Circles of Concern, Influence and Control

Template

Circle of Concern

Circle of Influence

Circle of Control

There are 2 questions to complete for this task.

1. Using the example of COVID-19, brainstorm all the issues that belong to your Circle of Concern, your Circle of Influence and your Circle of Control.
   1. Circle of Concerns – what are all your concerns in relation to COVID-19?
   2. Circle of Influence – what are you able to influence in relation to COVID-19?
   3. Circle of Control – what are you able to control in relation to COVID-19?

Record your responses within each circle.

Circle of Concern

As human beings, we tend to observe less and react more no matter what the situation is. This is a design flaw in us that coordinates what we see with our ability to think, judge, extrapolate, and react. Years of evolution has further cemented this flaw and we are victims of the BMI (body, mind, intellect) wiring that has allowed us to be the predominant species on the planet along with the added stresses it brings.

Circle of Influence

Control brings with it an absolute success dogma that does not exist—even with matters that are entirely personal. For instance, you may eat right and exercise. This is within your Circle of Influence to stay healthy, but you are only influencing your health—not controlling it as much as you may like. Personally, I am not a fan of the word “control,” as it has a transient dopaminergic high that is never sustainable.

Circle of Control

At MMS, our staff is trained to recognize patterns out of our control that primarily arise from situations outside of the organization. This can be poor planning, delay from another vendor, or internal issues from the client’s end. Our teams carefully assess every situation to see how best we can handle the emergency

2. Identify how this model can be helpful in dealing with challenging situations.

A successful **module** is one in where the stated learning outcomes or objectives align with teaching activity and assessment. It brings everything.

Now I am ready to face any challenging situation on my own.