

CONTROL THE CONTROLLABLES

This workshop is designed to help you step back, refocus your energy, and reconnect with what you can realistically influence and take action on.

Using simple reflective coaching tools focused on energy, attention, priorities and personal influence, this workbook will help you identify small, realistic shifts you can begin making straight away.



Your Facilitators

Connect with us!



Danielle Moyers

Career & Professional
Development Coach

Danielle is an **ICF-accredited Coach** with a background in HR and Organisational Development across healthcare, local government and further education, bringing insight into the realities of working and leading in complex, high-pressure environments.

Through reflective, thought-provoking coaching, Danielle supports individuals and teams to gain clarity, strengthen confidence, and **grow both professionally and personally**. She helps individuals challenge limiting beliefs, recognise their strengths, improve resilience, and take practical steps toward meaningful impact.

Her approach balances empathy with gentle stretch, enabling individuals to develop the skills, mindset and perspective needed to thrive, make purposeful decisions, and feel fulfilled in their work.

Connect with Danielle -> [LinkedIn](#) | www.shoreline-coaching.co.uk



Fiona Street

Purpose & Impact Coach

With a background in HR and Organisational Development within the NHS, Fiona understands first-hand the pace and pressure of healthcare environments.

Fiona is passionate about **supporting people navigating significant life or career change** to rediscover their confidence, reconnect with what truly matters to them, and move forward with clarity and control. Her coaching creates reflective, empowering spaces where clients can step back from the noise, challenge limiting beliefs, and make purposeful decisions about their future.

While her work often focuses on women redefining their next chapter, she works more broadly with professionals to **build confidence, strengthen self-trust and create impact** in a way that feels authentic to them.

Connect with Fiona -> [LinkedIn](#) | [Instagram: FionaStreetCoaching](#)



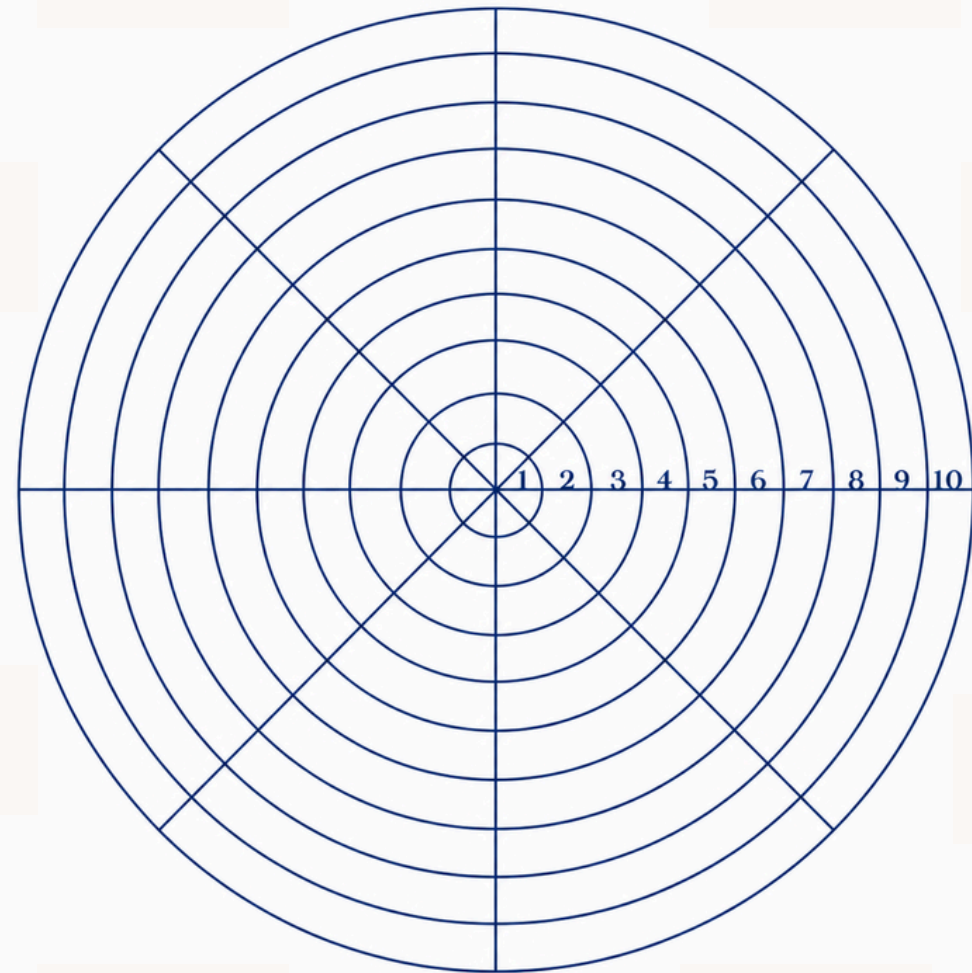
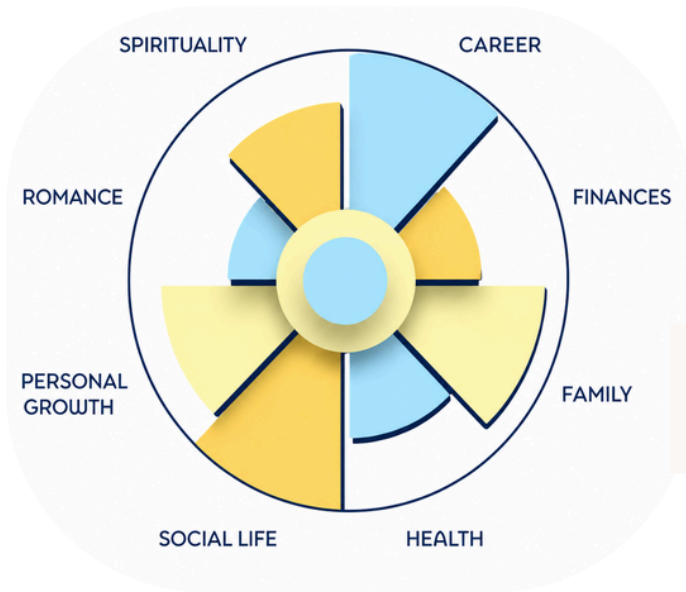
BLOB TREE



