Dimension One: The Informed Use of Power  
**BE INFORMED**  
This dimension is about **information** of many kinds:  
- owning and having a felt sense of the impact of the power differential role its potential, its responsibilities, its distortions, and its vulnerability for clients as the basis for all ethical guidelines;  
- understanding and being resourced by information contained in ethical codes as wisdom culled from the lived history of our professions;  
- gathering and effectively using information from clients;  
- paying attention to inner guidance;  
- making informed ethical decisions in complex or challenging circumstances and in everyday attitudes and interactions.

• **Be informed.**  

• **Own your power and influence.**  

• **Understand your ethical guidelines.**

Dimension Two: The Conscious Use of Power  
**BE COMPASSIONATE**  
This dimension is about **Self:**  
- understanding and learning from our attitudes, beliefs, wounds, and habits in relation to issues of power and authority;  
- engaging curiosity about ourselves and our clients as a non-threatening skill and attitude;  
- exploring our empowered and disempowered selves and how our use of power and influence affects others;  
- reflecting on examples of misuses of professional power;  
- working with shame as a power issue because it isolates and de-resources;  
- practicing compassion as a resonating concern for all.

• **Be curious.**  

• **Use your history.**  

• **Practice compassion.**

Dimension Three: The Caring Use of Power  
**BE CONNECTED**  
In this dimension the focus is on **relationship:**  
- acknowledging the complexity and power of connection;  
- increasing skillfulness in tracking for difficulties and staying current in care-giving relationships;  
- recognizing that our impact is often different from our intention;  
- being accountable as an expression of

• **Be related.**  

• **Track your impact**  

• **Resolve and repair.**
Dimension Three: The Caring Use of Power

BE CONNECTED
In this dimension the focus is on relationship:
• acknowledging the complexity and power of connection;
• increasing skillfulness in tracking for difficulties and staying current in caregiving relationships;
• recognizing that our impact is often different from our intention;
• being accountable as an expression of caring;
• recognizing that we all make mistakes; understanding how relationship difficulties, when either ignored or dismissed, can escalate to grievance processes;
• practicing staying connected even in conflict and using conflict to clarify and resolve difficulties;
• attending to relationship repair and self-correcting;

• Be related.

• Track your impact

• Resolve and repair.

Dimension Four: The Skillful Use of Power

BE SKILLFUL
This dimension is about the development of wisdom.
• understanding that doing the right thing is more effective when it’s done wisely;
• deepening skill in identifying tendencies, beliefs, and barriers that may make us vulnerable to specific misuses of power;
• understanding good self-care as vital for wise use of power;

• Be pro-active.

• Attend to self-care.

• Self-correct and let go.