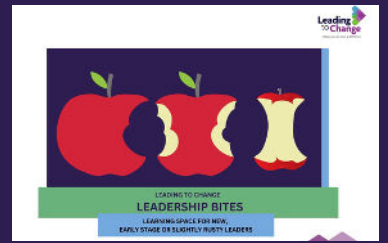


# LEADERSHIP BITES TAKEAWAY



## EMPOWERMENT: CIRCLES OF INFLUENCE - SESSION 4

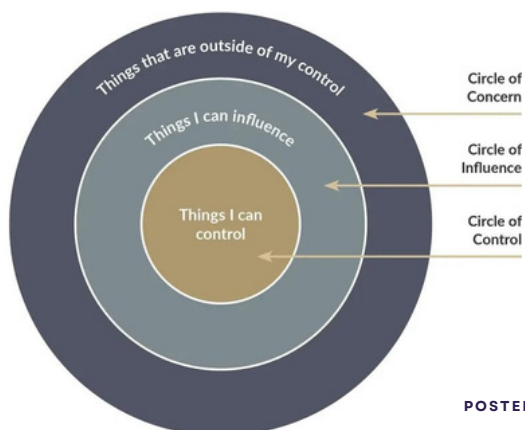
### Whet your appetite:

The focus for our fourth Leadership Bites is the Circles of Influence, Concern and Control model as we look at empowerment of ourselves and those who work with, or for, us.

As human beings, we can choose where to focus our energy, attention, and resources, we can choose to be reactive or proactive.

Have you thought about how you proactively manage and shrink your concerns, identify and grow your circle of influence and get clear on what you can and can't control? These circles can be used to identify what's important to you both personally and professionally, leading to an increased sense of empowerment and confidence. You can use the model with your team to help make sense of a challenge and consider the impact of decisions when aiming to achieve a particular goal or outcome.

### The Leadership Model:



Stephen Covey's Circles of Influence, Concern and Control comes from the first of the 7 Habits of Highly Effective People\* : Be Proactive.

Everything in your personal and professional life falls within these: the smallest is the circle of control; things you can fully control such as what you wear, eat, decide to do. The second, larger circle is the circle of influence; things you cannot control but can influence such as someone's view on a subject or decision. The third is the largest, the circle of concern; things you may be concerned about but cannot control such as the weather, war, politics or the economy. **\*Youtube video**

*"Be a light, not a judge, be a model not a critic. Little by little, your circle of influence will explode."*

Stephen Covey,  
Author, speaker, educator and businessman.

### Watch the recording:



### For reflection:

Using the model as your basis:

- Draw the circles and write the things you can control can influence and cannot control.
- How can you learn to 'live with' the things outwith your control? What is the risk of not accepting what you cannot change?
- What can you do to make some changes in the things you can control?
- What would you like to turn the volume up or down on?

### What next:

- What you are struggling with at the moment and where this may sit in the circles?
- What can you control or influence - and what is out of your control?
- How can you act things in your control or influence and accept things that are not ?

### Explore More:

**Watch:** [Circle of Concern and Circle of Influence | Be Proactive | The 7 Habits | Stephen Covey](#)

**Read:** [Your Circle of Influence and how to extend it: SkillPacks](#)

**View:** [Slides from the session as a pdf.](#)