



## Support TOOL CARD

### Spheres of control

<b>Objectives</b>	Find out if you put your energy in something useful, or need to put more energy in a situation. Can you make the difference? Who need to take action?
<b>Target</b>	Yourself or someone you coach.
<b>When</b>	When you (or your coachee) are (/is) in a difficult situation and want to When you (or your coachee) feel(s) frustrated and want to reflect if this is helping you (your coachee) forward.
<b>Methodology and timing</b>	You can use this tool in all times.  In the beginning of a coaching or during coaching.  You can use this tool a lot for yourself (if you are in a traffic jam, have an unfinished discussion with someone, you want to see change, ...)
<b>Advices</b>	Be transparant to your coachee if you use this tool. This can help to reflect more efficient.
<b>Sources</b>	<i>Teach for All</i> “Europe Coaching Foundation NLT”, Laurelin Whitfield, Brussels, 2019 Sept. 13-15 (from Elena Aguilar, www. <a href="http://brightmorningteam.com/">http://brightmorningteam.com/</a> )
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