


**POWER VS WELLBEING
MODULE 3**




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1

MATERIAL

- Understanding Power and how to use it for good.
 - Youtube - Adam Grant on How Humility Builds Stronger Teams & professionals.
 - Article: *Emotional Intelligence has 12 Elements. Which Do You Need to work On?* – Harvard Article by Daniel Goleman and Richard E. Boyatzis - read
- Importance of Wellbeing in a changing world
 - Back up slides
 - Ways to help with Mental Health and Wellbeing.
 - Tips on apps and websites to help with wellbeing.
- Is power and wellbeing compatible?
 - Article: *Perspectives on power relations in human health and well-being* by Ingrid Larsson and Henrika Jorntelid.
 - Questions and brief discussion.
- Networking enables a powerful career
 - Article: *The Power of Networking*.
 - Virtual panel with Nuseed CIO – Reetal Pai -15 min



2


POWER: WHAT QUESTIONS DO YOU HAVE ABOUT IT??

- How can I gain power and keep it?
- How can I ensure that I won't abuse power myself when I have it?
- Is it predetermined by personality or wealth? Is it a special "trait"?
- Is it understood differently by gender, culture, class?
- Is authority same as power?
- Is power "dirty"?

Definition by professors Julie Battilana and Tiziana Casciaro (book Power for All):

"Power is energy for everyone to harness to make our lives, work and society better."

List 3 people you believe are powerful and why – 5 min.
Share thoughts – 10 min.



3

POWER EXISTS IN THE CONTEXT OF A RELATIONSHIP...

- You have resources the other values and vice-versa;
- The alternatives you and the other have wanted by one another.

"TRAITS" NEEDED TO BE DEMONSTRATED:

Story telling

Inspiration

Trustworthy

<https://www.youtube.com/shorts/pjcmU74dNP>

Influence one another's behavior

4

DO YOU UNDERSTAND HOW E.I. CAN ENABLE YOU TO BUILD "POWER"?

Emotional Intelligence Domains and Competencies

SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP MANAGEMENT
Emotional self-awareness	Emotional self-control	Empathy	Influence
	Adaptability		Coach and mentor
	Autism orientation	Organizational awareness	Conflict management
	Positive outlook		Teamwork
			Inspirational leadership

SOURCE: MORE THAN SOUND, LLC, 2017. © HBR.ORG

"Emotionally intelligent people are able to self-manage their behaviors and navigate challenges with the best outcome in mind for themselves and their relationships, despite emotions that may be at play."

Poll: questions about the understanding of EI.

5

EFFECTIVE POWER AND LEADERSHIP NEEDS WELLBEING & MENTAL HEALTH CARE

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

6

PERSPECTIVES ON POWER RELATIONS IN HUMAN HEALTH AND WELL-BEING BY INGRID LARSSON AND HENRIKA JORMFELDT.
ANALYSING THE ARTICLE...

CALL TO ACTION

- In the article, how is the coach showing power and leadership with the team?
- How is the relationship between the researcher and the participant showing the concept seen in slide 4?
- What is the result of empowerment applying the proper way?

Power:
 Energy to harness to make our lives, work and society better.

Influence
 Inspirational leadership
 Exchange resources
 Conflict Management
Ability to "tell the story"
 Be trustworthy
 Achievement
 Strength/ Resilience

Emotional Psychological Physical Social Wellbeing

Positivity, Self control, Self Awareness, Confidence, Stress management, build relationship.

7

PANEL INTERVIEW – NETWORKING ENABLES A POWERFUL CAREER

ACCESS NEW OPPORTUNITIES

LEARNING AND GROW

SUPPORT AND ENCOURAGEMENT

INCREASED VISIBILITY

- Reetal Pai – CIO for Nuseed – 20 min
- Introduction – 2min
- Background – 3min
- Questions related to the topic – 10 min

8

BACK UP

9

ONE SIGNIFICANT IMPEDIMENT TO HEALTH AND WELL-BEING THAT MOST OF US EXPERIENCE IS STRESS. WHEN STRESS AFFECTS US, IT BLEEDS INTO EVERY ASPECT OF OUR LIVES, INCLUDING OUR RELATIONSHIPS AND PERSONAL LIVES.

Burnout Survey
 Deloitte conducted an external marketplace survey of 1,000 full-time, U.S.-employed corporate professionals to understand the causes and impact of employee burnout, as well as the programs employees value most, and how organizations can do a better job of providing them.

87% of professionals say they have passion for their current job. **YET...** 64% of professionals say they frequently feel stressed or frustrated at their current job.

18% feel busy every day. 32% feel busy once a week. 15% feel busy once a month.

77% of professionals have experienced burnout at their current job. 51% more than once. 84% among those not passionate about their job.

"94% of American workers report experiencing "extreme stress" at their jobs. Each year, this work-related stress results in about \$190 billion in healthcare costs."

"Both physical and mental health impact well-being. When people feel mentally fit and balanced, they're more resilient. Being better equipped to cope with life's difficulties and bounce back from difficult events improves overall well-being."

10

DIGNITY IN MENTAL HEALTH YOUR MENTAL HEALTH MATTERS!!!

GET THE 5 DOSE OF MENTAL WELLBEING DAILY

- BE ACTIVE:** Participate in activities around you. Do something that you like most each day.
- TAKE NOTICE:** Take note of what is happening around you. Do something new each day.
- GIVE:** Identify and refer those in need. Show love and concern to others around you. Help and respect others.
- KEEP LEARNING:** Learn something new everyday. Learn from the experiences of others around you. Stay informed, talk to your leaders.
- CONNECT:** Visit people and share. Feel peaceful in religious activities and keep connected to God. Get a healthy.

TOOLS TO HELP WITH MENTAL HEALTH AND WELLBEING

If you want to incorporate more mindfulness into your daily life, we recommend using one of the many available apps on the market. You can also practice breathing exercises, walking meditation, yoga, or other practices that help root you in daily life.

Search Inside Yourself Leadership Institute
 Mindful Workplace Practices
 Mindfulness Training

11
