**TYPES OF POWER – EXAMPLE SHEET**

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| **Power OVER**  The most common understanding of power -control or domination by one person/group over others; power of strong over the weak; associated with coercion, force, corruption and abuse.  **Examples Include**  • Telling people what to do, how to do it and what is wrong with them (being the expert).  • Blaming, labelling or classifying people (assuming to know the truth based on dominant ideas without considering unique circumstances and contexts).  • Deliberately or inadvertently excluding people from decision-making or limiting their participation (blocking choice, jumping in or taking over).  • Giving advice (imposing your views).  • Knowing what is best for others and telling them what their strengths are (patronising, condescending).  • Isolating and marginalising people (treating people as incapable). | **Power WITH Others**  Collective power of speaking out and acting jointly; collaboration and collective support and organisation, we are more powerful as a group than as individuals.  **Examples Include**  • Recognising that people are their own experts on themselves.  • Listening to their story.  • Seeking to recognise and mobilise people’s strengths and capabilities.  • Valuing people’s aspirations and goals.  • Creating a context of discovery and action, improvising and trying new things.  • Finding the right questions and relying on a team approach where responsibility is shared.  • Enabling processes and outcomes to be determined in partnership.  • Focusing on solutions, not problems. |
| **Power WITHIN**  The power to imagine, hope, dream; similar toself-confidence and linked with sense of awareness and self-worth and belief they can make changes -also ‘empowered’.  **Examples Include**   * Being able to recognise difference without feeling threatened by it. * Having a clear sense of one’s capacity and self-worth. * Having a belief that one’s actions can make a difference. * Recognising that we choose our behaviour. * Able to imagine a different world for ourselves and others. * Having hope. * Understanding one’s limits. * Able to ask for help. | **Power TO** **Do Something**  The abilityto make a decision and take action to bring about change; to shape our own lives; Where there is mutual support between individuals, **POWER TO** opens up possibilities for collective action or **POWER WITH.**  **Examples Include**   * Making a difference through one’s action. * Achieving one’s goals. * Creating something. * Recognising and using one’s skills, knowledge or experience. * Increasing one’s knowledge through learning or practice. |