



Personal Influence

Summary

There are situations and areas in which we always have a certain measure of influence. The purpose of the exercise is to explore the areas where an individual has an influence and how or in which constructive (or destructive) way he/she can use it.

Module	Group size	Group age	Duration
• Prevention	• small	• 16 - 19	• 1 hour
• Intervention	• large	• 20 - 24	

Purpose

- To become aware about the areas where we as citizens have power
- To recognize the power of individuals in the processes of decision making
- To know better the spheres of personal influence to make societal changes
- To strengthen personal responsibility to promote more equitable society

Description

- I. Ask participants to indicate where women have influence in their societies.
- II. Ask participants to indicate where men have influence in their societies.
- III. Ask participants to indicate where young people (or adolescents, or immigrants, ...) have influence in their societies (by using the handout)

Spheres of influence can be:

• our children	• local government	• police
• our spouses/partner	• national government	• community group
• the family	• the school	• international actors
• the marketplace	• my workplace	• international organizations.

IV. Have participants initially come up with their own spheres?

V. Encourage clients/students to draw their one circle of influence.

Discussion Questions

1. Why do men and women have different spheres of influence?
2. What about young people?
3. What norms reinforce these spheres of influence?
4. How does such influence manifest itself?
5. Are there other factors that make men or women have influence in a particular sphere? Age, class, ethnicity ...?

6. Where would you like to have influence and why?
7. How would you go about getting influence in that sphere?

Materials needed

Pen and paper

Methodology

Learning by doing, discussion pannel.

Advice for Trainer

The exercise is by trainer/teacher prepared in advance; based on the knowledge of group dynamics leads discussion in taking summary notes.

Source / Literature

Adapted from the »Spheres of Influence« exercise by Georgia Homer.

Handouts

Circle of Influence



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