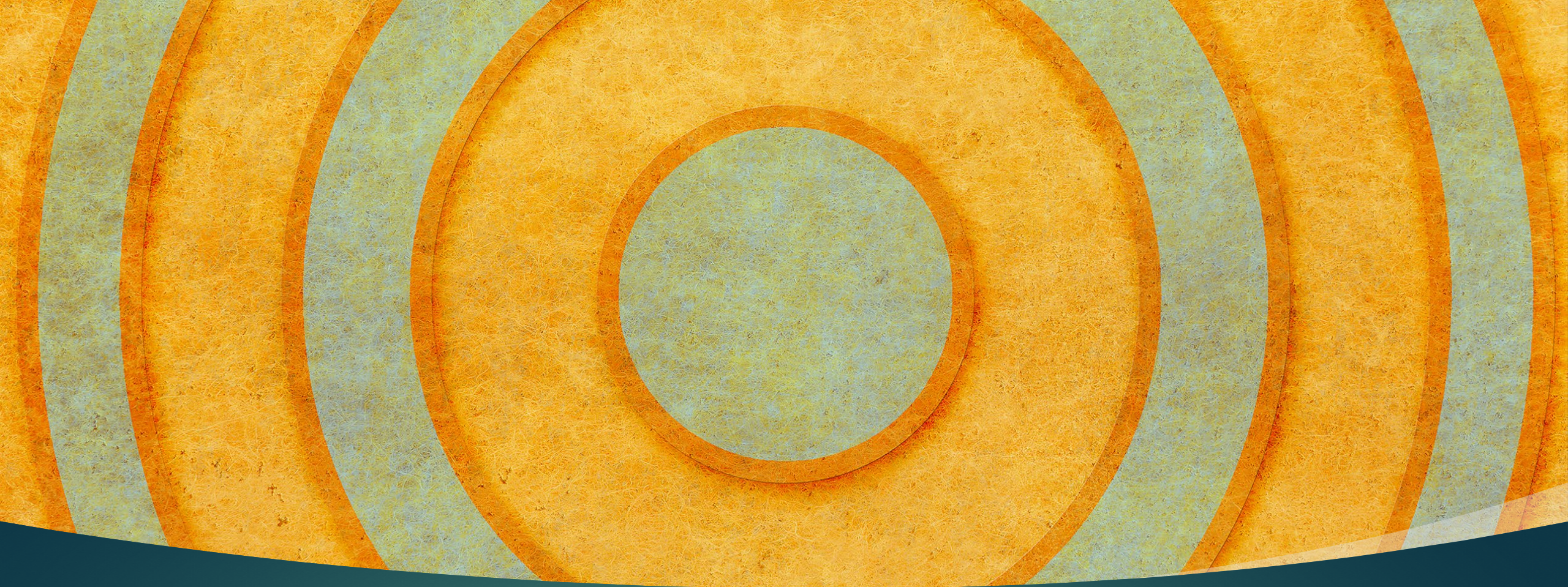
