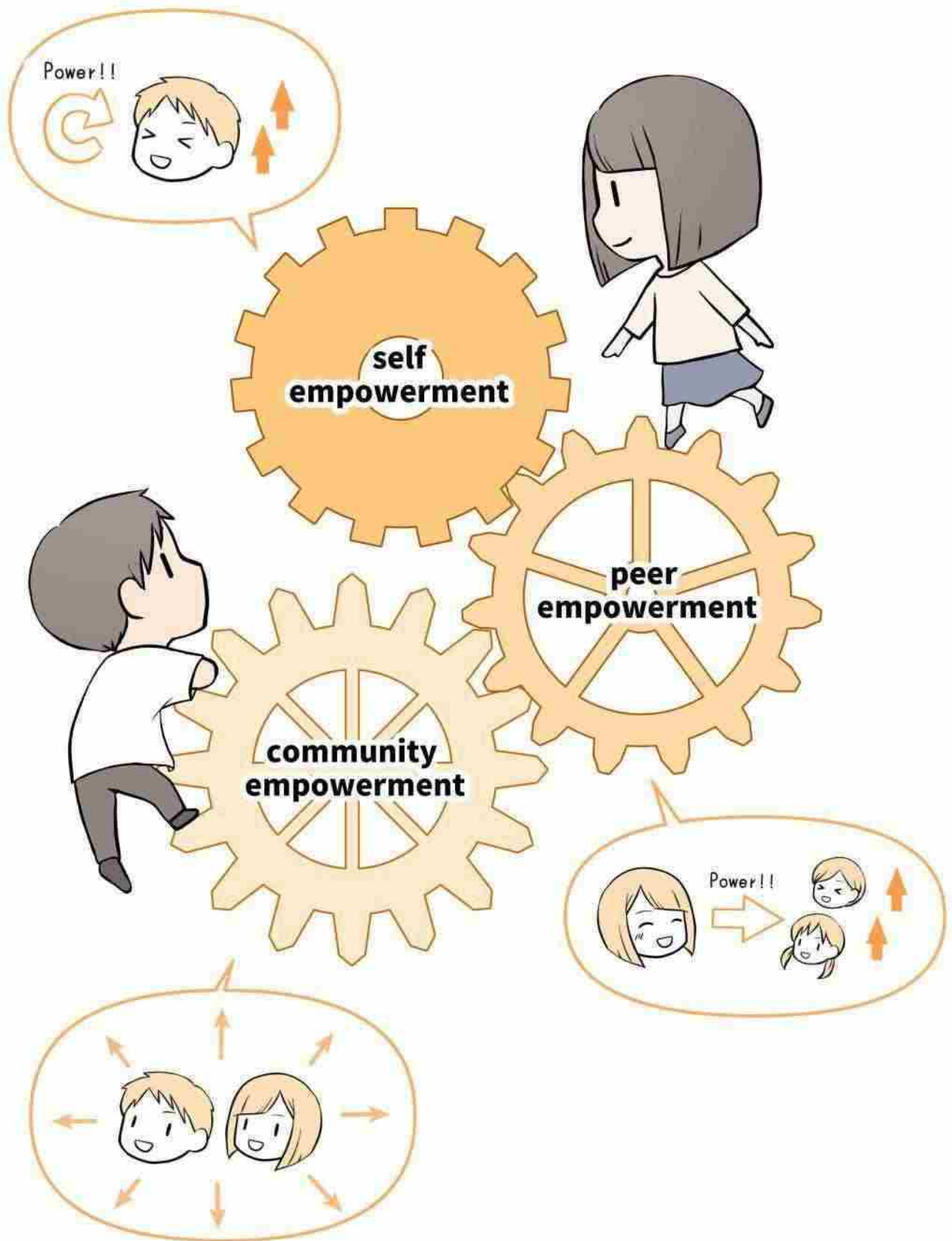


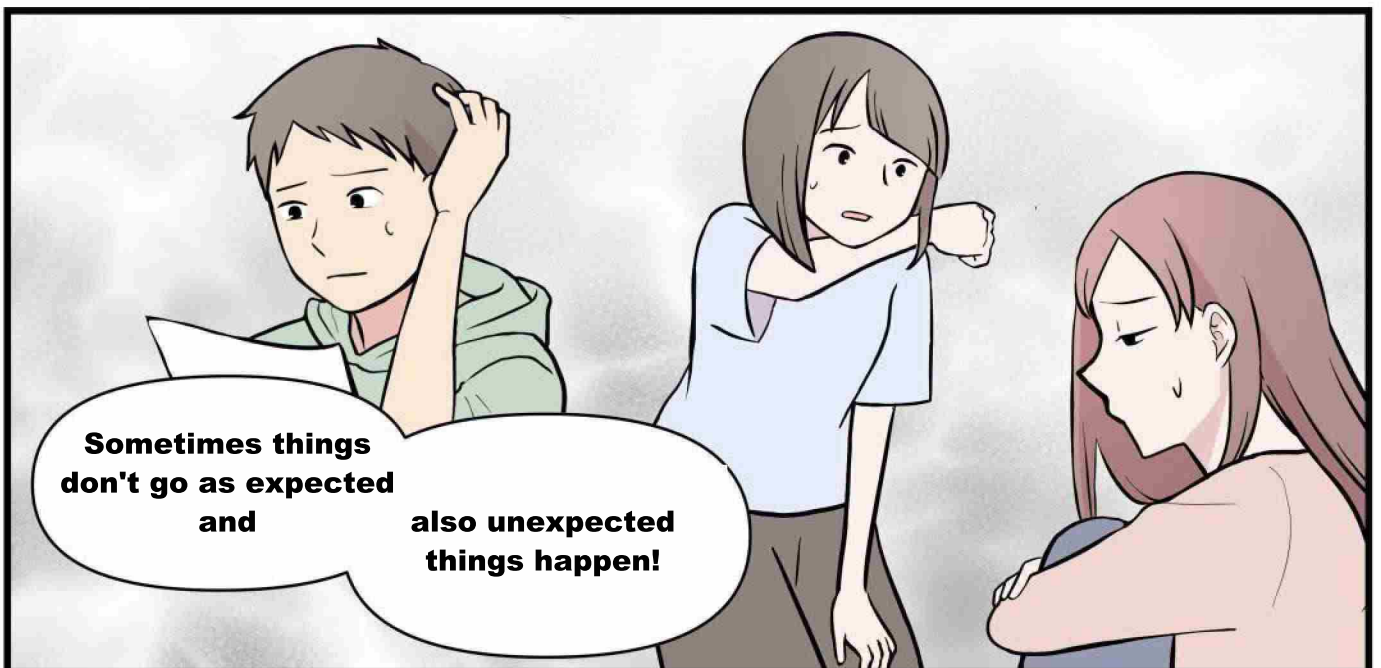
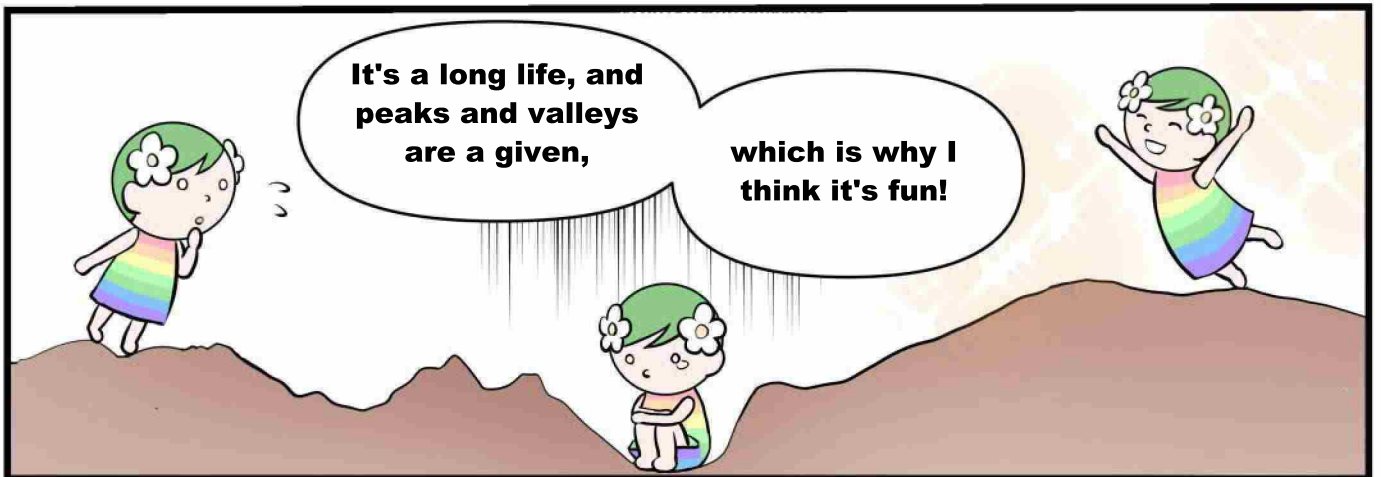
**Yes, the key is
multiplication**

**Information and
experiences gained
virtually enrich
reality and
the richer the reality,
the more we want to
know through the
virtual**

**The world will become
wider and wider**

Final chapter: Let's become professionals in empowerment!



