

What You Control

Good Practice | Little Book of Nudges

There are a world of things
fighting for all of our attention
right now.

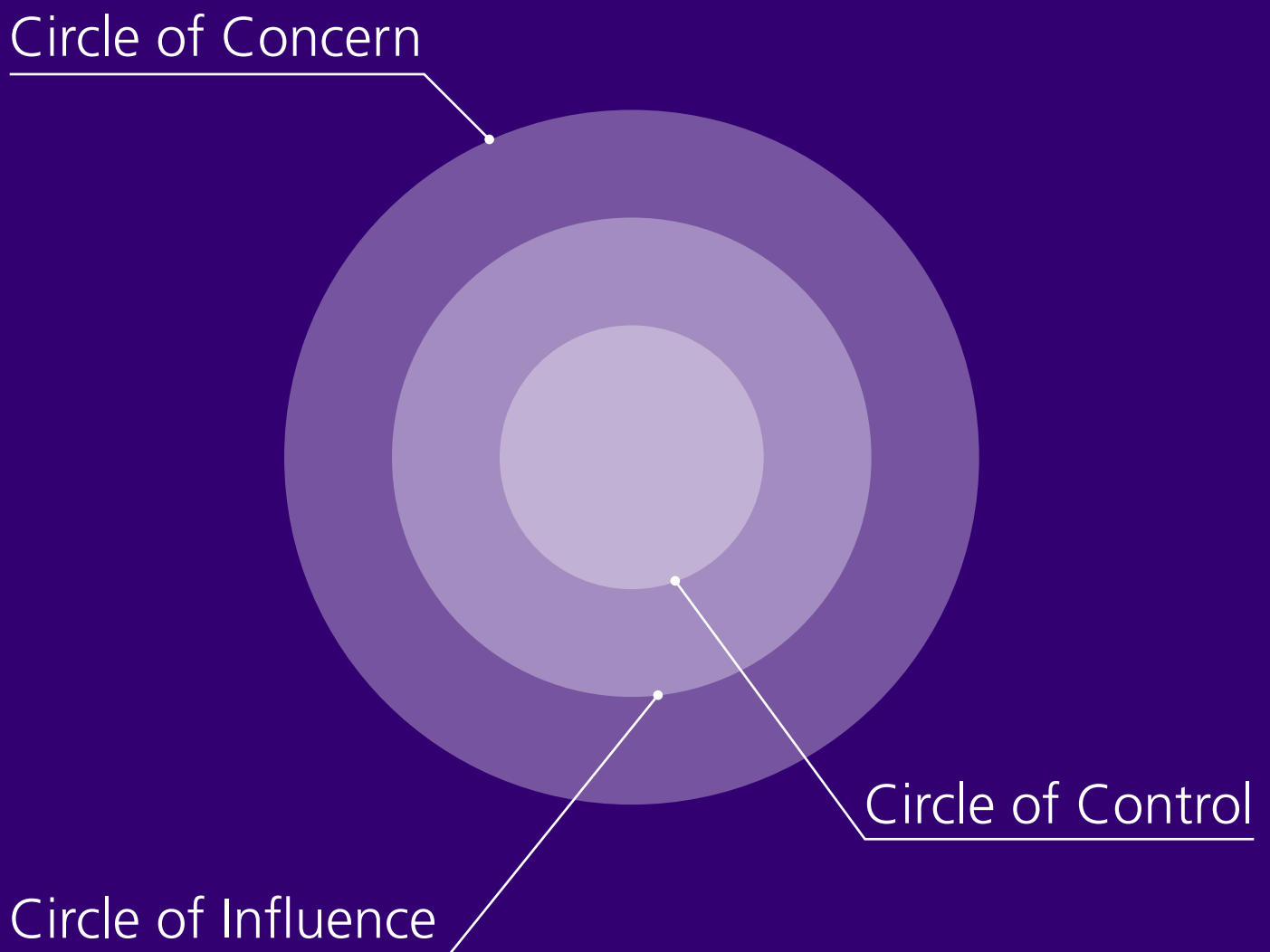


The way we think and what we focus on has a huge influence on the way we lead:

- **How we react**
- **How we carry ourselves**
- **The way we talk**
- **The way we respond...and the way we react to the things that happen around us**

And how you behave as a leader has a huge influence on your team.

It's helpful to maybe break them into categories so we know how best to respond:

