

# DOMAIN ANALYSIS

Dr. Helen Eckmann

[www.JamesLConsulting.com](http://www.JamesLConsulting.com)

The purpose of this concept is to demonstrate the contrast between the areas of control we have in our work and in our lives with the areas that we do not have control. Inside of the box are the items that we have control of. Outside of the box are the items that we do not have control of. We sometimes “feel out of control” while other times we feel completely in control. However, “feeling” does not determine control.

In life we need to determine what we can control and what we cannot control. We may be able to influence the items outside of the box – but we cannot directly control them. There are countless examples of the veracity of this model.

In coaching we can control that we are on time, we can control our own mindfulness and we can control that we use active listening. However, we cannot control the person we are coaching reactions. We cannot control if they listen, if they change or even if they like us. We can always work to improve things in our own “Domain” but we cannot control the domain of others. We can influence but that is different than control.

What bothers me about Domain Analysis is that so much of our time is spent trying to control things we cannot control.

## Outside the box:

- Other people
- Other people’s reactions
- Other people’s initiative
- Other people’s words
- Other people’s impact
- Other people’s thoughts
- Other people’s food intake
- Other people’s spiritual life
- Other people’s focus



Domain Box

