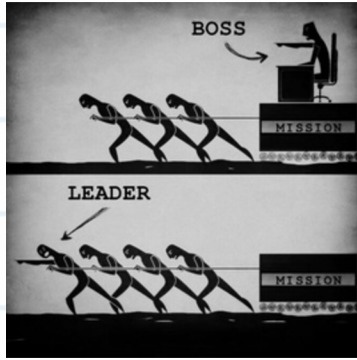


2

Shifting the Power Dynamic

Lead with a WE instead of a ME vs YOU.

1. WHY? Power Over is harmful and ineffective.



- Causes disconnection and ignores needs which can lead to misbehavior like resentment, rebellion, or revenge as well as a host of mental health issues.
- Creates COMPLIANCE (working to avoid punishment or gain reward)
- Power With provides connection and meets our children's needs so we gain COOPERATION (working together).

2. HOW? With 3 shifts- Mindset, Body, Behavior

Mindset:

Respect and value each child as an equal member of the group by holding high and positive expectations and including them in decisions that impact them or the family as a whole.

Body:

Pull energy down from headspace into your body and heart space to access calm and compassion.

Behavior:

See misbehavior as a clue, and not to be taken personally. Respond by meeting the missing Belonging or Boundary need instead of trying to gain control or exert power over (or under).

3. HOMEWORK!

1. Of the 3 shifts- Mindset, Body, Behavior- which will be easiest for you to adopt? Most challenging? Your partner's?
2. Think of a situation where you may be more of a boss and less a leader. How can you shift from a ME vs YOU to a WE?