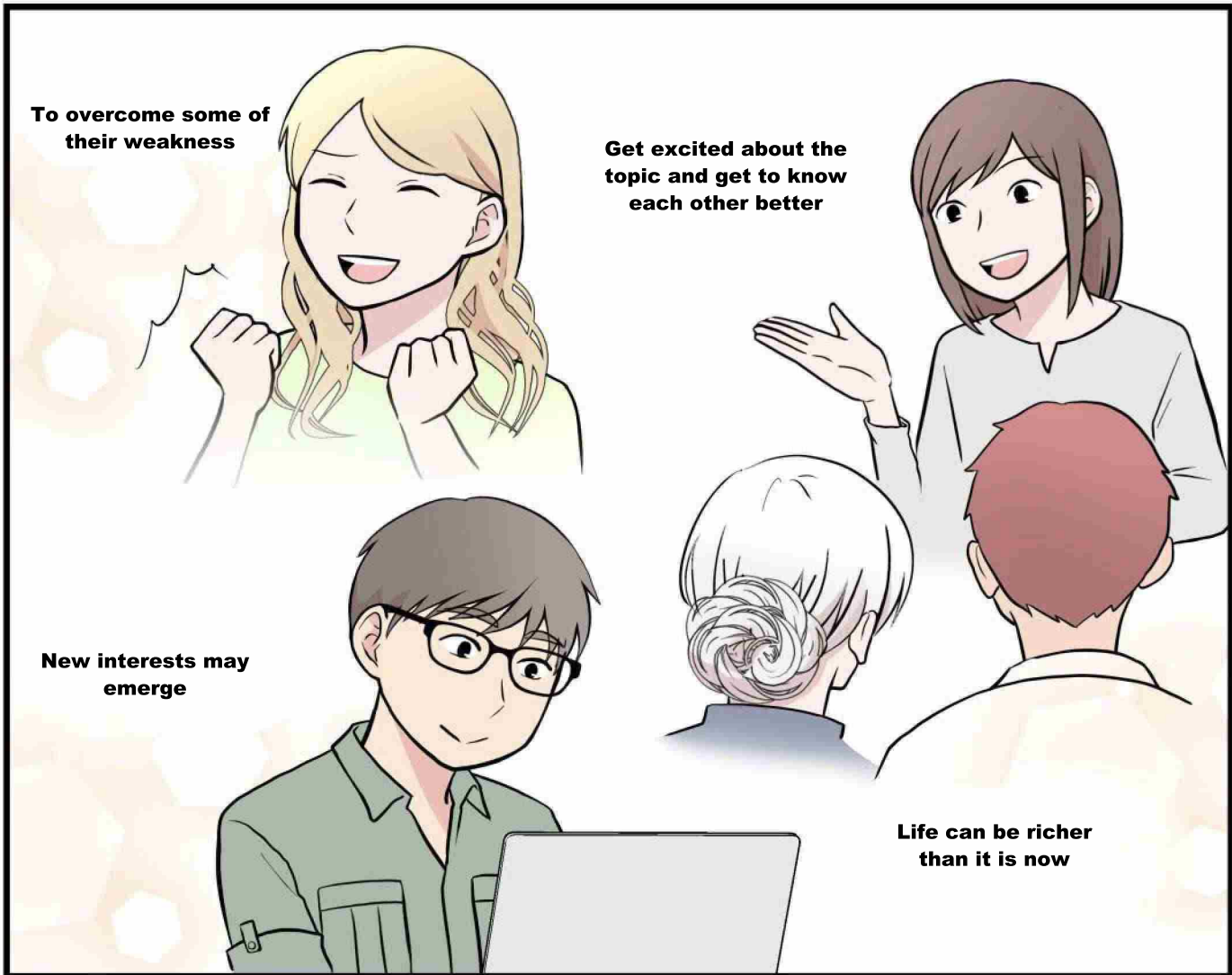




But that's when you have a chance to encounter new insights



The new awareness you gain will help you and others who inherit them

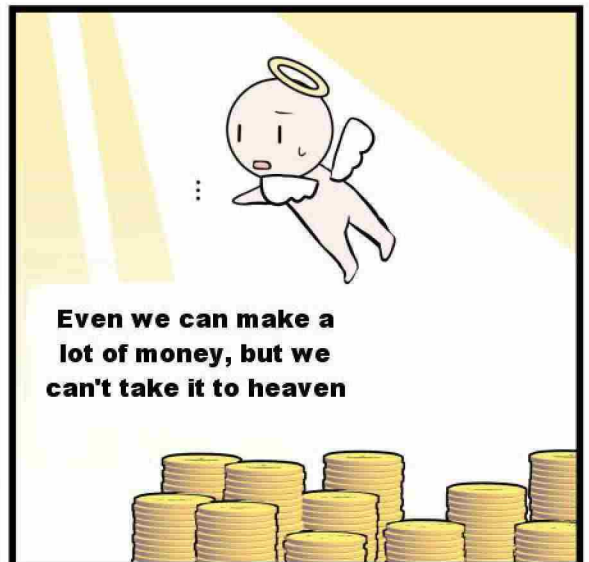
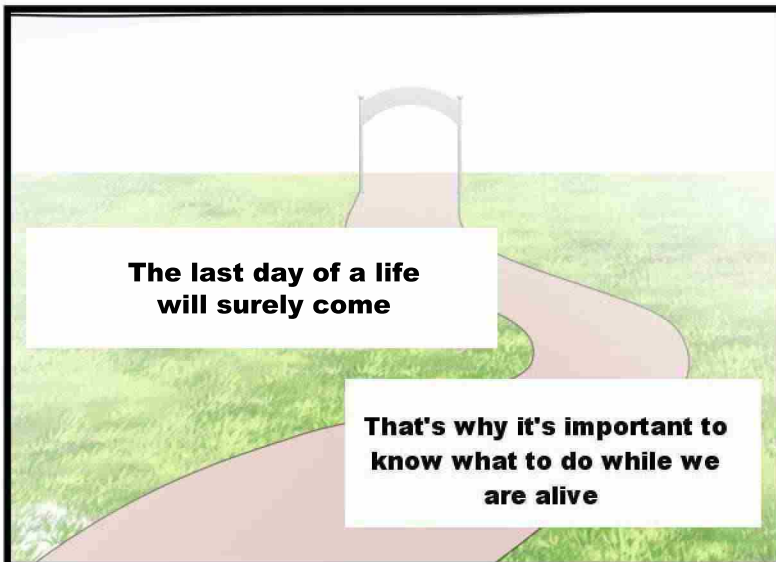
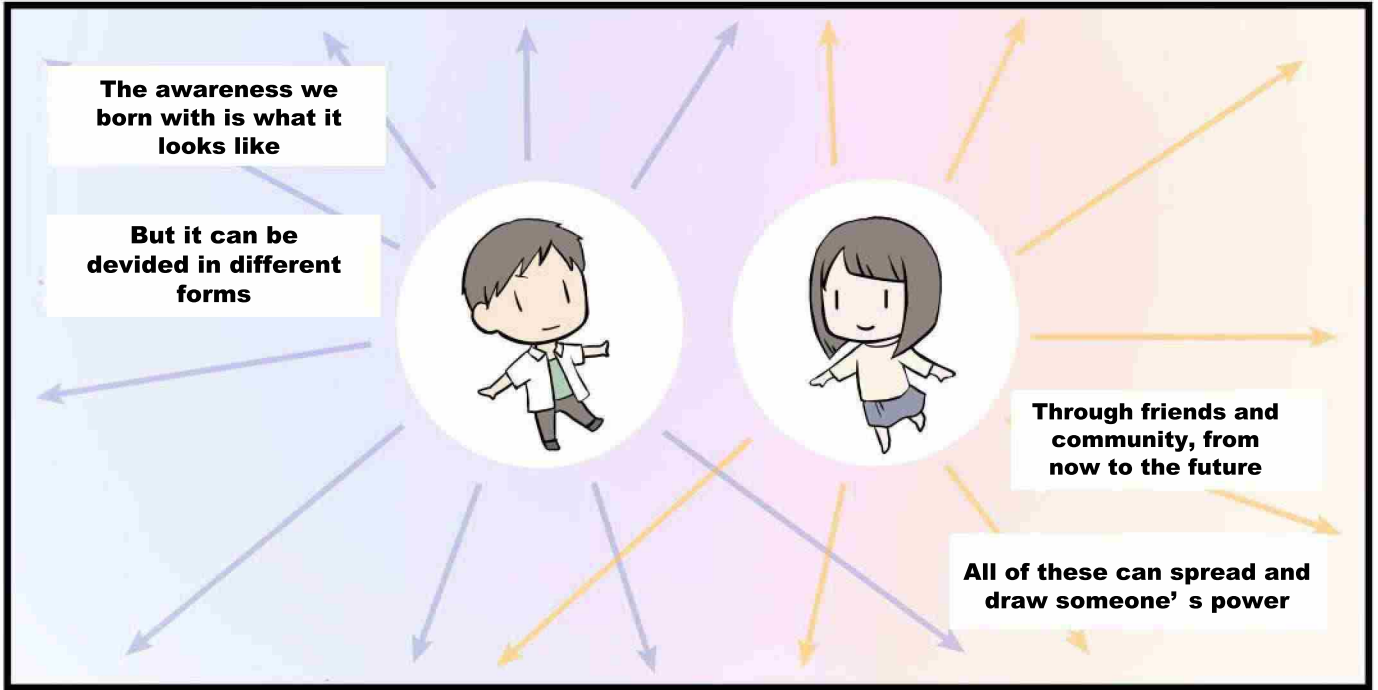


To overcome some of their weakness

Get excited about the topic and get to know each other better

New interests may emerge

Life can be richer than it is now

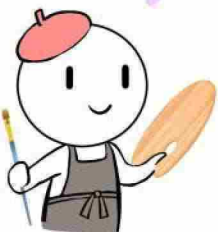


A society where everyone has dreams is said to be [A world of possibilities]

