

Circles of influence



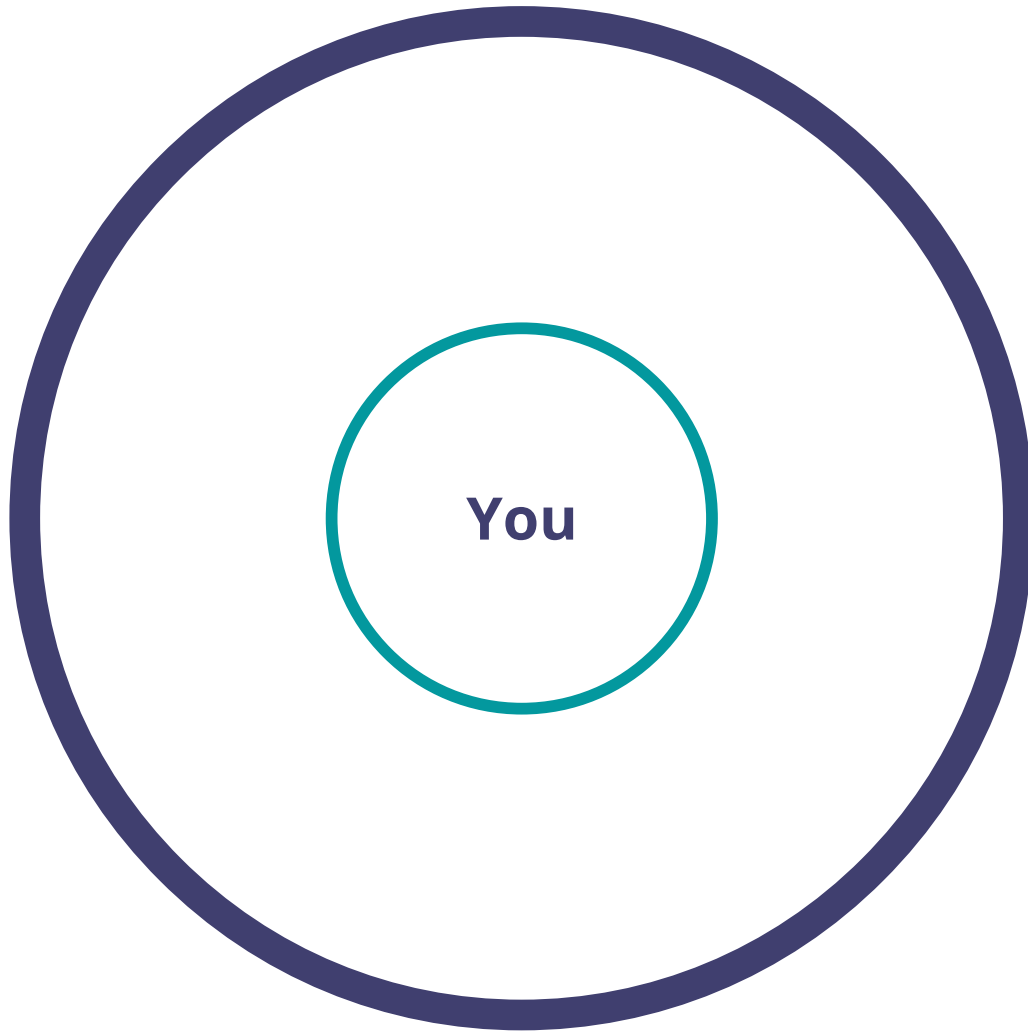
Circles of influence

We often spend time worrying about things that, in reality, we have little influence over.

This powerful exercise helps to separate the issues that you can and can't directly influence.



Circles of influence



On a blank piece of paper, draw 2 circles. One smaller one, with a larger circle around it.

In the centre circle write all those things you can directly influence.
In the outer circle, the things you are worrying about but that can't directly influence.

Look at the issues written in the 2 different circles.

How does this make you feel? Often people are surprised by what they can actually directly influence - perhaps less than you thought?



NICOLA PITT

Nicola has over a decade of experience enabling people, individually and in teams, to fulfil their professional potential without feeling stuck, overwhelmed or uncertain.

An Executive Coach, Trainer, NLP Master Practitioner and Clinical Hypnotherapist, Nicola brings her expertise to support managers to develop world-class skills.

Nicola brings her medical expertise alongside years of supervising, mentoring and empowering individuals to help everyone succeed.

Clients include HSBC, Pearson, Royal Mail & NHS Leadership Academy.



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**'Thank you again Nicola
- it was so helpful.'**

**I'm so grateful I can be
so vulnerable with you.**

**Thank you for hearing me
out and for the
really useful advice.'**

Aimee, Senior NHS Manager