

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Parents and practitioners communicate clearly and openly with each other.
- Parents are constructively engaged in the Helping Process.
- Parent and practitioner use their expertise in complementary ways.
- Shared decisions have been made about the partnership and Helping Process.
- The partnership is trusting and respectful.
- The parents consider the practitioner and partnership to be supportive, connected, facilitative, influential and purposeful.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!