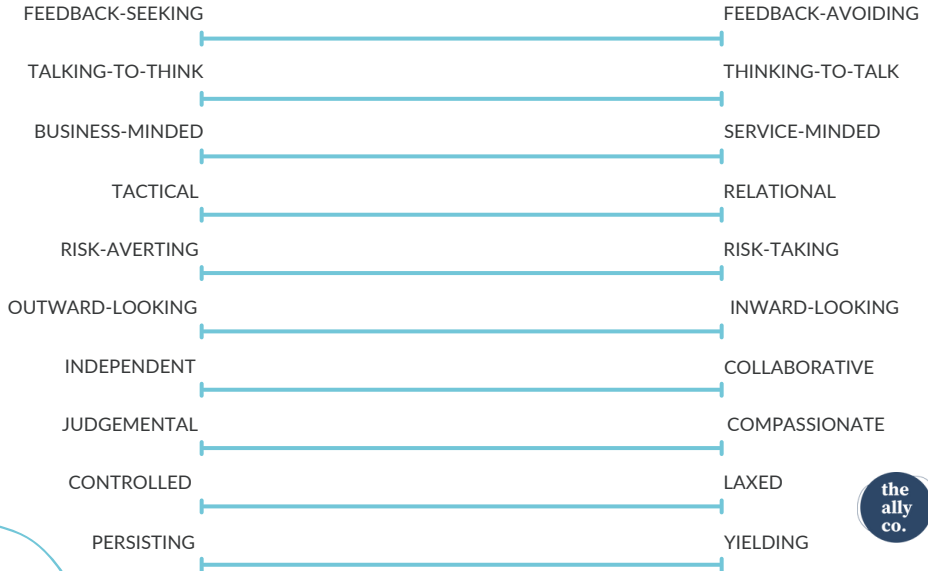


Power Awareness

An individual (and team) activity for helping us to discuss the alignment between how we see ourselves, and how others experience us, when using our power.



Power Reflections

Review your power spectrum placements (one-by-one), along with any insight provided by others, and reflect on the following questions.

- 1 What might this placement suggest I personally need or value?
- 2 Where might others place me on this spectrum (across different relationships)?
- 3 In which situations does this placement seem to work well for me (and for others)?
- 4 How will I know when I'm beginning to show up poorly?
- 5 Where do I feel comfortable in being flexible and responsive on this spectrum?