

## **Developing Personal Skills**

*Lewis Williams, in Canadian Community as Partner 2008.*

### **Abstract**

*Health promotion supports personal and social development through providing information, education for health, and enhancing life skills. By so doing, it increases the options available to people to exercise more control over their own health and over their environments, and to make choices conducive to health.*

*Enabling people to learn, throughout life, to prepare themselves for all of its stages and to cope with chronic illness and injuries is essential. This has to be facilitated in school, home, work and community settings. Action is required through educational, professional, commercial and voluntary bodies, and within the institutions themselves.*

*Ottawa Charter (1986)*

*After studying this chapter, you should be able to:*

- *Understand how the development of personal skills as an effective means of enabling people to increase control over and improve their health, is closely related to and contingent upon collective and socio-political forms of empowerment;*
- *Understand how health and empowerment are culturally contingent constructs;*
- *Understand how empowerment is mediated by cultural-power dynamics and the relevance of critical and postmodern theories in explaining these processes.*