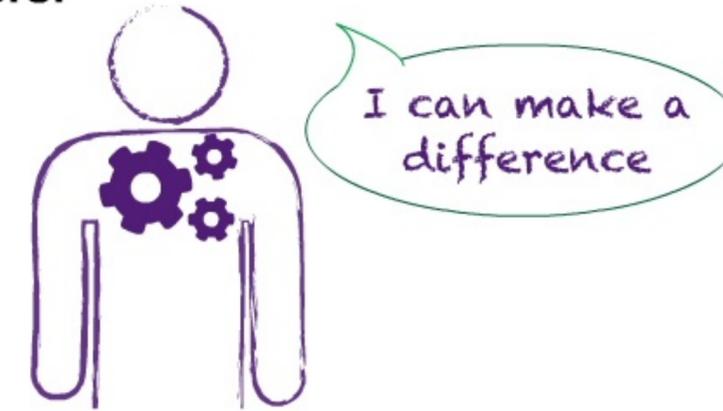


Power over: positive or negative authority, control over individuals, groups or institutions; can be backed by force.



Power to: power that comes from having or developing skills, knowledge and tools, and the capacity to use them effectively to influence others.



Power with: power that comes from collective action, alliance and joining together to plan, build and act.



Power from within: confidence that comes from self-esteem, a belief in one's right to act and occupy space and be treated well by others, and the belief that change is possible.

