

The Empowerment Guide

A Workbook to Create Social Change

Go from *passion* to *action* with these simple activities that help you get started in making a difference in the world.

Get started >>





About Us

Champions of Caring is a not-for-profit organization dedicated to inspiring, empowering, and activating change-makers of all ages and backgrounds to create social change.

We foster understanding and peace in society by providing people with the inspiration, tools, skills, and community they need to make an impact.

01 Our Process



Our dynamic approach brings together three core elements to help people make positive change and sustain it over time.

02 Get Inspired



Spark your next move by listening to stories of Champions who go from challenge to impact in their communities.

03 Be Empowered



Clarify your passions, identify your key skills, create a mission statement, and gather a team with a set of simple tools.

04 Make a Plan



Pull it all together with a project canvas that keeps you organized and guides your team to action.

05 Keep it Going

Connect with other change-makers, share ideas, and build a network to sustain the difference you're making.



Click here for our [Resource page](#) and download our companion worksheets for easy use at home, school or organization!



A group of five diverse people of various ages and ethnicities are smiling together outdoors. From left to right: a young Black man in a yellow polo shirt, an older white man in a suit, a young Black woman in a blue top, a young Asian woman in a white top, and a young white woman in a pink cardigan. They are standing in front of a building with large windows. Two vertical orange lines are positioned on either side of the main text block.

“Today, our inter-
generational team is
focused on inspiring
**people of all ages and
backgrounds** to make
impactful contributions to
our world.”

-Barbara Greenspan Shaiman,
Founder and President

Our Process



INTERGENERATIONAL COLLABORATION

Learning and action across generations is a mutually beneficial practice in our daily activities, social events, and service. Through this collaboration we build understanding, respect, and community. This is what it really means to be a neighbor and a champion.

UNIVERSAL LESSONS OF HUMANITY

We created six “Lessons of Humanity” by distilling the work of experts: universal lessons of the Holocaust and all forms of genocide, from [Raoul Wallenberg Centre for Human Rights](#); seven universal lessons of genocide from [Facing History and Ourselves](#); five lessons in humanity from [Mahatma Ghandi](#). From these, we identified actions we all can take in the name of humanity.



SERVICE AND SOCIAL CHANGE

We love to volunteer! Yet is it enough to solve our communities challenges? We believe everyone can contribute to positive change when we learn why problems exist, build skills to solve those problems, and work across lines of difference to get things done. That is social impact at its best.

LESSONS OF HUMANITY



- ✓ **REMEMBER**
REMEMBER the human capacity to hate and heal
- ✓ **RESPECT**
RESPECT the dignity of all people, all the time
- ✓ **LEARN**
LEARN about the past and stay informed
- ✓ **CARE**
CARE to address hate and inequity in our communities
- ✓ **STAND-UP**
STAND-UP against hatred and engage those who are indifferent
- ✓ **ACTIVATE**
ACTIVATE change and share with others

We know that even democratic societies can unravel through indifference to hatred and fear.

By examining the lessons learned from different forms of genocide and non-violence movements, we distilled six actions we all can take in our own lives and communities, in whatever ways we seek to make change

Get Inspired

Lesson #1: REMEMBER
Our first step is to REMEMBER our human capacity to hate and harm others is limitless and our human capacity to love and respect is also limitless and leads to unity and healing.

START YOUR JOURNEY TO BECOMING A CHANGEMAKER.

Our documentary trailer shares the powerful stories of a group of Champions from Philadelphia who, as teenagers, set out to make an impact. Their stories are about how every one of us, regardless of age or background, can create change in the world. Click below to watch the trailer.



Passion Brainstorm - Use the space below to write your thoughts and ideas.

Who or what in the trailer inspired you? What about them or their story inspires you to take action?

What do you want to see changed in your community or the world?

Lesson #2: RESPECT
RESPECT the dignity of all people, all the time. Collaborating with people who are different than we are is most effective and life-giving when we see, believe and act upon the humanity of others.

Be Empowered

Lesson #3: LEARN
LEARN about the past and stay informed. Propaganda is used by powerful people to marginalize and control others.
Knowledge is power!

PICS: PASSIONS, INTERESTS, CAUSES AND SKILLS

This process can be used by individuals or teams to help focus on key issues. Use it for team building and planning. Understanding what you are passionate about, what interests you, what you care about, and what skills you bring to changemaking is essential to having impact. Start by filling out the chart.

What issues interest you?

Start with this list, add to it, then complete the form below.

Hunger | Housing | Climate Change | Immigration | Health/Mental Health | Gun Violence
LGBTQIA+ Rights | Voters Rights | Education | Hate and Racism | Food Security

PASSIONS

What excites you the most?
What makes you feel alive?

INTERESTS

What do you like to do in your free time?

CAUSES

What do you care about?
What keeps you up at night?

SKILLS

What are you good at?
How do you help other people?

Lesson #4: CARE
 CARE to reach out and collaborate with different groups of people to address hate and inequity in our communities and support those who have been harmed.

PERSONAL MISSION STATEMENT

A **Personal Mission Statement** helps direct your work. Use your PICS to complete the “Mad Lib” format below to write your unique statement. Write as many drafts as you need, then write a final version in the box.

