

Getting Smart About Power

Want to explore the difference for yourself between insecurity and confidence?

Here's a 3 minute experiment you can do to explore your experience of low and high power.

Step 1

Imagine a situation where you feel everyone else is smarter or more intelligent than you are.

- Feel into that experience and let it shape your body.
- What is the posture your body makes?
- How does it feel?
- What else do you notice?
- Where are you looking?
- What happens in your legs? your hands? your back? your heart?
- What words come?



Here's an example with Carol embodying feeling insecure about her intelligence in a group of really smart people.

Her words from this shape:

"I don't want to say anything. I don't want to show my ignorance!!"

Try it out for yourself

Step 2

Now imagine you're one of those smart people.

- How do you imagine their posture and how they act?
- Feel into that experience and let it shape your body.
- What is the posture your body makes?
- How does it feel?
- What else do you notice?
- Where are you looking?
- What happens in your legs? your hands? your back? your heart?
- What words come?



Here Carol embodies feeling secure about her intelligence in a group of colleagues.

Her words:

“Hmm, That’s interesting. I’d like to add this idea to that.”

Try it out for yourself!

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Get Smarter About Power Using Embodiment Practices
Online 2 hour sessions October 3, 10, 17, 24 & 31