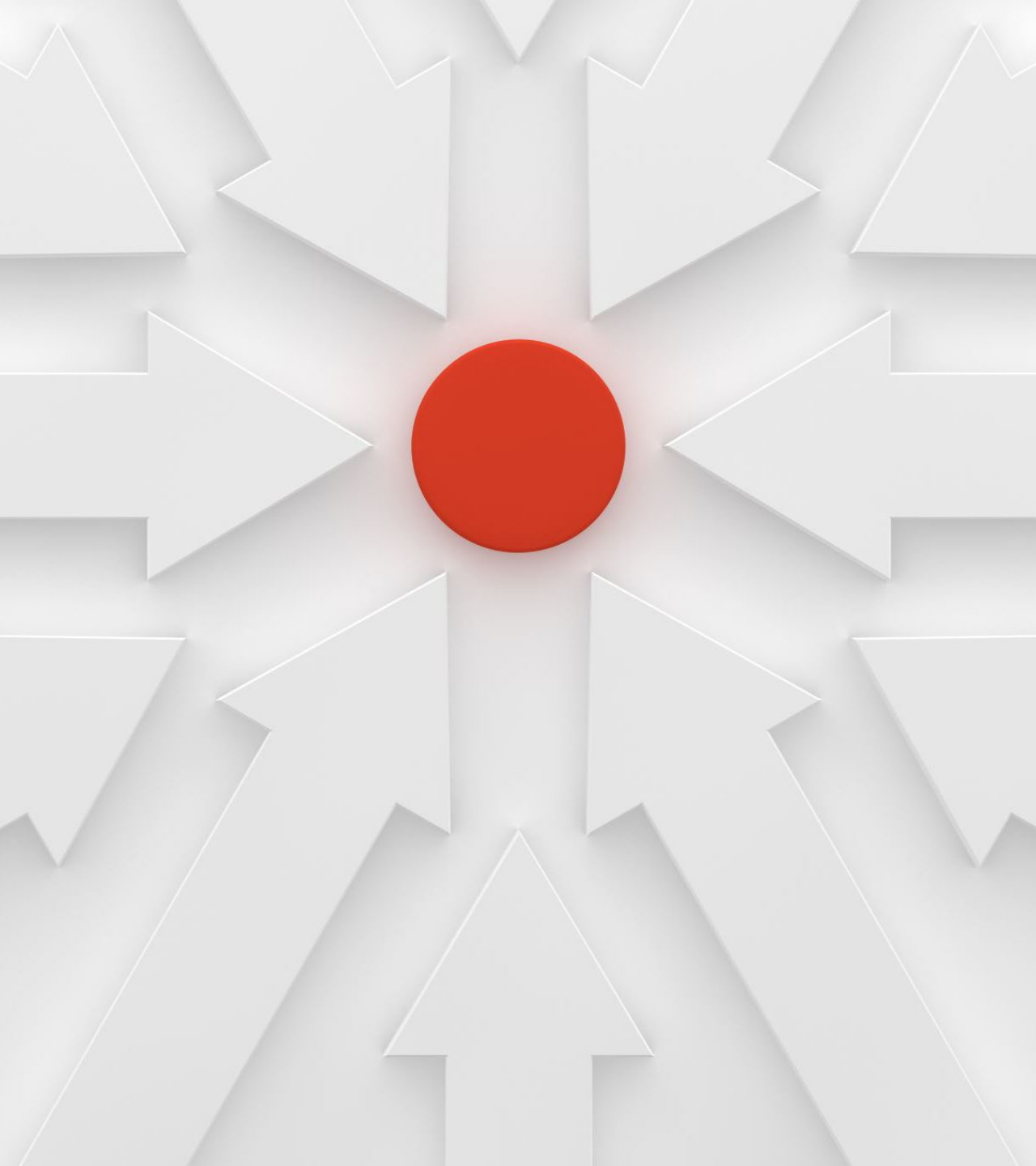




