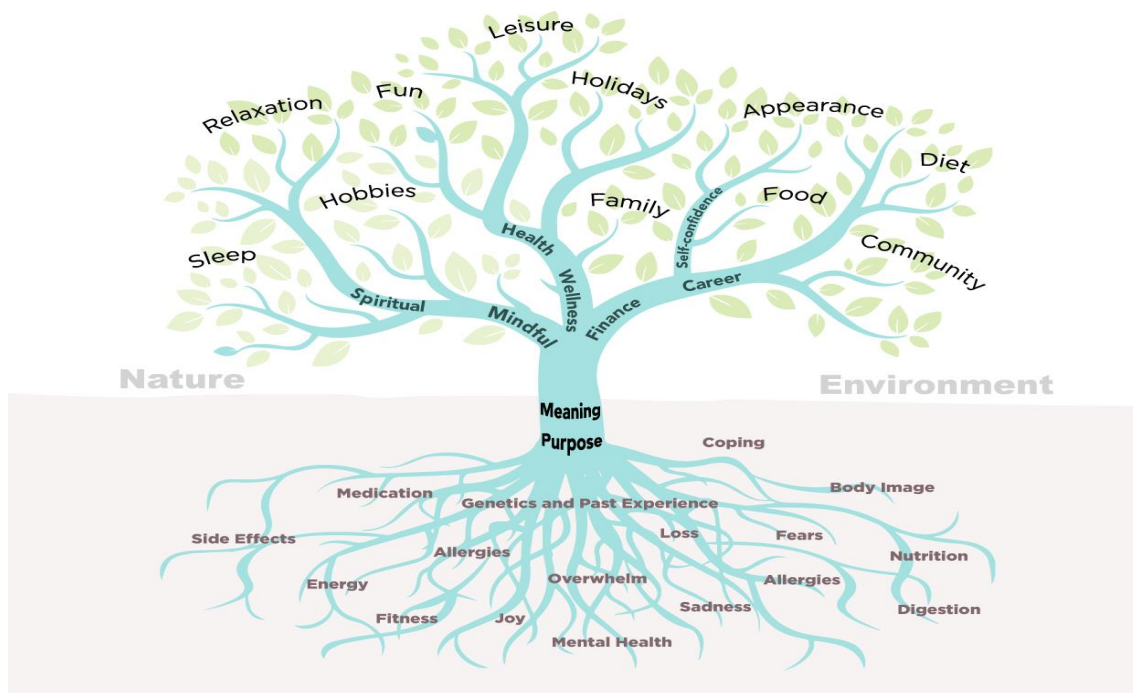


HEALTH & WELLNESS TREE



Coach: What can you 'be with' and what are your boundaries? Ask 'what if' to clarify.

Contracting: This is a new tool for us to consider if you wish. You can use this to focus on those areas you feel are important to you. If you'd like to take the diagram away to reflect that's fine too.

It's Ok to feel emotional and this is a safe space to explore with complete confidentiality.

Some possible questions:

- When you think about the/your situation what matters most to you?
- As you consider your options, what's most important for you? And is there anything else about (their words)?
- And when (repeat their words) which of your options fits best with our coaching objectives?
- What can challenge or get in the way of (their words)? And what kind of (their words) is that?
- And where could (their words) come from?
- Would you like time to reflect on (their words) or note anything down?
- What would you like to have happen?
- What questions are coming up for you at this point?
- Thinking about your objectives what needs to happen next? (small steps)
- How can I best support you with (their words)?