POWER	VS	WELLBEING
		MODULE 3



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. Boyattis 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.

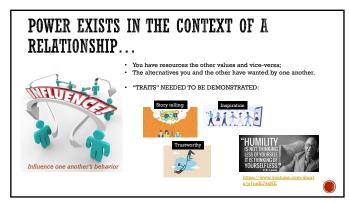
- Is power and wellbeing compatible?
 Article: Perspectives on power relations in human health and well-being by Ingrid Larsson and Henrika Jornaleldt.
 Questions and brief discussion.
- Networking enables a powerful career
 Article: The Power of Networking.
 Virtual panel with Nuseed CIO Reetal Pai -15 min

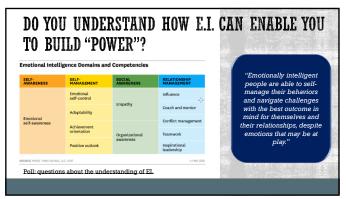
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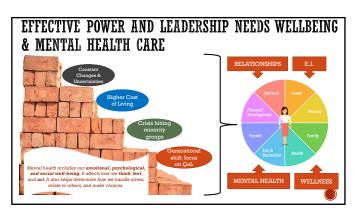
POWER: WHAT QUESTIONS DO YOU HAVE ABOUT IT??

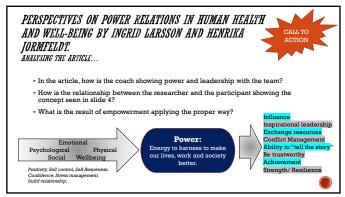
- How can I gain power and keep it?
- How can I ensure that I won't abuse power myself when I have it?
- Is it predetermined by personality or wealth? Is it a special "trait"?
- Is it understood differently by gender, culture, class?
- Is authority same as power?
- Is power "dirty"?

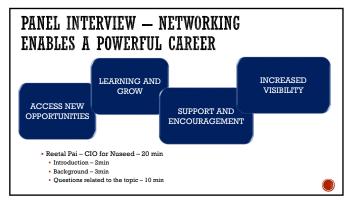
List 3 people you believe are powerful and why – 5 min. Share thoughts – $10\,\mathrm{min}$.











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BACK UP

