



## **MARS-Empowerment**

### ***Evaluation***

1. What is empowerment? (Circle all that are true)
  - a) Standing up for yourself
  - b) To tell others what to do
  - c) To give authority or power to someone
  - d) To build someone up and make them feel stronger and more confident

2. I can say no and still be a kind person.

Yes or No

3. My self-worth is not based on other people's opinions.

Yes or No

4. Taking care of others shouldn't override my needs.

Yes or No

5. Its healthy to have your own ideas, interests, opinions and beliefs.

Yes or No

6. What did you gain from this training?

-----  
-----  
-----

7. What rating out of 10 would you give this training?