

Your Training Assignment And Personal Accountability

Power & Influence: The French & Raven Model

This is a model of how others are given power. Study these.

Legitimate – This comes from the belief that a person has the formal right to make demands, and to expect compliance and obedience from others.

Reward – This results from one person's ability to compensate another for compliance.

Expert – This is based on a person's superior skill and knowledge.

Referent – This is the result of a person's perceived attractiveness, worthiness, and right to respect from others.

Coercive – This comes from the belief that a person can punish others for noncompliance.

Assignment – look at the Referent Power. Identify what that might look like for you if it were stronger than it presently is. Identify the characteristics that you feel would be ideal to work on.

Lastly, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each module includes an audio podcast and a training template like this. Get into the habit of what works for holding yourself accountable to mentally focus on it. Be aware and comfortable with a pattern that works for you.