Circles of Strength

RECLAIMING YOUR ENERGY THROUGH CONTROL



SELF CARE: CIRCLE OF CONTROL THEORY

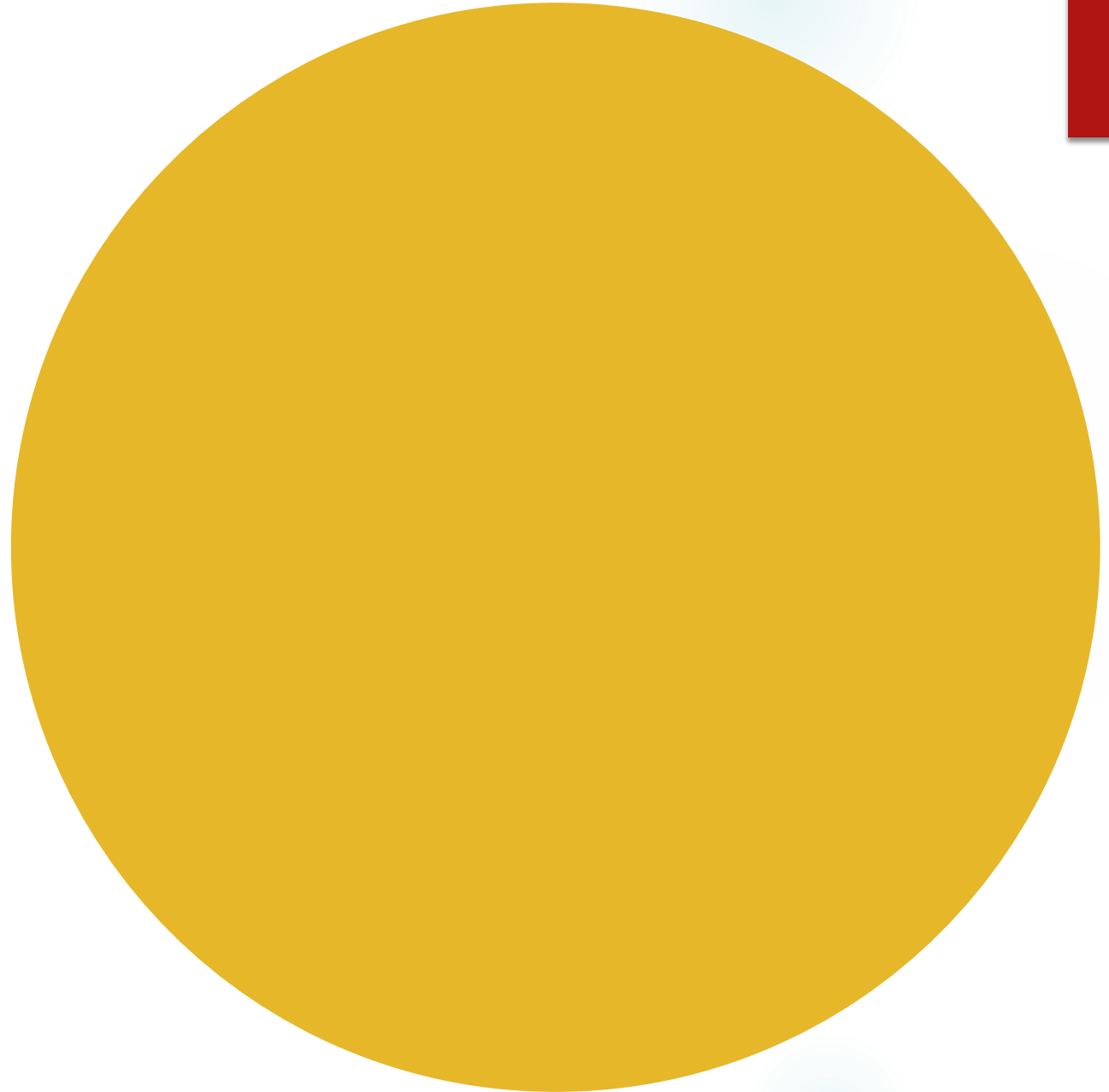
