

Navigating Power Dynamics with Confidence and Clarity

Power is a fundamental force in all human interactions, yet it is often misunderstood and misused. While not always intentional, harmful power dynamics take over, leading to oppression, mistrust, and disconnection.

By understanding what power is (and is not), each of us can develop the skills to use our power more effectively and ethically, leading to positive change and impact.



Helping create
leaderful teams

● What to Expect

Through engaging discussions, practical activities, and easy-to-use tools, this session will empower you to navigate power dynamics with greater confidence and clarity.

- Learn what power truly is and debunk common misconceptions about it
- Explore five different types of power and how they show up in various contexts
- Understand the 'up and down power dynamic' and learn to navigate it with intention
- Recognize the shadow side of power and develop strategies to use power ethically and responsibly

● Your Facilitator

Jeff Couillard is Co.CEO and Chief Learning Architect at The Ally Co. (TACO), where he helps senior leaders and their teams to connect with their power, align with what is most meaningful, and take positive action towards it.

Having spent his earlier years leading teams and helping to build leading addiction treatment programs, Jeff has developed a skill set and approach to change that is grounded in the human experience, and a deep understanding of power and motivation.



Connect with us!



A bit about TACO

The Ally Co. is a leadership and culture consulting company - trusted advisors, professional coaches, and learning facilitators - helping teams to communicate, collaborate, and perform in better ways through the conscious use of their power.