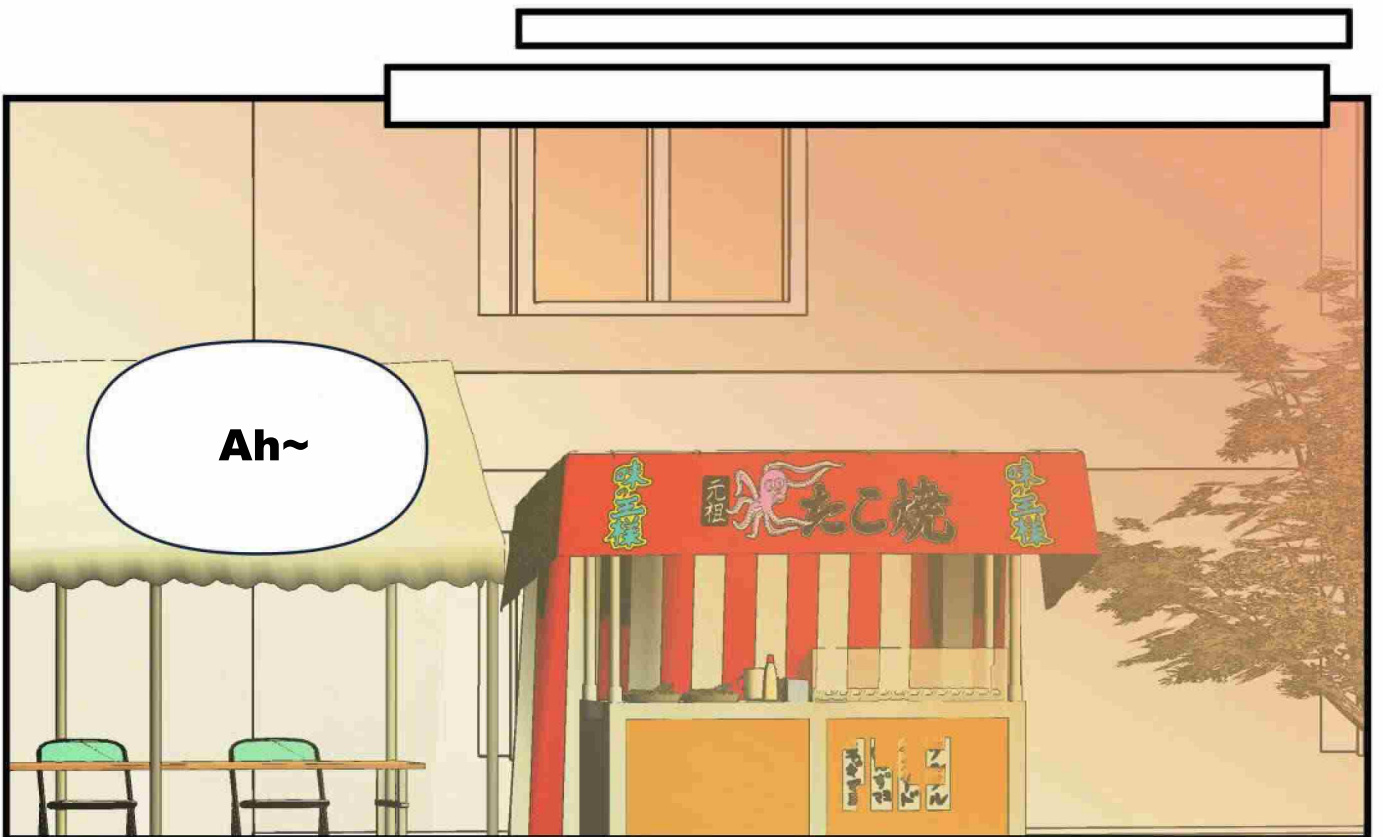
A world of possibilities

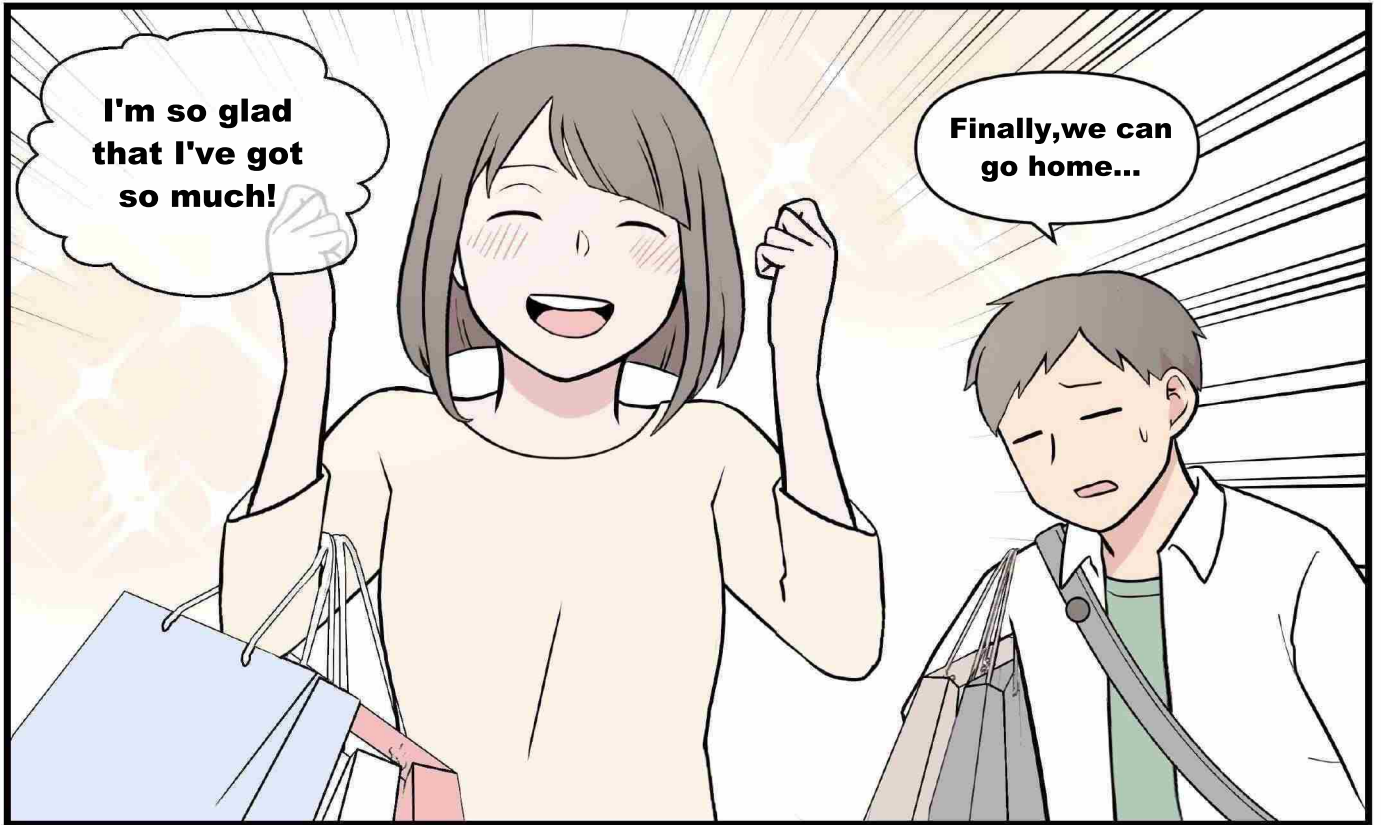
It means a world full of possibilities

We and our friends, our community and our organization, now and in the future, are free and have fun



