



## Seeing individual power

Each of us has some power and some access to sources of power. This activity will help you to see more clearly the different sources of power that are available to you, and those that you might need, in relation to a specific issue or project.

Jot down your thoughts on the image opposite or think more deeply using an activity such as Freefall Writing. A partner or group might be able to help you spot sources of power that you miss.

1. The left-hand side of the body is for thinking about the power you have.
2. The feet represent your positional power: How does your role in relation to your organisation affect your power?
3. The hands represent your resources: What resources do you have access to and how can you apply them to the issue? Remember resources can be tangible and less tangible – funds, social networks, time or even creativity.
4. The head represents knowledge or information: What do you know, or what information can you access, that is relevant to the issue?
5. The heart represents personal power, 'power within': How powerful do you feel? How have the other sources of power contributed to that?
6. Repeat the process on the right-hand side of the body to think about the power you need: What is missing? Who can help you?

**What power  
do you have?**

**What power  
do you need?**

