

Step 2 - Sensing the goal

The facilitators ask everyone to imagine that a year has passed and that they are back in the same room remembering what has happened.

Everyone tells the facilitators what it is like to live in this better future, what events have taken place and what they have all done to make the dream more of a reality. There are two rules to this stage – all goals recorded have to be both positive and possible.

Step 3 - Now

Step 3 looks at the situation now and the difference between where the group is now and where everyone wants to be in a years' time.

Step 4 - Enrol/Who's on board?

None of the goals are achievable by the person working on her own. Step 4 looks at who needs to help. This could be people at the meeting, but also those who are not present. Sometimes there are people who could stand in the way of the goals. Their names are recorded so that a strategy can be developed for winning them over

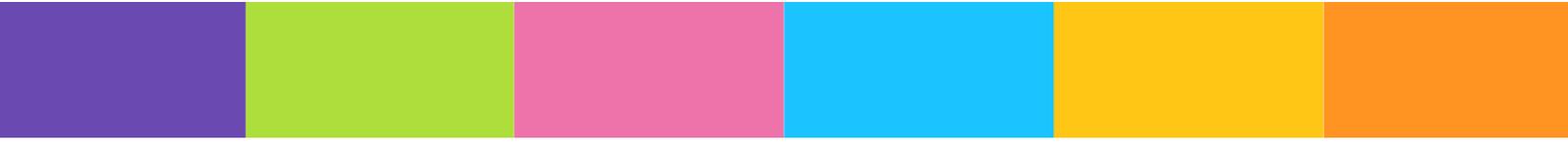
Step 5 - How are we going to build strength?

This can sometimes be a very important step in identifying what the group will need to do to maintain strength and commitment to their goals.

It can sometimes be as simple as meeting regularly and supporting each other by phone. Sometimes it means acknowledging and changing destructive patterns in the group.

Step 6 - Three/six month goals

The facilitator asks the group to pick a date within the next year, normally either three or six months later, and to set interim goals.



There is more information and videos about person centred approaches like PATH on this website:

www.helensandersonassociates.co.uk

There are free person centred templates which you can download.