Please try your best to challenge yourself more





I'm so glad that I've got so much!

Finally, we can go home...

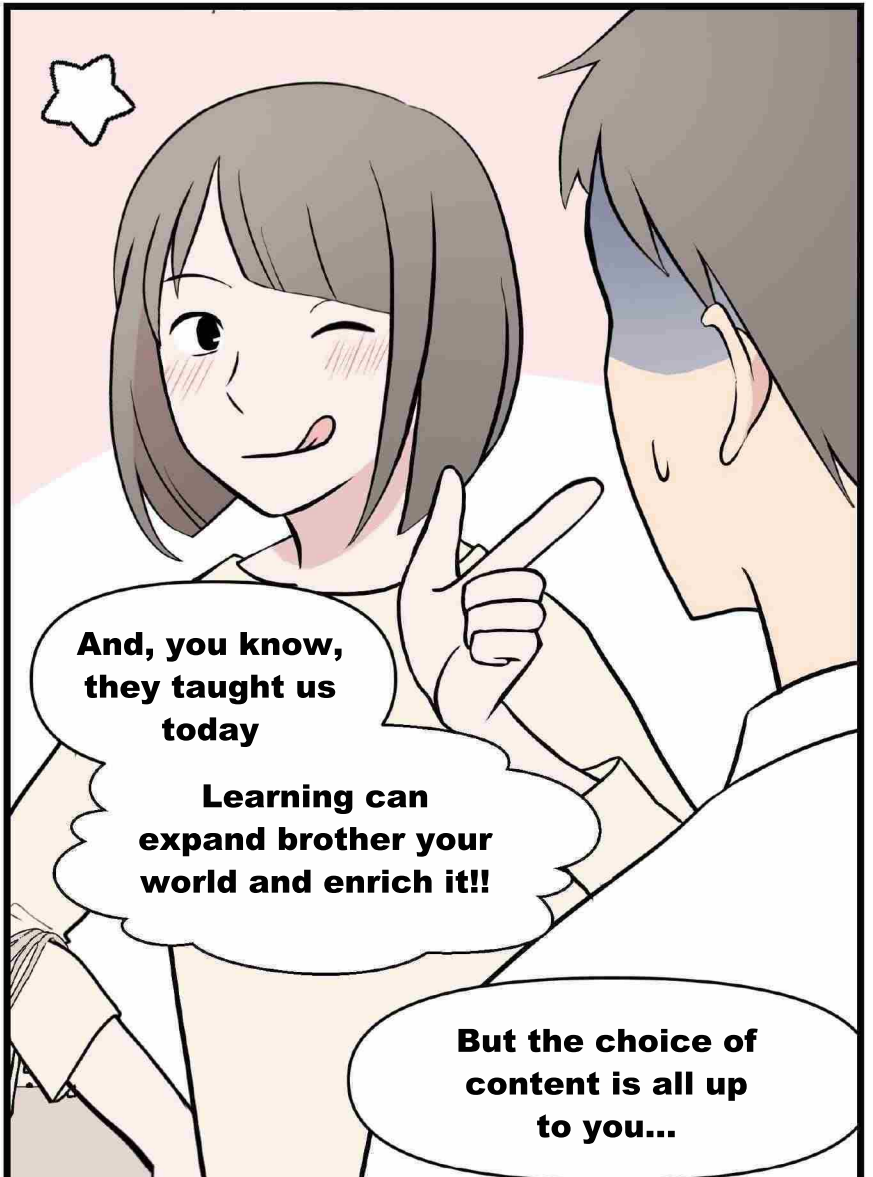


In the end, we turned around almost all day...

