

Forms of Power

Based on the work of Lisa VeneKlasen and Valerie Miller

POWER OVER

We're least likely to have a lot of this form of power. This is the 'traditional' view of power- control, authority- the type held by politicians, heads etc.

Some of us might have power over things. You might run a group, be a manager, chair meetings, or sit on an advisory board.

POWER WITH

This is where so much of our strength comes from as campaigners. It is the power we get through collaborating, working together, gaining allies, and building relationships. It is built on respect, solidarity, and supporting each other.

You might have power with specific charities, groups, organisations, or communities. What people, groups or organisations can help you with the campaign? Who can you work with? Who are your allies? Who can you get on board with your campaign?

POWER TO

This is the power to make a difference.

It is knowing that we all have the power to shape and change the world. As well as this self-belief, it is also all the skills and capacities we have that can help us make the change we want to see.

You might be good at public speaking, design, dance, organising... any skill can be used to help with a campaign. We ALL have things that we can contribute. There might be other skills that you would like to develop too!

POWER WITHIN

This is linked to our self-worth and self-knowledge.

It is also the things that give us power: where we draw our personal power from. **You might find strength and power in your values, communities, hobbies, prayer, or spirituality. What makes you feel strong personally? What things help you to love and know yourself? What builds your self-esteem?**