

The Empowerment Talkshow

Empower yourself

Empower others

Build upon what works

Follow-up within 48 hours

Info: steinberg.se/talkshow

Swedish. English. Individuals - 20 minutes

Leadership or staff groups - 50 minutes



Your host and empowerment guide: John Steinberg, Ph.D.

What is empowerment?

Empowerment is a feeling of control - that you can influence your own future and make a positive difference in other people's future. Empowerment is understanding the small behaviors that make a big difference.

Examples:

Your ability to get your sourpuss aunt (colleague, customer, etc.) to smile.

Empowerment is knowing how specific behaviors lead to specific responses within yourself or with those with whom you interact.

Your willingness to try out a new recipe.

Empowerment is knowing when and how to move forward, try out new strategies, keep successful habits or create new habits.

Your ability to gather everyone in your family for dinner at the same time.

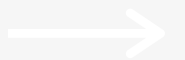
Empowerment is knowing when to lead, when to follow, when to listen and when and how to get a team to work together.

Your willingness to say, "I'm sorry".

Empowerment is understanding the impact of your own communication while being vulnerable and open.

Your willingness to say an encouraging word to a neighbor, colleague, or friend.

Empowerment is seeing, acknowledging, and encouraging another person's efforts, strengths, successes, learning, or powers.



It is amazing how fast you will get to the next step.

Clarify values, direction & behavior within fifteen minutes.

Discover your big future by understanding the power of small successes.

The Empowerment Talkshow interview has four stages:

1

Discover and build upon the small things that work

2

Define values, keywords & strategies

3

Use your keywords to meet a coming challenge

4

Carryout a specific behavior to help yourself or others within 48 hours

Suggestions for an empowering conversation:

For children: Ask about how they learn
For teenagers: Ask when they find flow
For adults: Ask about their successes
For everyone: Ask about what gives them satisfaction and sense of accomplishment

The four main phases of an empowering conversation

Find out what makes other people tick. Bring out their brilliance and potential.

1

Start examples: What works? What have you learned? When are you satisfied? When do you find flow?

2

Listen. Make notes. Search for key words and phrases that describe HOW and WHY what they did worked.

3

Summarize key words. Ask about a new challenge and see how past strategies and keywords can help with the new challenge.

4

Define a specific next step behavior that can be carried out and followed-up within 48 hours. Summarize. Thank your conversation partner.

The origins of the The Empowerment Talkshow

Values Clarification, Brief-time strength-based counseling, and Johns´ forty years of experience doing strength-based interviews with children and adults including on radio and TV. Empowering others is John's life theme, purpose, and key value.

Individuals or Groups

steinberg.se/talkshow, [john\(at\)steinberg.se](mailto:john(at)steinberg.se)

See how it works and judge if The Empowerment Talkshow format would help clarify the next steps for your team, your organization, or yourself. A training program will be offered to those who would like to learn how to use this simple but powerful model.

"We would also like to give you praise for the way you lead the conversation. Well done, effective, sensitive, with humility and a phenomenal job of picking out key words and phrases ."

"Such fun to talk about what works and to put words on what we did, how we thought and to do a microanalysis. Why it turned out as it did..."

Applications of The Empowerment Talkshow:



1

Talkshow for individual empowerment and strength talks, 20 minutes

2

Talkshow for groups: leadership teams, staff teams, board of directors, etc., 50 minutes

3

Talkshow interview with authors, presenters, entrepreneurs and other creators of books, courses, products and companies.

4

Swedish, English, Zoom, or live, for example with presenters, musicians, etc. at a conference or concert.

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