

# Taking Power out of the Closet with Wendy Palmer

**A first in South Africa - limited places available**

Everyone has power - what counts is how we use it

In this experiential workshop we look at power through the lens of Personal Power and Social Power.

**Personal Power:** is the ability to influence ourselves; to generate confidence, compassion, creativity, and innovation.

**Social Power:** is the ability to cause others to take desired action, to direct or influence the behavior of others or the course of events.

When you take your power out of the closet, it's inevitable that you will feel stronger and more confident. You will leave with skills and practices for overcoming your fears, accessing centred power, feeling comfortable in your own skin, and adjusting to new visibility and success.



## CONTACT

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You will have the opportunity to explore:

The ways you keep yourself small in challenging situations and how to expand your presence

Different types of power, such as focused power, dominant power, and chaotic power

The challenges that can arise when you connect with your personal power

Practices to activate your powerful, expansive self so you can live a less fearful and more optimistic life

## TAKING POWER OUT OF THE CLOSET WORKSHOP

: Cape Town 8 & 9 March 2019

Venue Old Mutual House,  
33 Klaassens Rd

Cost: R5 500

Time: 9.30am - 4.00pm

Watch Wendy talking about power:  
<https://vimeo.com/251745556>

