

Power Profile - Personal Growth version

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About the Six Feminine Powers Model

The Six Feminine Powers model uses the wisdom of archetypes to enable women to identify and understand their powers. Archetypes are fundamental structures of our psyche which are reinforced by our culture and social conditioning. These energies are universal and present in everyone. Archetypes are sources of power if we understand and use them well. This report uses archetypes and powers interchangeably. Here are some important points to keep in mind while going through this report.

- No single archetype is better than another. There are no good, bad, desirable or undesirable archetypes.
- All archetypes are present in each person. We each have a unique archetypal pattern.
- Each power has a positive pole and a negative pole.
- The powers that we use most frequently and have easy access to are Dominant Powers.
- The powers that we use on certain occasions and have some access to are Secondary Powers.
- The powers that we rarely use and do not have easy access to are Latent Powers.
- Overuse of Dominant Powers creates derailers which do not serve us.
- Not having access to Latent powers can also create power blocks.

The objective of knowing about our powers is to achieve our goals, overcome challenges and lead a wholehearted powerful life. This is a tool for self- reflection and enhanced awareness to foster your personal and professional growth.

Research

The Six Feminine Powers is based on a three year research conducted by Nirupama Subramanian who is an ICF certified coach and leadership development facilitator. The research for this assessment tool has been done using a database of 500 women from South Asia.

Description of the Six Powers

This model focuses on Six core archetypes that are most commonly seen in the context of South Asian women. The descriptors used depict one key aspect of each power for easy identification. Each power has several associated positive qualities which you usually display. Under stress or pressure you will have a tendency to demonstrate some of the dark side tendencies which block your power.

Kanya- The good girl

Apsara- The seductive beauty

Veera- The rebel warrior

Rani- The noble queen

Ma- The nurturing caregiver

Rishika- The wise seeker

What's inside

Your Power Profile is presented in 2 distinct sections. The first section presents your



comprehensive power profile with scores on all 6 powers along with a brief description of each power. The second section presents your Dominant , Secondary and Latent powers along with their implications on your behavior. You will know your

- Unique Powers
- Your power blocks
- Your limiting beliefs

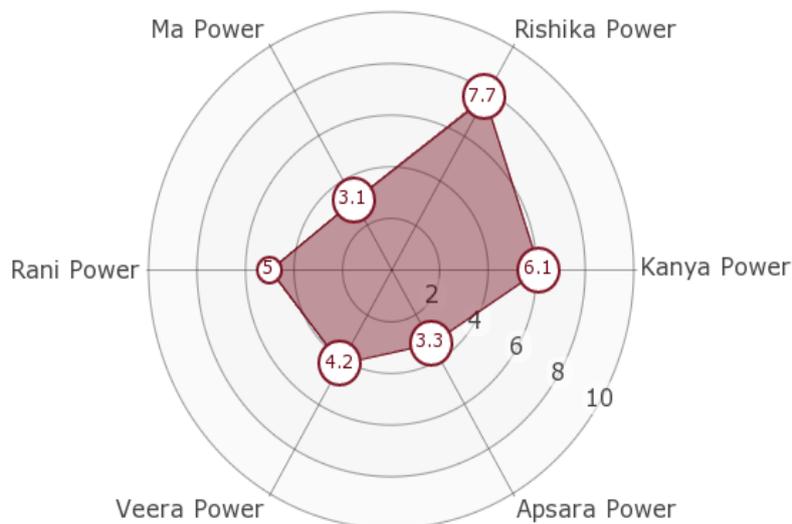
The report also contains a Reflective questionnaire for actionable insights.



Detailed Power Profile

Given below in the power profile of Nirupama . These scores are derived after comparing Nirupama's profile with other women from 18 to 60 year of age. A score less than 4 indicates low preference for the power, scores between 4 and 7 indicate moderate preference and a score of 8 and above indicates high preference.

Power profile of Nirupama Subramanian



Kanya Power

Score: **6.1**

Kanya- The Good Girl

Kanya is the innocent loyal girl who wants to be liked and accepted by all. Her main attributes are:

Virtuous

The Kanya holds a higher moral ground. She leads with integrity, discipline, ethics and fortitude. She is responsible and has a strong sense of duty.

Optimistic

The Kanya trusts people and has a positive outlook. She believes that things will usually work out well.

**Affable**

The Kanya likes the company of others and is a good communicator. She is likeable, builds rapport easily and gets along well with most people.