Well, you have seen the live show at last!

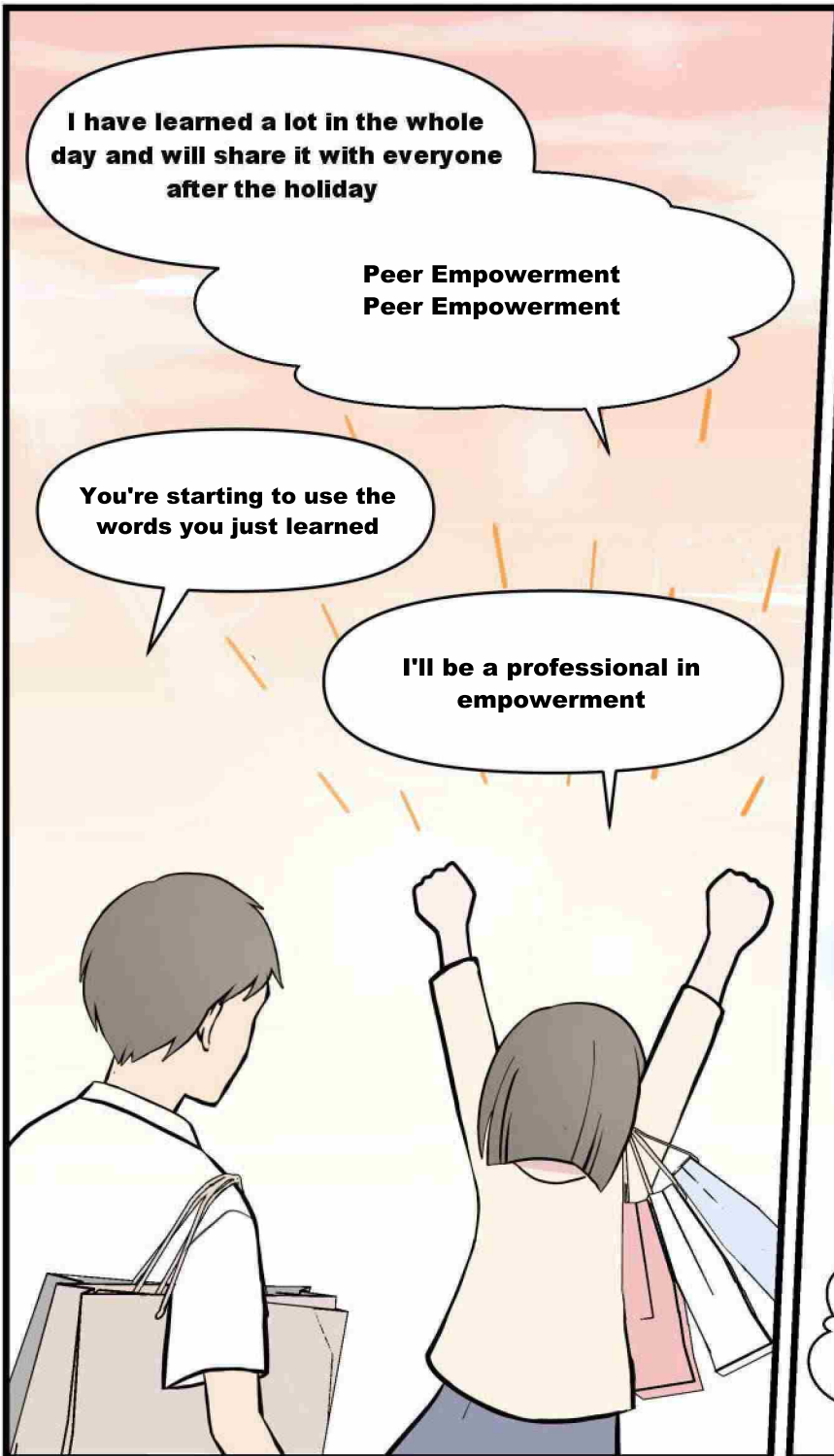
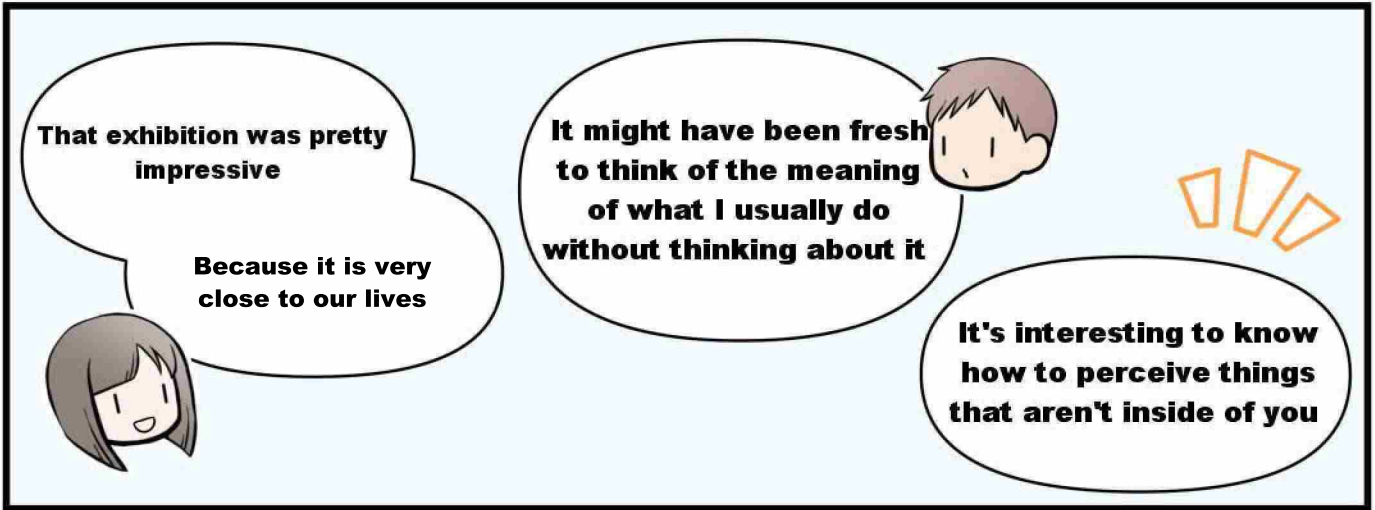
Next!

