

## Facilitator notes: Part 1: 'Circle of control'

**Support participants to be aware that:** this session can be delivered as a group activity or as an individual activity. Participants will be reflecting on issues that may be uncomfortable for them, so depersonalising the session (i.e. not focusing on participants individually) is important when holding a group discussion. However, there is also an opportunity to set individual personal goals through the action planning sheet! As always, refer to the group contract to remind the facilitator and participants on the learning agreement for this and other sessions.

This session allows participants to act on things they can control, while supporting them to realise there can be factors they can't control they have to try to let go of. Sometimes this activity can be known as a 'circle of influence and control'.

**Control signs:** to be printed out and cut out ready for session to be used on a wall, whiteboard, or flipchart paper - these can be enlarged to support viewing of participants.

**Participant activity sheet 1: Control circle (building confidence)** - is based on a control circle. However, to allow for participants to understand the differences between what is in our control and not within our control, the 'what I can influence' is used as a section divider, with the goal of the participants to work through things in a process to reach control or to try to let go of an issue.

**Possible examples of things that we can control are:** our thoughts, our words, our actions, learning from experience, our attitudes, our beliefs, taking care of ourselves, our enthusiasm, our skill set and what we buy, etc.

**Possible examples of things that we cannot control (and could try to let go of) are:** other people's happiness, other people's actions, other people's sadness, our past, family, cost of living, where we are born, how old we are, what other people say, the weather, being sick, what others think. Also, the news and social media, natural disasters, the economy, public transport, celebrities, strangers' comments, etc.

**Possible examples of things that I can influence are:** who our friends are, where we work, how far we need to travel, social action, recycling, voting, our commitments, who we follow on social media, etc.

### Alternative delivery method:

If you have hall or a large space to move about, the signs can be used to create a floor space where it can replicate the circles - you could even use cones. Participants can then use an A4 sheet of paper (instead of Post-it notes) and map out the circle of control on the floor instead of using the participant activity sheet. This can allow the participants to explore the examples provided as a group and makes the experience more fun and interactive!