WHERE
ARE YOU
RIGHT NOW?



MY WHEEL OF LIFE



MY WHEEL OF LIFE - REFLECTION

Take a few quiet minutes to notice priorities and possibilities.

① What stands out to you as you look at your wheel?

② Which areas currently feel strongest or most fulfilling?

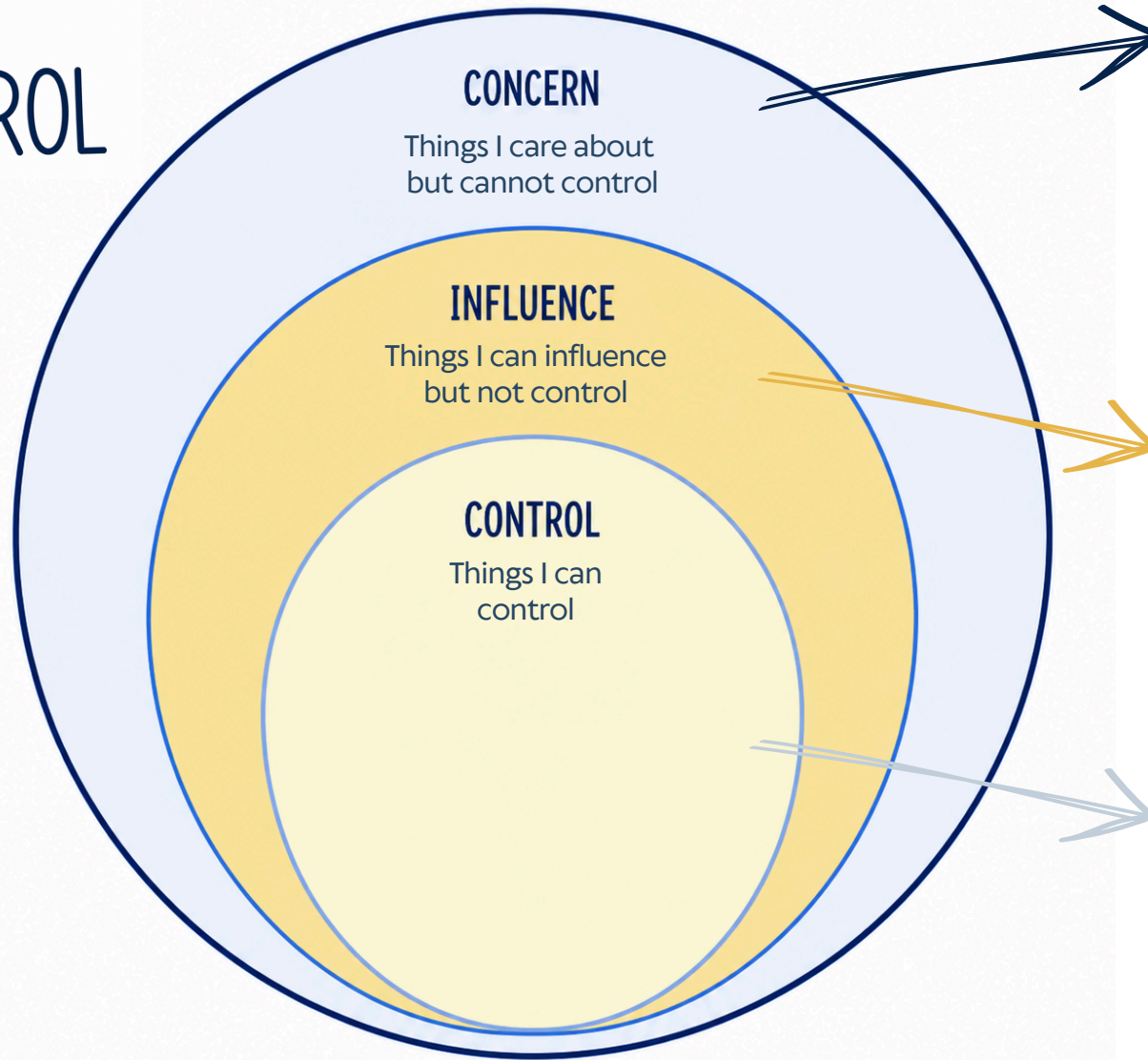
③ Where might you want to give more energy or attention?

④ What connections or patterns do you notice?

⑤ What feels like the most important area to focus on next?



CIRCLES OF CONTROL



Three empty rectangular boxes stacked vertically, intended for notes or examples related to the circles of control.

CIRCLES OF CONTROL: YOUR NEXT STEP

Now choose one small, meaningful action or mindset shift that's fully within your control - something that could make a positive difference this week.



My action / shift:



What will I do?



When will I do it?



What might get in the way, and how will I respond?