- ▶ Introductions

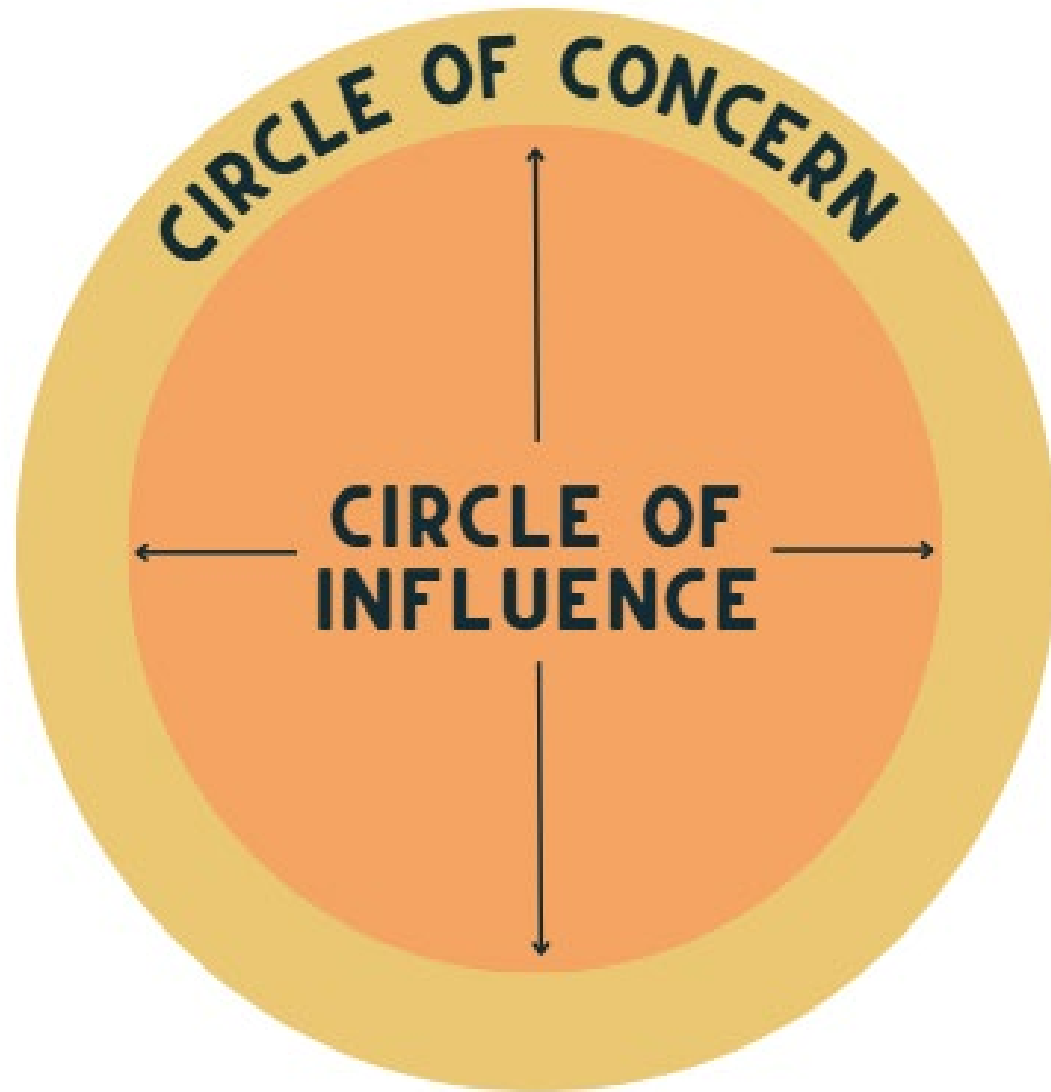
- ▶ What can you control?

- ▶ What can't you control?

What is the Circle of Concern?

