



## **Power Profile - Free Version**

**Ms. Nirupama Subramanian**

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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.

- 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.

**This FREE report will provide you an insight into your DOMINANT POWER - the Power that you use the most and access easily.**

### 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 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**

The report shows your Dominant Power and its implications on your behavior. You will get to know your core powers and bright side qualities, your Power blocks and dark side tendencies and your limiting beliefs.



## Your Dominant Power Profile

Given below are the details of your dominant power. This derived from your responses by comparing them with the representative female population. This comparison 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 your dominant power. 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. 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. However, this power is only moderately developed and therefore you are likely to exhibit some behaviors related to this power and use it in combination with other powers.

#### 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.



This report should be read in conjunction with the book – **Powerful- The Indian woman’s guide to unlocking her full potential** by Nirupama Subramanian. The book lists a variety of practices to develop your powers and overcome power blocks.

You can find out more about your other Secondary and Latent powers, your power blocks, limiting beliefs and applications of the model by taking the Personal Growth Version or Leadership version of the Powerfulife Assessment.

You can find out more about the Powerfulife Assessment at [www.powerfulife.in](http://www.powerfulife.in)

Personal and Professional Growth Resources are also available at [www.glowforall.com](http://www.glowforall.com)