How about my live?!



And, you know, they taught us today
Learning can expand brother your world and enrich it!!

But the choice of content is all up to you...





Even it is step by step, as long as it can make society for the better

That's right.

Let's start with something that around us

I want to study for a while before going home...

I can't carry the extra things anymore, please let's go home early...

~ Fin ~

人を元気にするヒミツ エンパワメントのプロになろう！

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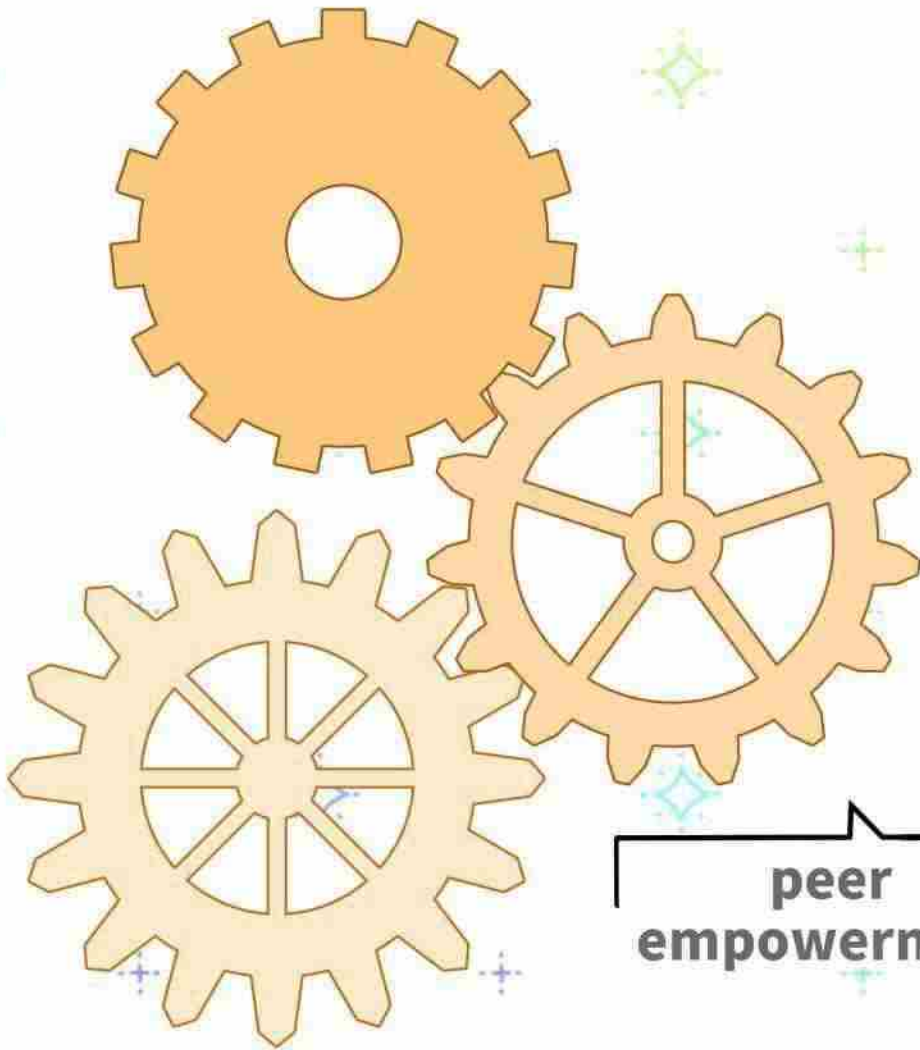
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Translation: Empowerment team

**self
empowerment**



**peer
empowerment**

**community
empowerment**