

deep:black are delighted to share these resources



Plugging into my Power

Aims:

- To identify when I feel powerful
- To experience where I feel that energy in my body
- To harness and be able to direct my power in ways that serve me

Instructions:

- Think about a time when you felt powerful
- What gives you power in your life? Where do others recognise you as powerful? What feelings come up?
- Where in your body do you feel a shift as you reflect on these questions
- Make an action that represents your feelings, create a short phrase to accompany your movement.

For further information about this and other bespoke training, please contact trupti@deepblack.org.uk