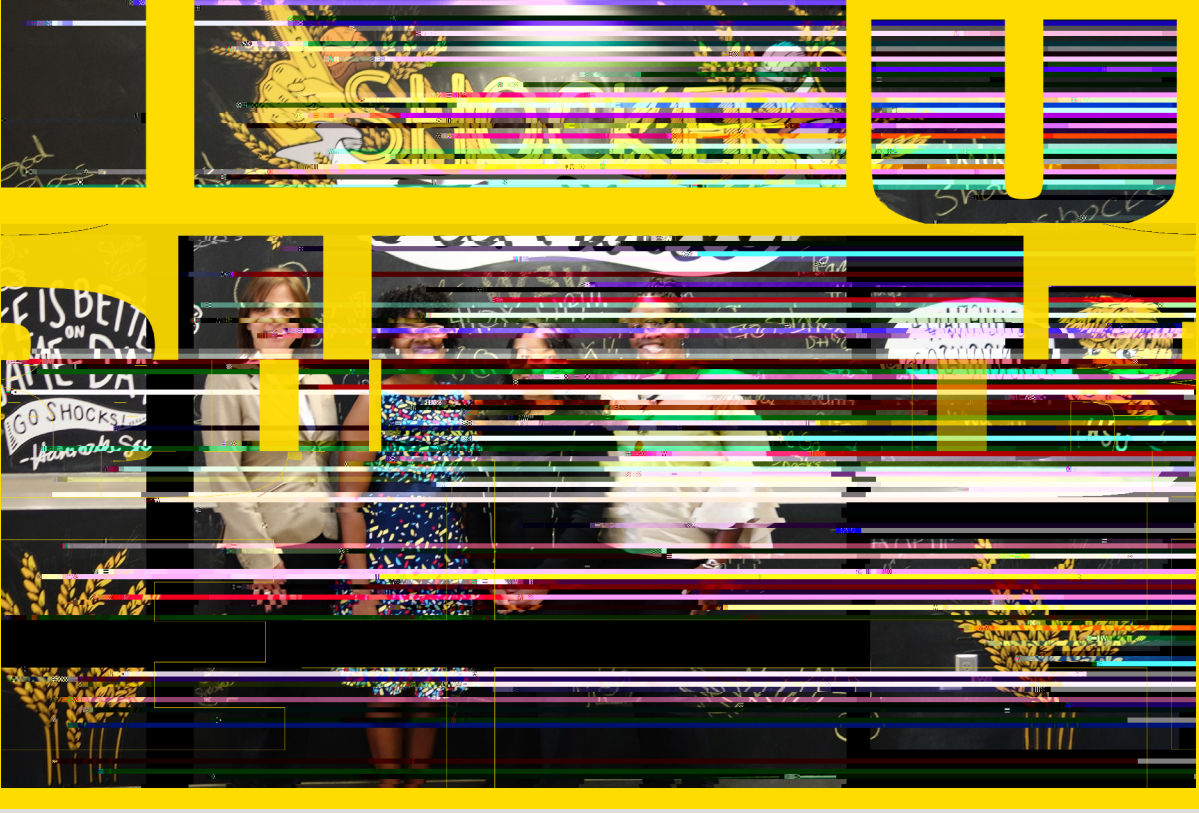


Up and Bound Empowerment



Understanding Empowerment
Empowerment is a process of increasing
individuals' sense of control over their lives
and their ability to influence their environment.
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Voluntary Action 2017
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