



the inner activist

conscious
use of power

Conscious Use of Power Course Description



How we are in the world, how we relate, collaborate and lead arises in part from our experiences with power. Power can be a negative force, creating division, polarization and systems of oppression, or it can be a source of personal growth and collective transformation.

Conscious Use of Power deepens our understanding of the conflicts, polarization, and feelings (such as anger, pain, guilt, helplessness,

apathy and despair) caused by abuse of power and the resulting trauma. We explore the development of our social identities, both marginalized and dominant, as sources of strength and wisdom, and as places of deep wounding.

Practices to get us 'unstuck' and help us tap into our psychological and spiritual power will free our capacity to hold difference and to consciously use all forms of power, resourcing ourselves and our communities. Together we work to support the inner and outer changes which build solidarity, allyship and collective power.

Course Goal: Support a community of practice committed to self-awareness and skillfully use diverse forms of power to create a more just world.

Learning Outcomes:

Through participating in the course, participants will:

Increase Self-Awareness

- Have an embodied understanding of the levels at which oppression plays out: systemic impacts, interpersonal conflicts, internal wounding.

- Recognize & appreciate our own social identity development in all its complexity, dominant marginalized and intersectionality.
- Clarify personal growth edges to owning and using our power well

Build Capacity

- Practice navigating inner and outer conflicts more effectively
- Develop and support daily practices to tap into personal sources of psychological and spiritual power
- Deepen relationship skills in order to build collaborative forms of power such as solidarity and allyship

Apply Learning

- Practice a cycle of reflection and action each day
- Identify barriers and support strategies for applying new awareness in our work for change
- Co-create a community of practice to support ongoing learning & application

How We Work Together:

We believe that learning happens through direct, personal experience, and critical reflection on that experience. As a result, our educational practice is to use a mix of experiential methods, small and large group dialogue, presentation of content, earth connection, and time for rest, play, silence and socializing. We engage the head, heart, body and community, and focus



on bringing intention, awareness and wisdom to what is present in our moment-to-moment experience. As with all Inner Activist courses we will create a learning community that values diverse experiences and practices. We recognize that learning does not always occur in comfort. We invite us all into co-creating a brave space together.

Contact Us

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