



**WELLBEING  
"HEALTHY HABITS"**

**EMPOWERMENT**



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In today's world, we are experiencing a period of change and growth, at a speed in which we may not have experienced before. Technology, transport and world affairs are driving this quickening period. It is sometimes referred to as a VUCA (Volatile, Uncertain, Changing, Ambiguous) environment. Some of us enjoy and thrive during this period, for others it is a little more uncomfortable.

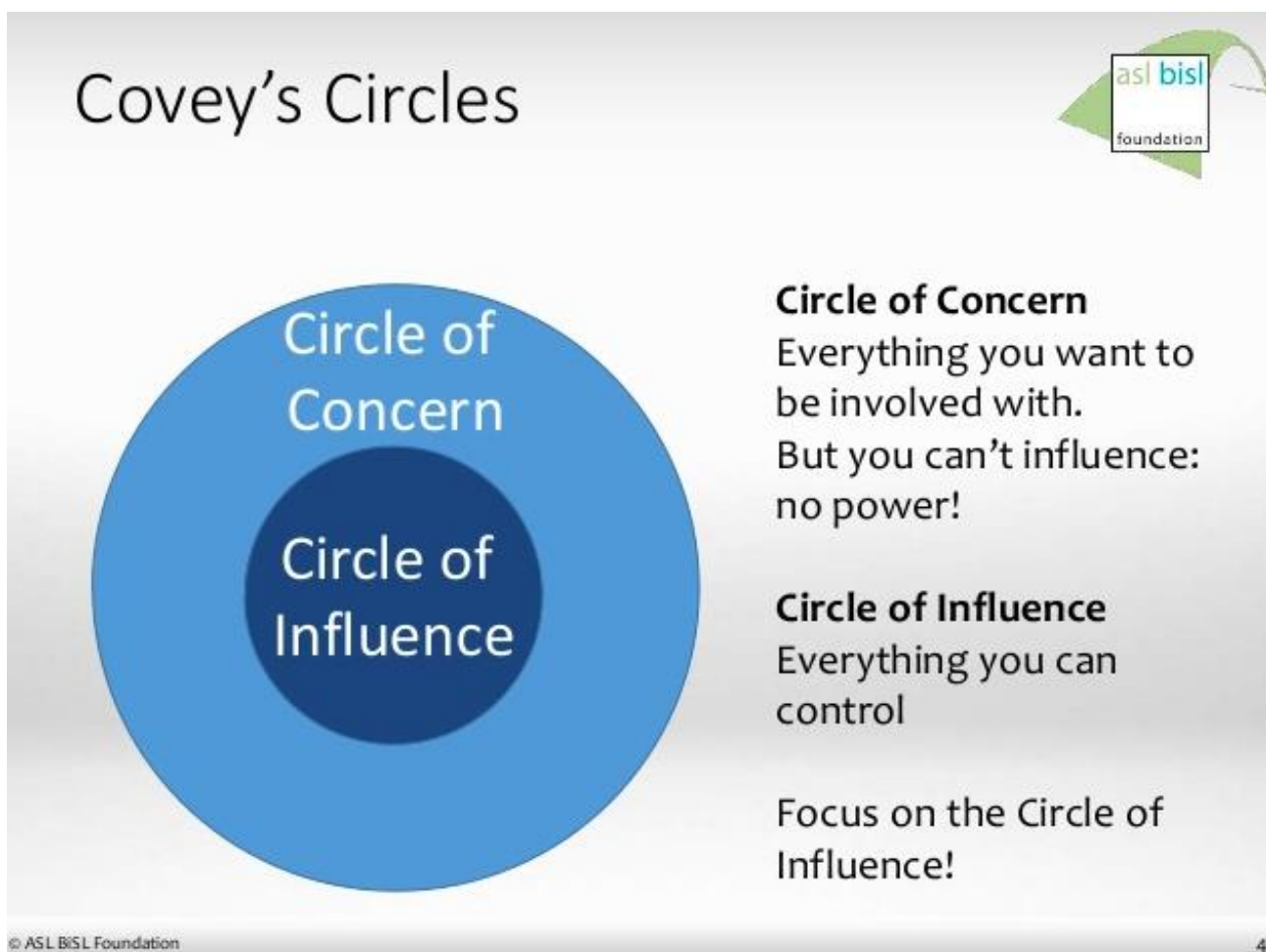
**Empowerment is taking personal responsibility for your choices. It also means learning to trust yourself, your judgment and your ability to take action when needed.**

As an important aside, this includes giving yourself permission to make your own wellbeing a priority. Each individual is responsible for their own emotional wellbeing – if you do not empower yourself to look after your own needs, you will not be able to look after the needs of others.

When individuals trust themselves to make decisions and act, they liberate extra capacity and make progress faster. Collaboration with others is important, plus individuals need to take personal responsibility for influencing others and moving things forward when they can see what is needed.

The key thing is to know the difference between what you can and can't address directly.

This thinking was popularised by Steven Covey, where he expressed it as twin focus points - **Circle of Concern** and **Circle of Influence**.



Try a short exercise to practice this idea. Think about some situations over which you typically feel you have no direct control of e.g. workload, traffic problems, travel delays, colleagues' behaviour.

Write them down and for each one, make a note of how you normally respond and next to it what an alternative response might be. Does the alternative represent a better use of your emotional and mental energy resources? **If it does, try it next time!**