## 1 to 1 Parent/Carer Congultation

## Session Journals and Action Planning





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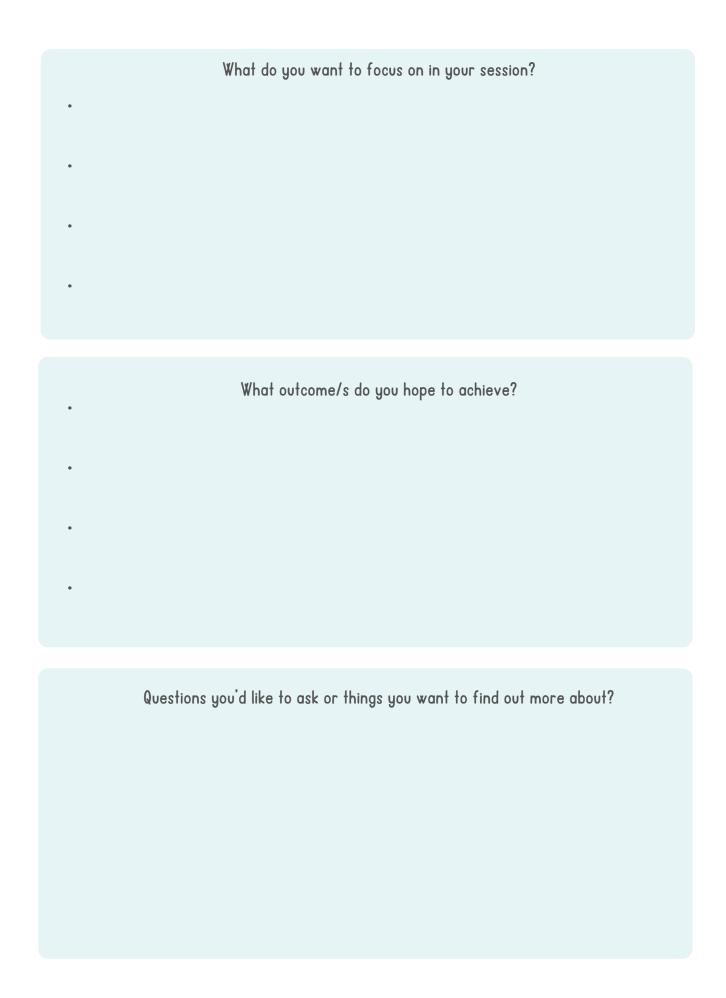
Before your consultation...

Use this section to think abo	out where things ar	e right now, wh	hat's going well, v	what strengths or	supports are currently in
place and what you'd like	to focus on in your	session. Try to	o answer all of th	ne questions in as i	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?



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

. What w	e discussed.				
•					
•					
My key takeaways.					
•					
•					
•					
What action/s will I take following session?	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? What/Who might help? Actions - What will I do? Review - How is it going? WHEN Will I start? Will I review? My GOAL - What do I want to do? Why? What outcome am I hoping for? What/Who might help? Actions - What will I do? Review - How is it going? WHEN Will I start? Will I review?

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