

1 to 1 Parent/Carer Consultation

Session Journals and Action Planning



Empowering Parents and Educators to help kids grow up GREAT!

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Before your consultation...

Use this section to think about where things are right now, what's going well, what strengths or supports are currently in place and what you'd like to focus on in your session. Try to answer all of the questions in as much detail as possible.

What's going well?

What's difficult/challenging/concerning?

**What strategies/supports are
currently in place?**

What needs to improve or change?

What do you want to focus on in your session?

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What outcome/s do you hope to achieve?

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Questions you'd like to ask or things you want to find out more about?

Reflecting on your session...

Use this section to make notes after your session, you might find these useful to come back to later.

What we discussed.

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My key takeaways.

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What action/s will I take following session?

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Signposting/links to useful information.

How am I feeling following my session?

Action Planning.

Use this section to identify your goals and plan your next steps.

My GOAL - What do I want to do?

Why? What outcome am I hoping for?

Actions - What will I do?

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What/Who might help?

WHEN

Will I start?

Will I review?

Review - How is it going?

My GOAL - What do I want to do?

Why? What outcome am I hoping for?

Actions - What will I do?

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What/Who might help?

WHEN

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Will I review?

Review - How is it going?