Conformist

Kanyas are conformists, they might suspend their own beliefs in order to fit within a desired group, they believe in accepted norms and behavior. They are happy to follow the rules and go with the flow.

People Pleaser

The Kanya is also a people-pleaser who works hard for validation. Sometimes the need to please others may become as a weakness as it makes her submissive and passive.

Your Kanya power is likely to be in the moderate range. This implies that you will have average level or less frequent access to this power. Some aspects of this power maybe pronounced in your life while others maybe less pronounced.

Apsara Power**Score: 3.3****Apsara- The Seductive Beauty**

Apsara is the sensual beauty who is charming, sensual, alluring, wild, and passionate. Her main attributes are:

Creative

The Apsara has an abundance of creative energy which she uses to express herself through art, music, poetry, dance and other forms of self- expression.

Attractive

The Apsara likes the spotlight and does not shy away from taking center stage. She will usually get the attention and admiration of the audience- both men and women.

Sensuous

Apsaras are aware of their beauty and sensuality. They are not sexually inhibited or bound by social notions of morality. They are passionate lovers and see sex as a means of pleasure and fulfillment.

Manipulative

Apsaras have a tendency to be manipulative and self-centered to achieve their own ends without thinking about other people's needs and feelings. They can misuse their powers of seduction to influence others.

**Excessive**

The Apsara is prone to excessive emotions and can get overwhelmed easily. They can be flamboyant and extravagant or give in to melancholy and mania if their freedom and creativity are threatened.

Your Apsara power is likely to be in the low range. This implies that you will have considerably less or infrequent access to this power.

Veera Power**Score: 4.2****Veera- The Rebel Warrior**

Veera is the brave warrior who is ambitious, relentless with a competitive fighting spirit.

Courageous

A Veera is courageous, willing to take risks and undaunted by challenges. She is not afraid to speak her mind nor does she shy away from conflicts.

Confident

Veeras are self- confident and determined. They are ambitious and like to take charge of situations and embrace leadership roles.

Achievement oriented

Veeras set goals and achieve them. They like to be constantly in an action mode and are relentless in pursuit of their objectives.

Domineering

Veeras can become aggressive, domineering and overlook other people if they are not getting their way.

Short-tempered

Veeras are impatient and quick to anger. If they are threatened by failure, they take their anger out on other people.

Your Veera power is likely to be in the moderate range. This implies that you will have average level or less frequent access to this power. Some aspects of this power maybe pronounced in your life while others maybe less pronounced.

Rani Power**Score: 5****Rani: The Noble Queen**

Rani is the efficient administrator who brings balance and harmony in the household or her workplace.

**Efficient**

The Rani is an efficient manager who organizes and orders things around her. She develops structures and processes to accomplish objectives, allocate resources and create procedures.

Pragmatic

A Rani is pragmatic and deals with things sensibly and realistically. She understands the need of the hour and acts accordingly. She is not overly calculative but sensible about what would benefit her clan/family/team and decides accordingly.

Good Planner

A Rani is a good planner no matter how complex the situation is. She likes to be prepared in advance and is detail oriented in her approach.

Perfectionist

Ranis believe that perfection will bring order in chaotic situations. She can become fussy and be seen as nit picking if things are not done as per her expectations.

Anxious

A Rani tends to get worried and anxious when things don't go according to plan. She does not want to take risks and will resist change in stressful situations.

Your Rani power is likely to be in the moderate range. This implies that you will have average level or less frequent access to this power. Some aspects of this power maybe pronounced in your life while others maybe less pronounced.

Ma Power**Score: 3.1****Ma : The nurturing caregiver**

Ma is the mother, all caring, nurturer who puts others before herself. She is selfless and assumes the role of the caregiver. She has a strong sense of belonging and a need to be needed.

Nurturing

A Ma cares for others. She comforts others and enjoys making others feel good. A Ma is always concerned for the well- being of others.

Relationship- oriented

A Ma values relationships with others over tasks. She has a strong need for belonging to her family and team and is at her best when she is connected to others.

Altruistic



A Ma is generous, sacrificing and always the giver in a relationship. She can give up her needs and comforts to provide for others.

Martyr

A Ma tends to feel like a martyr who is always giving to others. She will feel guilty if she is not doing enough but can also resent the fact that she is always the one to make sacrifices.

Smothering

A Ma who is insecure tends to overprotect her people and prevent them from growing. She can stifle the independence of others to keep them dependent on her.

