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| GOAL:   * Discussion topic on the purpose of the session. * Set a long-term goal if this is appropriate | Clarify the goal focus on a discussion:   1. What do you want to discuss? 2. What do you want to achieve? 3. Why is this goal important to you? 4. What areas do you want to work on? 5. Describe your perfect world. 6. What do you want to achieve as a result of this session? 7. What would you like to get from the next 45 minutes? 8. What will make you feel this time has been well spent? 9. How will you know when you have achieved your goal? 10. Who could help you? 11. How long do you think it will take to achieve your goal? 12. How will you know you have been successful? 13. What are you currently working towards? | NOTES: Examine column 1 then answering the questions in column 2 you will find a more certain way forward and achieve your goal or your archers’ goal with more certainty.  Use this column to record the answers. |
| REALITY:   * Invite the self-assessment on the topic and situation. * Give specific examples * Clarifies the situation. * Check assumptions. | Explore the current situation:   1. Where are you now in relation to your goal? 2. What factors are relevant to the outcome you desire? 3. What has contributed to your success so far? 4. What skills/knowledge/attributes do you have? 5. What progress have you made so far? 6. What is working well right now? 7. What assumptions have you made? 8. What impact or effect will these have? 9. What is the biggest obstacle you are currently facing? 10. What is required of you? 11. How will you ensure that you achieve your aims? 12. On a scale of 1 to 10, where are you? |  |
| OPTIONS:   * Identify obstacles * Voice their suggestions. * Makes choices from the options. | Explore all options:   1. What approaches possible? 2. What are the pros and cons of each option? 3. How do you intend to overcome any concerns? 4. If you could choose, which approach would you select? 5. Using a scale from 1 to 10, how feasible is this approach? 6. Who might help you? 7. Which option do you prefer? |  |
| OBSTACLES:   * Identify obstacle(s) and resources required. (type, expertise, training, people, environment etc.) * Invite suggestion * Offer suggestions with care * Ensure choices | Explore the obstacles:   1. What additional tasks do I need do to achieve my goal? 2. How much time will you be spending each week to achieve your goal? 3. What prevents you from reaching your goal? 4. Who will help you? 5. What else gets in the way? 6. What personal changes do you think you would have to make to achieve your goal? 7. What is hindering changing? |  |
| WILL (Way forward):   * Gain a commitment. * Call out the obstacles. * Plan details and timeframes * Agree support | Design a plan of action:   1. What tasks have been completed? 2. What tasks are incomplete? 3. What step are you going to take next? 4. What actions will you take? 5. When are you going to start? 6. What support will you need? 7. How and when can you get that support? 8. How long will it take to achieve you goal? 9. How will you know you have been successful? |  |