

## Other Fields

You can grow your strength in other people's fields, helping them be strong, investing in their lives and collaborating together with them. and other people may be willing to grow their strength in YOUR fields if you want them to.

**28. Who do you need to collaborate with to grow seeds of strength in THEM?**

**29. Who do you need to collaborate with for them to grow their strength in YOU?**

## Wise use of your Strength

Do not use more strength than you need to. A person who 'comes across a bit strong' is perceived as a danger and may be rejected. Like a child with a gun, a person who lacks self-control is a liability. Don't give away your strength to untrustworthy people. Don't waste it, or treat it carelessly. Personal Strength is a valuable commodity. Respect the strength you have. Look after it. Using your strength for the good of others is good for YOU too. Using your strength to harm others will eventually mess you up.

**30. Where or with whom do you need to be more wise in how you use your strength in the future?**

**STUCK?** You may be able to contact the person who gave you this workbook, or go to [www.powerchange.com](http://www.powerchange.com) for more information on what we can provide to make you stronger. Or search *Powerchange Coaching*.

*Your coach is:*

Powerchange®

Confidential to -

Name:

Coach:

Date:

# Fields of Strength

**For bullying, abuse and other situations of perceived injustice or weakness**

*Increases personal strength*

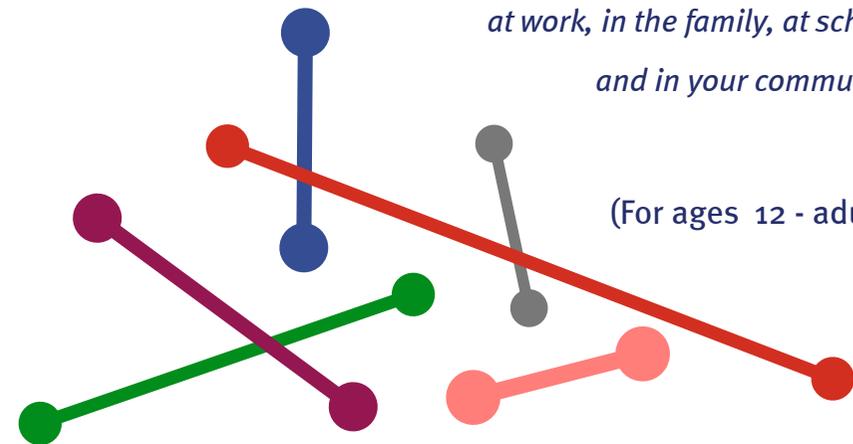
*Corrects perceptions of power*

*Strengthens daily performance*

*at work, in the family, at school*

*and in your community*

(For ages 12 - adult)



**Created and designed by Andrew Sercombe**