the zone of power

WILD MONDAY

what can you **control?**

Imagine that this piece of paper represents everything in your life.

And that everything you can directly control is in this circle.

Q: What will make you more stressed?

1. Focusing on what you **can't** control?
2. Focusing on what you **can** control?

A: Hmmm, let's see...!

Spending time thinking and worrying about things you can't control costs energy - energy most of us don't have to burn.

LET'S GET CLEAR ABOUT WHAT YOU CAN AND CAN'T CONTROL

What I can control

- Myself (mostly)
- What I say
- What I do
- Where I go and when

If you're not sure, as yourself:

- Who is legally responsible?
- Who is your focus on?
- What's the reality (not the fiction we might prefer)?

What I can't control

- The plot of Eastenders
- The weather
- What other people say and do
- What other people think of me
- How other people will react

"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

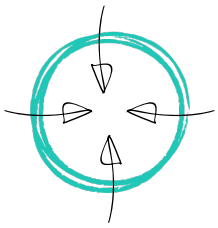
the zone of power

WILD MONDAY

Accepting and leveraging your **zone of power**

It's a waste of energy to focus on what's outside our zone of power. But our zone is usually larger than we think...

If you focus on what you **can't** control, your zone of power will seem really small..



But if you focus on what you can control, you will see more choices and feel less stressed.

IN REAL LIFE...

I used to work in an organisation that would make the civil service look agile. I would get so frustrated about the number of committees it took to get anything done!

In the end, I realised that in order to influence and speed up decisions I should proactively go and see the people involved outside of the meeting.

I arranged to meet people for coffee and to 'pick their brains' and soon found ways to help them make decisions in a more timely and helpful manner. It helped to build relationships and crucially extended my circle of influence within the organisation.

HOW CAN I LEVERAGE MY ZONE OF POWER?

People have more power than they might think. The key is to be **proactive**.

Here are some suggestions:

- Meet one of your leaders for a coffee to share some suggestions for a new project
- Arrange a departmental 'bake off' to build relationships
- Ask if you can attend a meeting that you've not been invited to if you have something valuable to contribute
- Find your counterpart in another part of the organisation and arrange to meet up to share ideas

"Recognising what I can't control and taking full responsibility for what I can changed my life."