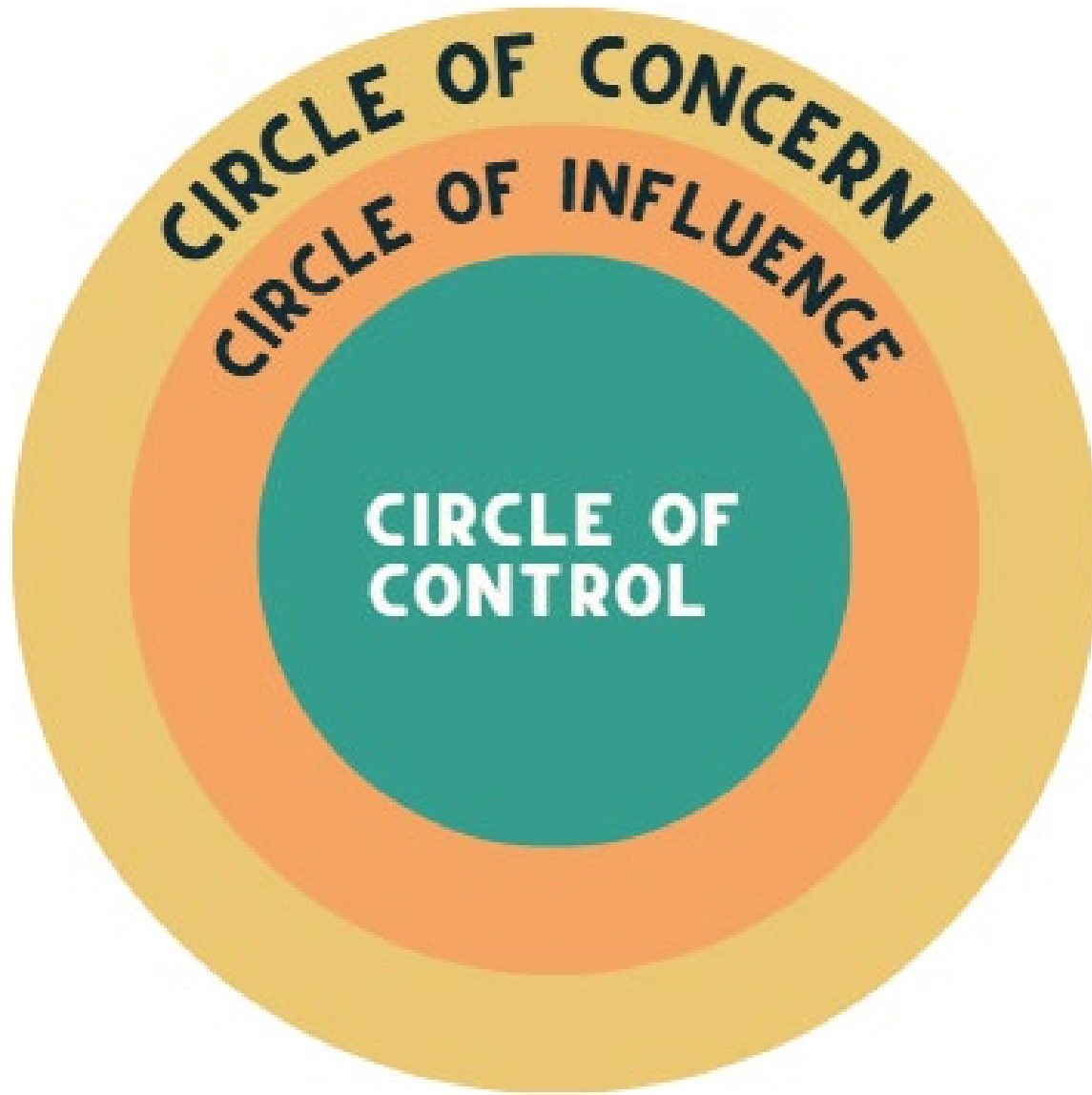
- ▶ The circle of concern is the biggest and are things we have no control over.





What is the Circle of Influence?

THINGS WE CANNOT
CONTROL BUT CAN
IMPACT.



What is the
Circle of
Control?

THINGS WE HAVE
CONTROL OVER.



Take a few minutes to fill out your circle!!

- ▶ What can you control?
- ▶ What are your concerns?
- ▶ What are your influences?



Discussion

UTILIZING THE CIRCLE OF CONTROL THEORY

- ▶ How can we use the circles for self-care?
- ▶ Understanding what we can't control and what we can do instead





Thank
you