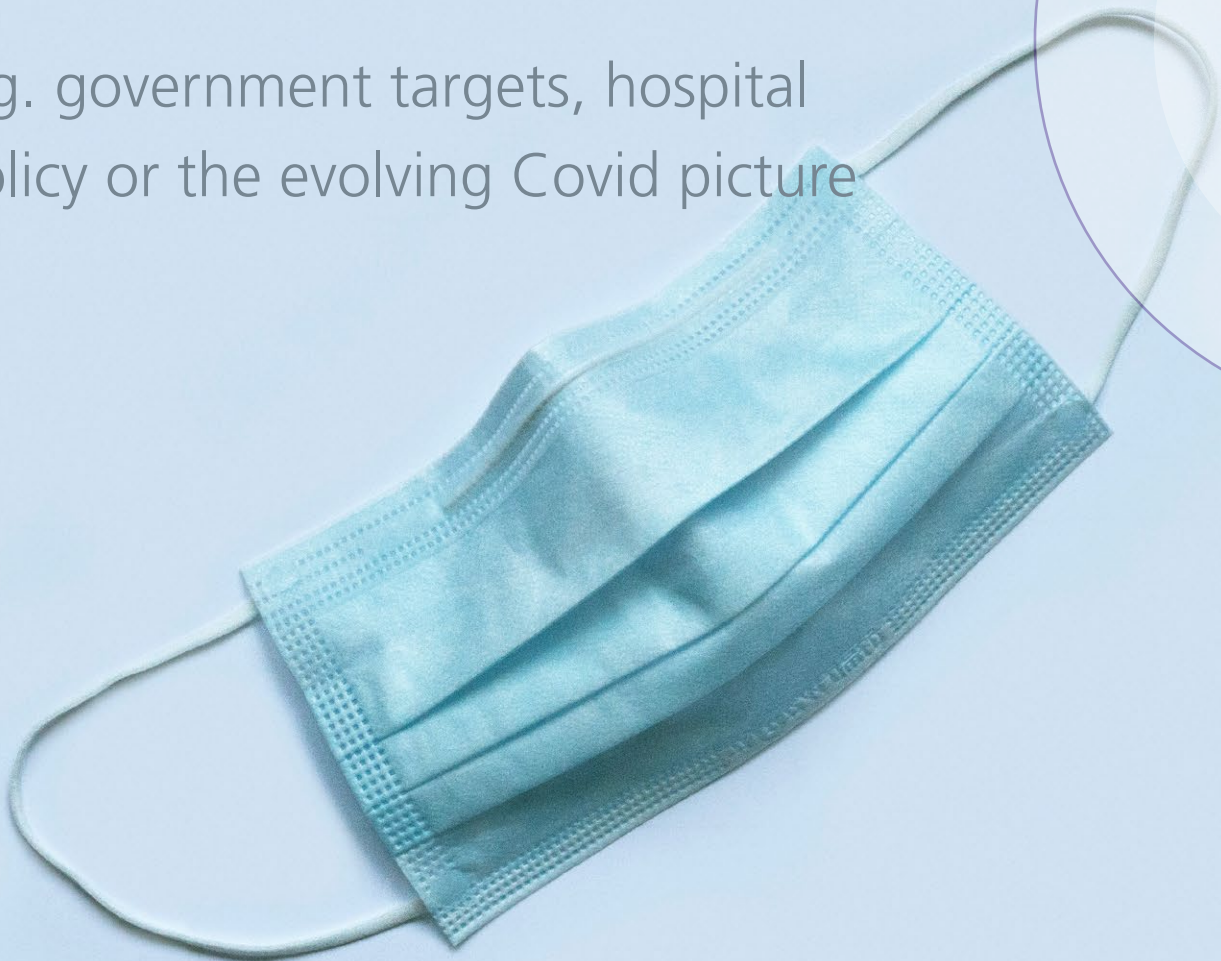


Circle of Concern



There are things we're interested in or that **concern** us but that we can't control.

e.g. government targets, hospital policy or the evolving Covid picture



Circle of Influence



There are things we're not in charge of but that we can **influence** or maybe have an impact on.

e.g. the way your patients feel or the broader atmosphere in the part or the Trust you work in



Circle of Control



And then there are things that **we can control**, that **we can make happen** and that **we're personally responsible for**:

- How your team works
- How you talk to them
- How you behave with them
- Your language
- Your attitudes
- Your performance
- The working environment you create

You can't control what other people do...
but you can control what you do.

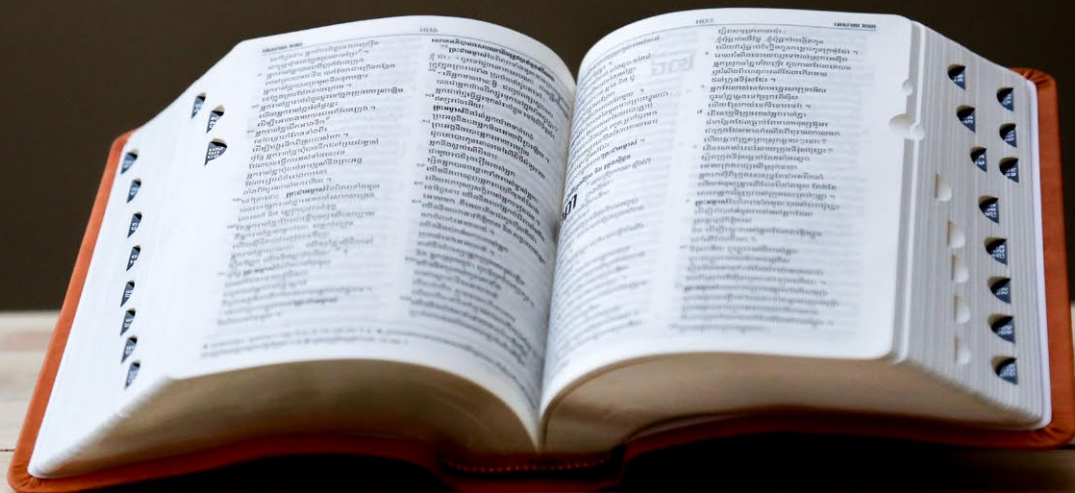
And if you can control something,
it means that **only you can control it**,
which is why it needs your focus...

because if you don't do it,
it simply won't happen.



Having Agency

The capacity to act independently,
take action and make a free choice.



Understand all the things that are
fighting for your attention and
**focus wherever you can on the
things you can control.**

