

Workshop Summary

Equalising Power



Duration: 4 to 7 hours in-person, or as virtual sessions

Group size: Up to 12 people

Workshop Objectives

1. **Increased awareness of how power and status are communicated** nonverbally through posture, facial expression, tone, pace, and presence.
 2. **Practical tools to shift status consciously** by creating space for others to step in, speak up, and feel a greater sense of belonging.
 3. **Stronger relationships and more collaborative teams** through intentional use of presence, listening, and playful experimentation.
-

Part 1 – The subtle language of status

- Everyday power: noticing the subtle signals of status in action
- Status behaviours: high, low, and flexible status — and what they communicate
- Using body, breath and voice to shift dynamics

Part 2 – How to change your status

- Applied improv games to explore and equalise power in a playful, embodied way
 - Encouraging contribution: creating a climate where others feel safe to speak
 - Real-world application: meetings, leadership moments, group dynamics
-

Note: While this workshop explores inclusion and power, it's primarily about how we can shift power dynamics in everyday interactions — not a full DEI training.