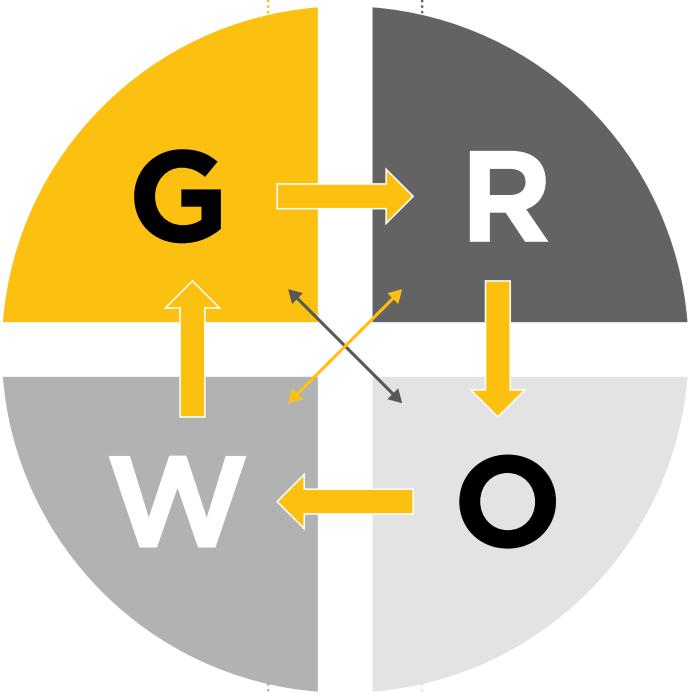


GOAL

- Agree topic of discussion
- Explore long term aspirations
- Explore meaning
- Agree specific objective of sessions

REALITY

- Invite self-awareness
- Explore current situation
- Check what others are saying
- Establish what is relevant



WRAP-UP

- Commit to action
- Identify possible obstacles
- Make steps specific and define timing
- Agree support

OPTIONS

- Cover full range of options
- Invite suggestions
- Brainstorm
- Stretch beyond habitual thinking
- Establish criteria for choosing options
- Ensure choices are made
- Identify one option to move forward on