

Building Stronger Communities Through Emotional Intelligence



1,585 individuals
participated in Personal
Empowerment training
since July 1, 2023!

30 Partner
organizations have
been engaged since
July 1, 2023!

The Empowerment Institute at Twin Cities RISE provides access to Emotional Intelligence (E.I.) training across Minnesota. Through evidence-based Personal Empowerment classes, workshops and personalized coaching, we equip students, community members, and professionals with the self-awareness, empathy, and communication skills needed to excel academically, advance in their careers, and strengthen their communities.

Recent Highlights & Expanded Reach

St. Cloud State University (S.C.S.U.) & the greater St. Cloud area:

In January 2025, we will deliver an E.I. workshop to more than 250 students, followed by Personal Empowerment training for student leaders and staff in Spring 2025. We're also in planning conversations with local St. Cloud leaders to offer community workshops and Personal Empowerment training classes which will broaden the impact beyond campus.

University of Minnesota Extension Program (SNAP Ed):

Working with SNAP Ed, we're training 65 employees serving Greater Minnesota. After completing sessions in Bemidji (November 2024), we will continue in the Twin Cities Metro area, Rochester and Mankato (February 2025), ensuring frontline staff will build stronger more connected teams, and will gain the skills to serve diverse populations with greater empathy and effectiveness.

Community Engagement: By partnering with local leaders and community organizations, we bring E.I. workshops directly to communities, encouraging civic participation, reducing conflict, and fostering more connected and vibrant neighborhoods that are focused on building better interpersonal relationships. We will host 4 community E.I. Workshops in 2025 and reach 200.

Driving Change in the Workforce

Building Strong Communities and **Twin Cities Habitat for Humanity**: We are training 120 new union workers in partnership with **BSC** and **Power UP**. Participants will complete five weeks of Personal Empowerment Training, gaining skills in self-awareness, emotional regulation, and managing relationships to better equip them for work in the construction industry. (Similar training is being done in partnership with **LiUNA**) We have begun training the Executive leadership team for **Twin Cities Habitat for Humanity** and are on track to complete training for all staff by the end of fall 2025. This initiative aims to create an “Empowered Culture” within the organization, fostering improved communication, increased self-awareness, and heightened social awareness. As these skills are applied internally, client interactions will become more meaningful and impactful. (Similar work is being done with numerous other organizations in the Twin Cities Metro area.)

Scaling Access & Measuring Success

- **Innovative Tools for Youth**: We are working with local middle and high school partners to develop a youth-focused LMS and mobile app, scheduled for launch in Spring 2025. They will provide in-class instruction as well as self-paced engagements via videos, games, short stories, etc., to offer 24/7 access to E.I. curricula—ensuring young people build the emotional toolkit to excel both socially and academically.
- **Improved Infrastructure**: We will continue to customize our CRM and enhance outreach in early 2025 to streamline connections with employers, schools, and partners, broadening our reach and impact.
- **Evidence-Based Impact**: We use pre- and post-assessments in conjunction with our partner 6 Seconds to determine one’s Emotional Quotient and measure growth. We also solicit participant feedback and employer input to continuously refine our programs and maximize their impact. This ensures every session leads to measurable, lasting improvements for individuals, their work performance, and overall community well-being.

Why Your Support Matters

Investing in the Empowerment Institute delivers tangible benefits for Minnesota. Our Emotional Intelligence training enables individuals to manage emotions more effectively, overcome challenges, advance in their careers, and strengthen communities. Legislative funding allows us to reach more Minnesotans, creating a ripple effect that boosts productivity, reduces conflict, and fosters healthier relationships across workplaces and neighborhoods.

Join Us in Building a Stronger Minnesota

Your support helps us cultivate the next generation of leaders, problem-solvers, and innovators. Together, we can lift families into better opportunities, improve academic and workforce outcomes, and reinforce the social fabric that makes Minnesota a great place to live and work.

"Personal Empowerment has given me the tools to work towards a better future for myself and those around me."



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