

Real Power Lunch & Learns

What does it mean to be a powerful leader in the world today? Is power an expression of external achievement? Or is it a deeply felt experience of internal strength? These interactive sessions, led by Master Certified Coach, Phyllis Carrera, heightens participants' understanding of *Real Power* -- a dynamic 6-stage model developed by Janet O. Hagberg that integrates external power based on our *capacity for action*, with deep internal power built on our *capacity for reflection*. According to this model, individuals re-experience the stages at various times in their lives and careers. Each stage of power has a significant impact on our leadership capability. As we develop both external and internal power, we strengthen our ability to lead by modeling integrity.



HumanArts recommends a 3-part Power Lunch & Learn series that incorporates individual Personal Power Profiles and small and large group discussion to help individuals address the following questions and make "real" changes in their work and life:

- Part I: *What is Real Power?* An introduction to the Real Power & Leadership Model
- Part II: *What stage am I at and where do I need to grow?* Personal Power Profile review
- Part III: *How can I lead with Real Power?* Peer coaching discussions to help individuals develop strategies and tactics that strengthen their "real" leadership power.

For additional information on this series, or to schedule in-house or virtual sessions tailored to the distinctive needs of your organization, contact HumanArts at 404-352-0340 or email us at pcarrera@humanarts.biz.