

POWER

Exercises

SOLIDARITY TEAM

You might like to create a 'Solidarity Team' which is a group of people who serve as a network of support to you. This might be a group of real or imagined people, who are alive or have passed already. You can carry these people with you in actual or imagined ways.

Who in your life helps you to claim yourself as important and powerful?

Who are the people that help to support you as you know yourself to be and as you emerge into more of who you are?

Who would you invite to be on your Solidarity Team?

What qualities, resources, ideas, positions in relation to ethics and gender connect you with this person? Or this group of folks?

- How will you invite them to be on your team?
- How will you embrace Solidarity Team members that you don't have physical contact with, like people who have passed on, or people you haven't met?
- How will you bring them to mind and keep them with you?
- What are your expectations and hopes for how your Solidarity Team supports you? how will you invite them into this relationship with you?
- How do you hope to get support from your Solidarity Team? How can you invite them into this supportive network with you?

What difference will belonging in this Solidarity Team make for you? for the people you have invited? To the spaces you take them?

(Questions adapted from Vikki Reynolds)