

## **Power Imbalances: What are they, and how to deal with them in Building Sustainable Relationships and Resolving Conflict** **(<https://www.activelink.ie/node/115527>)**

### **Free Zoom Webinar**

**Wednesday 14th May 7.00pm – 8.30pm**

It is often said that power corrupts, and absolute power corrupts absolutely.

And you don't have to look far in the world to see that this principle applies in many ways, dynamics and situations from the personal, family, community, workplace, the global and political arenas and everything in between.

But is it the power that corrupts or the use and abuse of it that corrupts?

We have the power and capacity to do many things in many situations in our lives, and we can do so towards constructive or destructive ends.

We can be cruel or kind, forgive or seek revenge, heal or hurt, build bridges or burn them, live in the past or create a better future and many more examples.

Power is neither good or bad in and of itself.

As Shakespeare said :

“Nothing is good or bad Horatio but thinking makes it so.”

This suggests that power doesn't begin in our actions but in our minds and how and what we think about things and other people and the relationships we have with them.

The real source and use of power therefore lies in the choices we have and how we exercise them.

Problems occur when we seek to use power against or over each other or try and control or conquer things that we perceive to be threats, enemies or obstacles and we feel the need to control them for our own benefit, survival or safety.

Another use of power is in the stories we tell ourselves and each other. For the stories we are taught, believe and adopt and tell ourselves and others determine and govern our attitudes and behaviours:

“I think you are this or that and so I am going to do this to you for that reason.”

In this free Zoom Webinar we shall be looking at the nature of Power and its use and abuse and how to deal with power imbalances towards making those relationships fair, just, equitable and sustainable.

All are welcome and hopefully it will be an interesting and revealing process together with some light bulb moments along the way.

Plus as an extra bonus we **won't** be playing either Jennifer Rush or Huey Lewis singing The Power of Love!

### **Facilitator: Tony Kearney**

Tony grew up in New Zealand where he trained as a solicitor. He then worked as a solicitor in London for over 20 years before moving to Ireland in 2006 to further his work around building sustainable relationships into the future. This includes planting a forest on the farm where he now lives and acting as a Mediator in workplace, community, schools, family, and commercial disputes. He also runs training and other events and is the author of five books.

**To register for this Webinar or find out more email Tony at: [tony.kearney6@gmail.com](mailto:tony.kearney6@gmail.com)**  
**(<mailto:tony.kearney6@gmail.com>)**

#### **Region**

Online / Zoom

**Date Entered/Updated**

9th May, 2025

**Expiry Date**

14th May, 2025

---

**Source URL:** *<https://www.activelink.ie/community-exchange/events/115527-power-imbalances-what-are-they-and-how-to-deal-with-them-in-building-sustainable-relationships-and-resolving-conflict>*