

# **POWER – THE SECRET INGREDIENT**

## **WHAT IS POWER?**

- Force, momentum, strength, might
- Possession of authority or command
- Ability to influence, inspire or sustain
- Energy to accomplish something

## **WHAT DOES POWER HAVE TO DO WITH PERFORMANCE?**

Audience gives over power to performer, saying “move me, influence me”

Performer embraces this responsibility... or shrinks away and drops the ball

## **SOURCES OF POWER**

Position

Knowledge/expertise

Character

Ability to reward

Ability to punish

Gender

Powerlessness

Charisma

Apathy

Craziness

Support of others

Perception of power

## **WHERE DOES POWER COME FROM?**

- Babies feel omnipotent at birth
- Then, conflict between need and dependence arises – They need power!
- Humans develop a sense of self and ability to successfully affect world by ~age 3-5
- Both biology and socialization determine person’s experience/expression of power

## **WOMEN AND POWER**

- Less familiar with experience of having and exerting overt power
- Often unaware of capacity for covert or indirect kinds of power
- Highly powerful creatures!

### **WHAT IS POWERFUL IN QUARTET FUNCTIONING?**

Force, momentum, strength, might

- Energy, determination, strength of conviction

Ability to influence, inspire or sustain

- Persuasiveness, knowledge, skill, vision, humor

Possession of authority or command

- Confidence, position by virtue of history/dynamics

Ability to accomplish something

- Energy, will, time, resources, creativity

### **WHAT IS POWERFUL ON STAGE?**

Force, momentum, strength, might

- Energy, volume, dynamics, movement, rhythm

Ability to influence, inspire or sustain

- Emotion, character, beauty, sexiness, humor

Possession of authority or command

- Posture, confidence, seamlessness, “Bigger than life,”

Ability to accomplish something

- Entertainment, capture attention, surprises

### **POWER INVENTORY**

- 1. Consider “Sources of Power” and “Types”** – what fits in terms of your behavior/style?
- 2. Share how you feel about power**, where you have it, how you use it
- 3. Observe power in commanding performers** – religious leaders, politicians, musicians, actors, teachers, business presentations
- 4. Identify 3 things you might do** to appear more powerful on stage – try one out and see what happens!