Your Ma power is likely to be in the low range. This implies that you will have considerably less or infrequent access to this power.

Rishika Power

Score: 7.7

Rishika: The Wise Woman

The Rishika is wise, insightful, intuitive and a seeker. The Rishika archetype often ask questions and they seek solutions. They are analytical and research oriented. They need to know the Why and How.

Intuitive

Rishikas are highly Intuitive. They closely observe their surroundings and are able to draw insights and connect the dots easily.

Wise

Rishikas are intelligent and knowledgeable. Wisdom is the primary attribute of Rishikas but their wisdom is not all about academic excellence. They are good problem-solvers and people often look up to them for good advice.

Inquisitive

Rishikas are highly inquisitive, they are inclined to investigate and are eager to acquire new knowledge and to learn the explanations for things. They are seekers and go into deep explorations of areas that interest them.

Disconnected

Rishikas have a tendency to be disconnected from other people and often lost in their own world. They can also be disconnected from their own emotions and needs as well.



Lack of vulnerability

Rishikas have a fear of exposure and criticism, and this makes them less open and candid. They do not show vulnerability and can come across as arrogant.

Your Rishika power is likely to be in the high range. This implies that you will have full and frequent access to this power and most aspects of this power might be pronounced in your life.



Summary of Your Power Profile

Given below is the summary of your power profile according to your most preferred (a.k.a. Dominant), second most preferred (a.k.a. Auxiliary) and least preferred (a.k.a. Latent) powers. This matching is done by a machine learning algorithm that is fed on the data from expert evaluations on several hundreds of profile. This section provides information on core powers, power blocks and limiting beliefs associated with these 3 powers. Please note that the comments provide here are INDICATORS only and under no circumstances they should be considered as final verdict on your preference or development of these powers. The feedback is intended to help you start a deep and meaningful exploration into your powers and discover how they might be operating within you.

Your dominant power is Rishika Power

You have first preference for this power and you are likely to use this powers in almost all situations. This power is also your most developed power therefore you are likely to exhibit almost all behaviors related to this power.

Core powers and bright side qualities

You are seen as intelligent and intellectually inclined by others . You often ask questions and seek solutions. You value mastery and like to be the expert in your field. You are valued for your wisdom, new ideas and innovative approach to solving problems. You can be highly Intuitive. You are a keen observer of the environment and are able to draw insights and connect the dots easily. You enjoy sharing your knowledge and guiding others. You are usually seen as mature, composed and exude gravitas with your presence. You also enjoy debates and love the stimulation of a good argument more than actually winning it. There are times when you need your quiet reflection time and can be seen as lost in a world of your own. At a certain stage in life, you can be drawn to a spiritual quest. You feel a need to tap into the mystical and mysterious unknown. You desire a life of purpose and an opportunity to contribute to something greater than yourself. You like to go deep into areas that interest you and have a strong desire for increasing your knowledge , whether it is science or spirituality. You see yourself as principled and don't like to compromise on those values that you hold dear.

Power blocks from dark side tendencies

- You have a tendency to be disconnected from other people and often lost in their own world. Others may see you as out of touch with reality. Your fear of exposure and criticism makes you guarded and less open to engagement. You feel threatened in any situation that can make you



look stupid or ignorant.

- You may look down upon those who don't meet your intellectual and moral standards. This can make you seem arrogant and unapproachable. You find it difficult to be vulnerable and are pressured to maintain the image of a wise and intelligent person.
- You can get disconnected from your own emotions and respond to threats by shutting down your feelings and distancing yourself from others. Instead of communicating openly, you retreat into the ivory tower behind the façade. You can be seen as frigid and cold when you are actually retreating in fear.

Limiting Beliefs

These are some beliefs that can limit your potential. Identify the ones you resonate with and reflect on how these can keep you from being in your true power.

- I need to be smart all the time.
- I am the only one with all the answers.
- I can't be beautiful and intelligent at the same time.
- I won't be respected if I don't have all the answers.
- I don't need people.
- Being emotionally vulnerable is a weakness.

Your secondary power is Kanya Power

You have second preference for this power and will use it in certain situations depending upon the need. You are not defined by this power, yet you have access to it and are able to evoke it when required.

