

FOR

FORWARD



What do I know?

What don't I know?

What might happen
when I do this?

What environment am I
going into?



FOR

FORWARD

OPPORTUNITIES & OBSTACLES



Am I being balanced
in my approach?

Am I prepared for
any eventuality?

What do I hope is
possible?

What am I worried about?

Could I use supervision as
an opportunity to talk
through the situation?



FOR

FORWARD

OPPORTUNITIES & OBSTACLES

REASON



● Why am I doing this piece of work?

● What do I want to achieve here?

● How will I know if I have succeeded?



IN

I
NOW

What can I do right now?

What influence am I having in this situation?

Why am I here? (What is the purpose?)

What is happening now and what control do I have?

What choices do I have?

What am I seeing and hearing?

How do I feel right now?

Why do I feel like this?

ON

OTHERS



What could have been happening for others in that situation?

What have I been told by others about the situation and how might I have been influenced by that?

How do I think the other people may have felt? Have I checked in with them since?

What is the other person's understanding of the situation now? How have I checked this with them?

How clear is the other person about what happens next or of the outcome? How do I know this?

Looking back, what do I want to talk to others about? Who? When will I do this?



ON



OTHERS



NEXT



● How clear am I about what I need to do next?

● What different options do I have in terms of what I do next?

● Who or what might support me in taking the next steps?

● What do others need to do next?
Is everyone in agreement?
If not what more could be done?

● What learning can I take from this experience which may help me to think about my future practice?