



# Core values: risk and opportunity

## POWER

People tend to learn better and act on their learnings when they are in control and have autonomy. People generally do not like being told what to do. They feel a stronger sense of personal power and self-efficacy when they can make their own decisions and create their own structures.

*Motivational interviewing, Self-determination theory, Adult learning theory, Neuroscience, Self-efficacy, Discourse theory*

<p>Times when I have chosen to exert control/power over myself, others, situations</p>	<p>Times when I have chosen NOT to exert control/power over myself, others, situations</p>
<p>What are the risks associated with this choice</p>	<p>What are the risks associated with this choice</p>
<p>What are the opportunities associated with this choice</p>	<p>What are the opportunities associated with this choice</p>