Core powers and bright side qualities

You lead with integrity, ethics and fortitude. You are responsible and have a strong sense of duty. You will not let other people down, especially those who believe in you or depend on you. You trust people and have a positive outlook. You honor commitment and don't like to break promises. You believe that things will usually work out well and usually for you, they do. You like the company of other people. You communicate well and build rapport easily. You get along well with most people. Others see you as friendly and easy going. You see the best in others and give them the benefit of doubt. You are a loyal friend and place a high value on relationships. You are diplomatic and sensitive to others feelings. You respect those in authority and believe that they have created the rules in the best interest of everyone. It is important for you to do well in anything you take up. You enjoy appreciation from others and it motivates you to do better. You are usually flexible in your approach and like to go with the flow.



Power blocks from dark side tendencies

- You prefer to avoid conflicts as much as possible. Your preference for ease and harmony makes it difficult for you to handle messy tough situations.
- You can come across as a people-pleaser who works hard for validation. You have a tendency to give up your rights to keep others happy and get their acceptance. Others may take advantage of your good nature and you may be forced to do things that you don't want to.
- You may delay decision making for fear of not looking good. You can be seen as passive and docile under challenging situations.
- You tend to doubt yourself when facing difficult tasks. You tend to go along with the norm and can be seen as a conformist.

Limiting Beliefs

These are some beliefs that can limit your potential. Identify the ones you resonate with and reflect on how these can keep you from being in your true power.

- I need everyone to like me.
- I will get acceptance only by being good.
- External validation is important for me.
- Conflicts create disharmony and unpleasantness.
- Rejection means that I am worthless.
- I am not good enough.

Your latent power is Ma Power

This is your least preferred and least developed power. You do not have easy access to it and usually are unable to evoke it to serve your needs.

Core powers and bright side qualities

You care deeply about other people and are concerned about their well-being. Others see you as helpful and always ready to lend a hand. You value relationships with others over tasks and will often go out of your way to maintain relationships. You have a strong need for belonging to your family and team and invest time in connecting with them. You are at your best when you are with your loved ones. You are generous with your time and gifts. You are affectionate and warm. You are fiercely protective of those under your care and will do anything to help them, even if it means sacrificing your own needs. You don't



shy away from exerting your influence and authority if it for the betterment of your people. Once you let someone into your inner circle, they are your connections for life. You take people along and have a strong need to be included as well. You will feel hurt if your loved ones don't reciprocate your affection to the same extent. You enjoy using your gifts to serve others. You are seen as a good listener who is compassionate and empathetic. You can feel others pain and suffering. You also have a creative generative side. Whether it is cooking or gardening, you enjoy bringing things to life. You have the patience to grow things over a period of time till they bear fruit.

Power blocks from dark side tendencies

- You have a tendency to feel like a martyr who is always giving to others. You will feel guilty if you are not doing enough. You can also resent the fact that you are always the one to make sacrifices. The build up of this resentment can cause friction in your relationships.
- If you feel insecure in a relationship, you can overprotect your people and prevent them from growing. You can unknowingly stifle their independence and self-reliance in the guise of doing it for their own good.
- The fear of being abandoned by your in group can also make you overextend yourself to make yourself indispensable. You do not prioritize self-care and can pay the price for neglecting your needs.
- You may have a tendency to become the 'parent' in a relationship where you have greater authority. Under this circumstance, you can be seen as dictatorial and unreasonable even though you believe you are serving the needs of the group which does not know any better.

Limiting Beliefs

These are some beliefs that can limit your potential. Identify the ones you resonate with and reflect on how these can keep you from being in your true power.

- Others are more important than me.
- It is selfish to take care of myself before others.
- I will be valued only if I do things for others.
- I will be left alone if I don't make myself useful.
- I have to be needed by others to feel worthwhile.



How can you get the most out of this report?

- This report should be read in conjunction with the book – **Powerful- The Indian woman's guide to unlocking her full potential**. The book lists a variety of practices to develop your powers and overcome power blocks.
- You can work with a Powerfulife coach who can interpret the report for you using your unique context, background and goals. Your coach will share useful techniques and tips to overcome power blocks and leverage your latent powers depending upon your situation.
- You can find a Powerfulife coach at www.powerfulife.in
- You can use the Self Reflection questions given below to use the insights into your powers to become more powerful and live your full potential.

Personal Growth Resources are also available at www.glowforall.com

Self- Reflection questions

What are your current goals in your personal and professional life?

What are some challenges that you need to overcome ?

What are the behaviors you need to demonstrate to achieve these goals and overcome challenges?



Which are the Powers you need the most to achieve these goals?

What are the associated Power blocks you need to overcome?

What are some actions you can take to realize your powers?