

Risk Assessment for Personal Empowerment Workshops

Completed by Laoise Daly 17/08/2018



The following risk assessment relates to specific workshops that delve a little deeper into the individual's psyche and emotional makeup. Those include: **Embrace My Quirk; Soothing a Busy Mind; Transform My Mood; Letting Go; Finding My Passion and Bouncing Back**. All other personal empowerment workshops available have No real probability of risk as they are more mind skills based. **A secondary supervisor is therefore not required for workshops other than those listed above.**

Actions Taken in the Event That a Participant Requires Attention:

Risk	Description	Probability	Severity	Actions to Minimise Risk
Workshop discussions or techniques may bring forward unpleasant emotions for a particularly vulnerable individual.	As personal empowerment deals with our minds and emotions, some discussions and techniques can unlock unpleasant memories, and/or bring to the surface feelings that may feel immediately uncomfortable for the participant.	LOW	LOW	<p>The workshop facilitator always monitors the participants emotional responses. If the facilitator feels a participant is feeling uncomfortable they will either moderate the discussion to diffuse the upset or notify the assistant supervisor that the individual requires attention.</p> <p>An assistant teacher, chaplain or other representative from the groups organisation acts as a secondary supervisor. This supervisor responds to the emotional needs of any of the participant requiring attention.</p>

An assistant teacher, chaplain or other representative from the groups organisation acts as an additional supervisor. This supervisor is responsible for monitoring external cues relating to the emotional stability of the workshop participants.

In the event that an individual becomes upsets and requires a break from the session, the secondary supervisor would remove the individual and respond to their needs with compassion and care.

Unless the participant offers up an explanation for their upset no request for explanation should be made by the secondary supervisor.

A short break, a drink of water and a touch on the shoulder letting the participant know they are not alone, will generally be enough to bring them back into the session within less than 5 mins.

The facilitator will follow up with the individual after the completion of the workshop to ensure they are happy and emotionally stable.