



Getting

- What worries me most about taking up learning, training or work?
- What personal qualities and resources do I have that I can draw on?
- What support is out there to help me?
- Who can I talk to who will support me?
- How do I make this fit in with my life?
- What would stop me or make me give up?
- What do I need to sort out so I can start?
- Do I want to declare my caring responsibilities?
- What is the best way to declare?

Keeping

- What is the challenge I am facing that is causing me difficulties?
- What learning and experience am I gaining in my current situation?
- Can I see how much I have achieved?
- How are things going in terms of my caring responsibilities?
- Am I achieving my aspirations?
- How is my confidence and wellbeing?
- Can the organisation where I am learning or working provide me with more support?
- Who can I turn to for support?
- What is the next step for me in my career?

Thinking

- What am I most proud of?
- What do I enjoy doing?
- What do people who know me say I'm good at?
- What do I want to change/be able to do?
- What do I do with my time?
- What do I see myself doing/enjoying?
- What do I want to change/be able to do?
- What do I see myself doing/enjoying?
- What skills could I brush-up/learn I always wanted to learn?
- What can I get from where I am to where I want to be?
- What are my options?
- How can I get from where I am to where I want to be?
- What's on offer?
- What can I learn from where I am to where I want to be?