TO IMPROVE/ASSIST/TACKLE _____ THROUGH _____
 (CAUSES) (PASSIONS)
 USING _____ AND/OR _____
 (SKILLS) (INTERESTS)

Choose Your FOCUS.



Go back to your PICS and decide which of your Passions or Interests you want to focus on.

ROOT CAUSES: THE 5 WHY'S

1. Write the Issue/Problem that interests you on the line below
2. For each Need/Issue, ask why it exists. Write your answer in the first “Why?” box.
3. In each subsequent “Why?” box ask why your previous response exists.
4. After five why’s, you will be closer to identifying the Root Cause.
- 5.

Issue/Problem: _____

WHY?

WHY?

WHY?

WHY?

WHY?

These are “Root Causes”. Select one that you want to address and add it to your Needs Statement on page 10.

TALENT BRAINSTORM

We're all about intergenerational collaboration. The Talent Brainstorm activity is designed to help you identify people who can help you launch your project. Maybe they are a family friend, a former teacher, a co-worker, a neighbor, or someone you haven't met yet.

Fill in the chart with the Talents/Skills, Perspectives, Experience/Knowledge, Location/Other that you need on your team. What might "fill the gaps" or complement what you do best? Circle the items that are priorities in each category. Brainstorm people of different ages and backgrounds who can offer those traits you've prioritized. Write their names down and invite them to join you!

TALENTS/SKILLS

(curious, well-networked, design, finance, tech, social media, etc.)



PERSPECTIVES

(age, heritage, geography, culture, profession, etc.)

EXPERIENCE/KNOWLEDGE

(gardening, business, wellness, teaching, etc.)

LOCATION/OTHER

(geographic location or anything else that matters)

Who's on your team?

Lesson #5: STAND UP
STAND-UP against hatred and engage those who are indifferent. This is especially hard because it makes us feel vulnerable. But indifference empowers those who harm others.

Make a Plan

Lesson #6: ACTIVATE
ACTIVATE change and engage with others. This is about taking action and spreading the word in solidarity with others. Never assume you know what someone else needs or feels

PROJECT CANVAS

The Project Canvas is an organizing and planning tool for your team, as well as a resource for sharing your work with others.

Learn from your community! Interviews are a great way to understand other people's challenges and the strengths they bring to solutions.

Complete each section. You can go in order, from 1 to 8, completing as much of each section that you can, or skip around. This is an ongoing process. Revise your project canvas as you learn, make mistakes, and adjust your plans.

NEED STATEMENT:

_____ needs _____ and _____.
WHO WHAT WHY

PEOPLE OR PLACE:

On whom, what, or where is your focus?

YOUR FOCUS: Write here your FOCUS issue from page 8

ACTIVITIES: What steps can you take to address your FOCUS issue and Need Statement?

- 1.
- 2.
- 3.

SUPPLIES/RESOURCES:

What do you need for your activities?

COLLABORATORS:

Who will help you achieve your goal?

REVENUE+EXPENSES:

What are projected costs and/or income?

IMPACT:

What's working?
What's not working?
What's missing?

Keep it Going

SHARE YOUR IDEAS!
Fill out this easy downloadable [Project Plan Submission Form](#) and send it to us with your feedback using the link on the last page.

SUSTAINING MOMENTUM IS HARD WORK. WE'RE HERE TO HELP.

From social media to virtual gatherings to targeted coaching and guidance, there are ways to stay connected and keep your project going - and growing!

Join us on [Facebook](#), [Instagram](#) and [LinkedIn](#) to connect with other change-makers, share your ideas, and build your network.

Interested in additional resources? Our team of experts can support your journey. Learn more at [Champions of Caring](#).

info@championsofcaring.org

Champions of Caring is partnering with My Future Purpose (MFP) to provide **free monthly gatherings**. Get help overcoming obstacles, finding answers to your questions, or tackling a problem. The MFP group meets the last Thursday of each month from 7- 8 pm EST. All are welcome!

Contact MFP for how to join:
joyce@myfuturepurpose.com
vicki@myfuturepurpose.com



5 Steps to Making a Difference

Be a Champion of Caring

Learn the Process

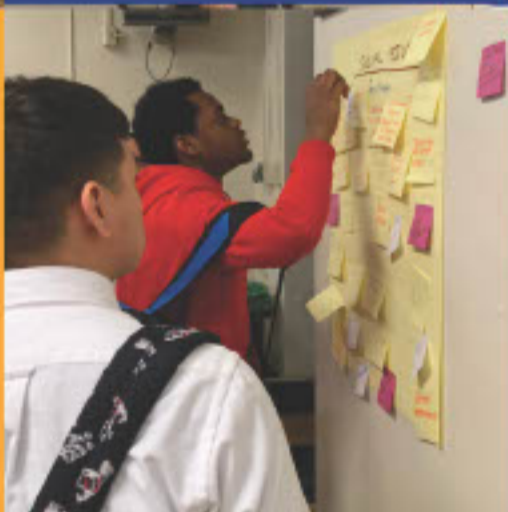


Get Inspired

Be Empowered



Make a Plan



Keep it Going

This workbook is designed to help you start making change in your community or deepen work you are already doing.
Let us know what you think!



Get in Touch

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We want to hear from you!
Share your ideas, plans, and
feedback via this link:

**[Project Plan Submission &
Workbook Feedback Form](#)**

