

How to get excited about Social Action

It is important to be enthusiastic because you get out as much as you put in.

By the end of the programme I discovered that I was way more confident than I thought, just try everything and you might discover something new about yourself

Try as much as you can or as much as you feel comfortable with, you never know it might be fun!

Suggest anything - ideas begin to flow naturally from point to point and you'll eventually reach a brilliant plan for a social action. No idea is dumb, silly or unachievable!

Choose a topic that you're passionate about, if you're doing something that you like but aren't passionate about than doing anything about it will seem exhausting

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Bring new ideas and always be yourself but most importantly have fun!!

Take advantage of all the resources that are given to you

Make sure everyone has an equal workload so one person isn't doing all the work

Trust the process. At times it may feel like you aren't doing much, and it can take a while to get going but believe in your own abilities because you are enough to make a difference, no matter how big or small that impact may be

Remember that everything might not always go to plan, and your ideas and situations could change

It might take a while to get your project off the ground but don't worry it usually takes a while to plan it and make sure everything works.

Be yourself and be confident! And feel comfortable and know that there are people to help you.

If it's important to you, bring it up. You don't know how many other people in the group share your opinion. It's valuable if you care about it.

Be sure to take breaks and to not commit yourself too much. While you might be doing amazing work, your health still comes first! Don't be afraid of taking a step back if it's becoming too much and share the responsibility. Your quality of work can start to suffer if you're not feeling 100%.

a rough day is when you are feeling bad or something is not working in your project, don't get angry, talk to someone and they can help

Make sure you know your stuff about the topic you are doing your social action about. Being well prepared always comes across well.

If you have an idea, don't let anybody stop you. If you are passionate, anything can be done. Perseverance is key. As women, we often get belittled for strength, power and enthusiasm. Set your mind to your social action project and own it.