



Insight and Inspiration,  
Innovation and Vision  
For the Developing and  
Evolving Self

**INTERNATIONAL INSTITUTE  
FOR SELF DEVELOPMENT**

[IIFSD.org](http://IIFSD.org)

**A Workshop**  
Lead by  
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## **A Women's Power**

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### ***What is Power?***

A useful definition of power is: the ability and willingness to act.

What is ability and willingness? Where do they come from? Where do women get their ability and willingness to act?

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### ***What Is the Foundation of a Women's Power?***

A women's power is rooted in her femininity.

Femininity has many different aspects to it. What are some of these aspects? Which aspects of femininity can give rise to power?

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### ***How is a Women's Power Different from a Man's Power?***

A man's power is rooted in his masculinity. What aspects of masculinity give rise to a man's power?

Can a woman use aspects of masculine power to strengthen her power?

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### ***How Can We Value the Feminine?***

A woman (and a man) needs to value the feminine. What of the feminine is of value? What are the devaluing messages that women have received? How can women respond to male chauvinism?

In this workshop, we explore these four fundamental questions: elaborating, understanding, and applying the answers.

