

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 have sufficient skills, expertise, resources, enthusiasm and confidence to carry out their plan.
- Parents and practitioners have put the plan into practice.
- Parents and practitioners have gathered evidence about the impact and process of Implementation from a variety of sources.

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!