

# Clarity and Calm

1 to 1 Parent/Carer Support Session  
Session Journal and Action Planning



This journal is designed to help you prepare for, reflect on, and take meaningful action following your 1:1 parent/carer Support Session.

It provides a safe space to organise your thoughts, recognise strengths, identify challenges, and plan realistic next steps.

Take your time. There are no right or wrong answers—this is for you.



Supporting Parents, Educators and Communities.

Helping kids grow up GREAT!

[www.destinedforgreatnessni.com](http://www.destinedforgreatnessni.com)

# Before your support session...

Use this section to reflect on your current situation and clarify what you would like support with during your session.

What's going well?

What strengths, successes, or positive supports are currently in place?

What Feels Difficult, Challenging, or Concerning?

Consider any worries, stressors, or areas that feel overwhelming right now.

What Strategies or Supports Are Already in Place?

This might include routines, professional support, school strategies, family help, or things you've tried yourself.

What Would You Like to Focus on in This Session?

What feels most important to talk about today?

What Outcomes Do You Hope to Achieve?

How would you like things to be different after this session?

Questions or Topics You'd Like to Explore.

Write down anything you don't want to forget to ask.

Anything else that feels important?

# After your support session: Reflection...

Use this section to capture key points while they're still fresh.

## What we discussed.

Brief notes on the main topics covered in your session.

## My Key Takeaways

What stood out to you? Any new insights, reassurance, or shifts in thinking?

## Useful Resources or Signposting

Websites, services, strategies, or information shared.

## How Am I Feeling After This Session?

Tick, circle, or write your own words.

Reassured  Hopeful  Overwhelmed  Motivated  Still unsure

Other: \_\_\_\_\_

# Action Planning

Small, realistic steps lead to meaningful change. Choose what feels achievable.

## Goal 1

What do I want to work on?

Why is this important? What outcome am I hoping for?

Actions – What will I do?

What or who might help me?

When will I start? \_\_\_\_\_

When will I review progress? \_\_\_\_\_

How is it going? (Review notes)

## Goal 2 (optional)

What do I want to work on?

Why is this important? What outcome am I hoping for?

Actions – What will I do?

What or who might help me?

When will I start? \_\_\_\_\_

When will I review progress? \_\_\_\_\_

How is it going? (Review notes)

# Accessing Further Support

You don't have to navigate this on your own.

Ongoing support is available if you'd like continued guidance, reassurance, or practical strategies tailored to your family.

## ✨ Clarity & Calm - 1:1 Support Sessions (Pay As You Go)

Ideal for check-ins, new or emerging challenges, or when you need support there and then. These flexible sessions can be booked as and when you need them.

## ♥ Parenting Reset - 1:1 Coaching Package

A bespoke, personalised coaching package focused on the challenges you're facing right now. Perfect if you're seeking practical strategies, reassurance, and clarity to reduce overwhelm and move forward with more calm and confidence in your parenting.

## 🌿 Calm, Confident & Connected - 1:1 Parenting Programme

A skills-focused parenting programme designed to support meaningful change. I'll guide you to better understand behaviour, reduce shouting and power struggles, and strengthen connection with your child.

You can find out more, book sessions, or join the waiting list [HERE](#).

If you'd prefer group-based support, you can also explore parenting programmes, workshops, and masterclasses at

[:https://destinedforgreatnessni.com/growing-up-great](https://destinedforgreatnessni.com/growing-up-great)

If you have any questions or would like help deciding what feels like the best fit, you're very welcome to get in touch.  
I'm always happy to help.

Looking forward to working with you!

*Katrina*

