

# What's in my control?



Focusing on the things within our control can help us make a positive difference for the people we support.



Staff recruitment and retention challenges



My prior experiences



Prior experiences of the individuals I support



Long waiting lists for appropriate support

## I CAN control:



How I work with my colleagues



My body language



My efforts to build more effective relationships



How I prioritise my own needs



The words I use



How I respond to different situations and behaviours



My approach to learning and professional development



My attitude



How others react and respond



Life's challenges



My own previous trauma or that of the individuals in my care



Limited budgets