

# Upward spiral of *Power*



# Who am I?

- Typical Social climber

- Medical Analist
- Political ass. (virus)
- Consultant div/networks
- Executive coach

Astrid Elburg (1958)

# Basic need/ Dream

Discontinue

- **Invisibility**
- **Powerlessness**

Resistance against

- **Assimilation**
- **Against social wishfull behaviour**

# Step 1

- **Be/observe where the power is**
- **Organise visibility**
  - **Men**
  - **Women**
  - **Migrants/Blacks**

## Step 2

- **Look for:**  
**Mentor (dominant culture)**
- **Confrontations**
- **Develop ability to (re)bounce**
- **Develop Guts**
- **Capability to Sacrifice**

# Result

- **Authentic**
- **Make a difference**
- **Do matter = my ambition**
- **Flow**
- **Passion**
- **Enjoy influence and power**
  
- **Become a leader**

# Decision

- **Life long learning**
- **Consultant/advisor**
- **Coach/mentor**
- **Boardmember**
- **Wellconnected**

# Trapdoor

- **Exclusion en rejection (by dominant cultures)**
  - Recognize/ be aware
  - Deal with it (develop skills)
  - Humiliation
  - Painfull
  - (gender, *social status & class*)

# Conclusion

- **Make a careerplan (timing)**
- **Mentor/coach**
- **Develop Guts**
- **Be aware of Sacrifice**
- **Train your Elasticity**
- **Dare to be Vulnerable**
- **Prepaire to be hurt**

# Tips

**Apart from education & skills**

**Essential:**

- **Physical condition (*fit*)**
- **Mental (*tools*)**
- **Spiritual (*be selfconnected*)**

# My job

- Coaching men/women on top
- **Coaching double cultural backgrounds**
- **Consultant management and board on div.**
- Outplacement international
- Network/ **Kunsthall & Rijksmuseum**
- Vice chairman **of TopFocus**
- Boardmember **(HNB/VPRO/Rabobank)**
- Sponsorship/guests for **TED.com Amsterdam**

# Conditions

- **1. Face fears**
- **2. Stop denials**
- **3. Include rejection**

**=**

**Freedom to step into the upward spiral**

# Questions



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