

Listening and reflection (session 3)

**Help with goal
setting
(session 1)**

Highlight options

**Help with
problem solving
(session 3)**

**Promote
positive
thoughts**

**Encourage dealing
with emotions
(session 2)**

**Accept and
support grief**

Connect openly

and

authentically

Focus

conversation to

assist transition

**Validate the
person and their
experience**

**Offer help but
not take over**

**Promote person's
responsibility
(taking away creates
another loss)**

**Letting go of past
and finding hope
for new future**

Share

information and

experiences

Connect openly

and

authentically

**Processing grief
and dealing with
emotions**

**Choosing
thoughts**

**Choosing goals
and actioning
them**

**Working through
and applying
problem solving**

**Making
mistakes**

**Accepting help
if needed and
offered**

**Responsible for
choices**

**Responsible for
actions**

**Responsible to
accept
consequences**