

Empowerment Skills publications from Cornell University

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Family Development Credential (FDC) training has taught thousands of family workers effective ways to help families set and reach their own goals for healthy self-reliance. This comprehensive, strength curriculum is built on two decades of Cornell University research.

Praise for Empowerment Skills for Family Workers from frontline family workers:

"Empowerment Skills for Family Workers is well-written in plain English... easy to follow... everything fits together."

"I now see families as equals, allowing them to decide what goals to work on instead of telling them what they need."

"It helped me remember why I went into this work in the first place!"

"I have a renewed attitude toward the families I work with. This course showed me what it's like to be on the other side of the desk."

"Now I'm looking for strengths. Last year I never thought about how important that step is when working with families."

"I'm more patient and communicate better with families. I look at situations differently now."

"This class should be a prerequisite for every family worker."

Empowerment Skills for Family Workers is used by Cornell-affiliated instructors in many states to prepare workers for the Family Development Credential, as well as by colleges or workers independently seeking an up-to-date, strengths-based text. And now agency leaders can transform organizations and earn their own credential with *Empowerment Skills for Leaders*.

To learn how to implement an FDC training and/or credentialing program, contact Dr. Claire Forest, e-mail to cnd3@cornell.edu.

Publications available:

- **Empowerment Skills for Family Workers-** the worker handbook, highly readable, including questions and activities to extend learning.
- **Empowerment Skills for Workers Instructor's Manual-** 90 hours of experiential activities to develop workers' skills in helping families set and reach goals based on their strengths. Includes reproducible handouts.
- **Empowerment Skills for Worker's Portfolio Advisor's Manual-** helps advisors guide worker as they practice skills and prepare credentialing portfolio; contains all portfolio forms and handouts.
- **Empowerment Skills for Leaders: A Leader Handbook-** guides leaders in transforming their agencies into empowerment-based organizations. Provides leaders with core concepts their workers learn in FDC training.
- **Empowerment Skills for Leaders: Instructor's Manual-** 30-hours of interactive professional development activities to prepare agency leaders for the Empowerment Skill for Leaders credential.

Title	Price	Quantity
#42146 Empowerment Skills for Family Workers	\$35	_____
#42145 Empowerment Skills for Workers Instructor's Manual	\$45	_____
#42147 Empowerment Skills for Workers Portfolio Advisor's Manual	\$20	_____
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