



LEADERSHIP EMBODIMENT

LE Positive Power Program 2021-2022

Why we suggest the program:

Power can be a tricky subject. For many of us the idea of power may elicit a strong response, maybe in the realm of good, bad, or challenging. Or it may be a subject you haven't thought of much.

We are not talking about power over, but positive inspired power. The power to speak up for something important, on behalf of, or to create magnetic influence.

We believe everyone has the innate capacity to be powerful but managing it skillfully has its challenges. When we are powerful, we are visible which may be unfamiliar or even uncomfortable. We need techniques and practices that help us build our confidence and willingness to share our power.

We may never be completely comfortable with power and visibility, but we would like to be able to tolerate enough to step into it when needed. We need inspired people to express positive power in the world. It can make a huge positive impact in our lives, our work and on behalf of others.

What we do in the program:

We kick off by setting context for why we want to develop our capacity for power and how we can apply it in our work and lives. We will share techniques for developing a larger more powerful presence and for setting the tone in a meeting to create a more engaging environment.

Crafting a positive power declaration will give participants a real-life scenario to work from. Breakout rooms will give the opportunity to practice delivering your message and get supportive feedback to help refine your declaration.

The interactive and experiential style of the program allows for easily absorbed learning and immediately applicable takeaways. The techniques are always demonstrated by the instructors and participants are encouraged to interact, ask questions, and share insights. Breakout room exercises engage participants in application practice and shared learning.



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Positive Power template for Speaking up and Influencing:

- **Cultivating our best self:** Our centering practice is a great tool to help us collect ourselves and align to our confident and inclusive power.
- **Recognizing the challenge of power:** Many of us don't have a process for managing our power and may have been unskillful with our power in the past. Or we may be so uncomfortable with it that we don't use it at all. If we want to be skillful with our power, it helps to have a process to guide us.
- **Crafting a positive power declaration:** Crafting a declaration is harder than it sounds. What are the words you would use to describe what is important to you? Create a short statement of what is important to you and use our technique to focus and inspire the message.
- **Practicing a technique to focus positive inspired power:** Now we practice our techniques to align our message and create clarity from conflict. This process will help us skillfully navigate complex decision making and support us to move forward feeling aligned and clear.
- **Growing capacity for a larger more influential presence:** When we have taken the time to center, align and clarify what is important to us, we will be less reactive. This allows us to communicate our decisions in a calm and inclusive manner.

Positive Power

Program takeaways: This program offers exercises and techniques that can help participants:

- Develop a larger more powerful presence that can influence others.
- Learn techniques to set the tone in a meeting or communication.
- Practice delivering a powerful inclusive message.
- Express your ideas with confidence and warmth.

How we do it:

Program delivery options

- We recommend the *Positive Power program* for everyone.
- The program is offered virtually, and participant numbers can be varied.
- We suggest a program length of 1.5 hours.



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- This is an interactive program and participants will be invited to practice, interact and converse with the instructors. There will be breakout rooms for practice, participant interaction and shared learning.

Please reach out with any questions you have regarding the program. We look forward to supporting your organization.

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Leadership Embodiment – Positive Power Program