

What can I control to help me and those I support when it comes to behaviour?

I CAN control:

- ✓ How I work with my colleagues
- ✓ My attitude
- ✓ My efforts to build more effective relationships
- ✓ How I prioritise my own needs
- ✓ The language I use
- ✓ My approach to learning and personal development
- ✓ How I respond to different situations and behaviours
- ✓ My body language

Outside my control?

Staff recruitment and retention challenges

How others react and respond

My prior experiences

Life's challenges

Prior experiences of the individuals I support

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

Long waiting lists for appropriate support

Limited budgets

