

**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.

- Practical and emotional effects of completing the Helping Process have been explored in an open and transparent manner.
- The impact and value of the parent-practitioner partnership have been explored and acknowledged, with practitioners actively facilitating this when necessary.
- Success and challenges of family goals and outcomes have been explored and acknowledged together.
- Clear forward plans that draw on the parent's knowledge and expertise have been developed and agreed.
- Future plans address and manage outstanding difficulties, and sustain change.

**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!