



## 3 Session Change

Choice and Control

### What is it? How does it work?

A powerful, solution-oriented, strengths-based, structured consultation approach, working individually with a young person over three sessions. This is typically used when young people are experiencing difficulties at school and / or may be at risk of exclusion. It focuses on enabling positive changes, supporting emotional wellbeing and helping the young person to see and articulate their skill set: what they, and others, can notice, value and build upon in small steps.

Sharing Ordinary Places

The skilled coach will spend time with the young person, listening to the presenting issue/s, taking part in 'goaling' activities, carrying out a 'competency profiling' exercise which looks at the skills and virtues that the young person utilises via their hobbies and interests. These are discussed and fed back to the young person in order to develop their existing strengths, skills and virtues which can also be drawn upon within their educational context.

### Benefits and outcomes

Your young person has a raised awareness of their skills, virtues and capacity to work towards their own, achievable goals.

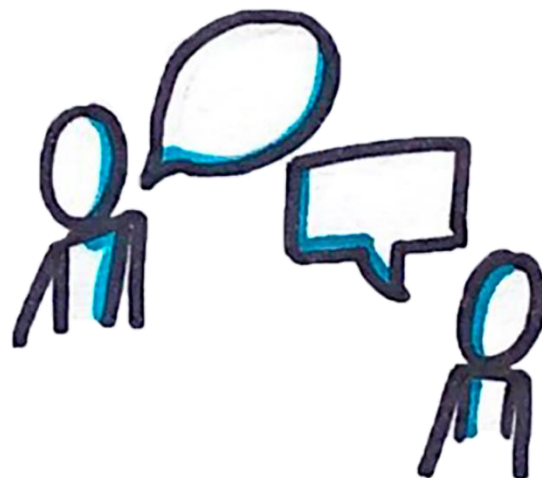
Being Someone

Practising goal setting and planning positive ways forward in a way that helps the young person to feel safe enough to make suggestions and feel pride. This in turn increases their self-awareness and sense of agency and empowerment – key components of self-esteem, and reliable predictors of future successes in life.

Contribution

### How many sessions?

Usually there are three sessions of around half an hour each. This depends upon the young person and their circumstances.



Belonging

*For more information about how we could work with you please contact:  
IF@suffolk.gov.uk*

