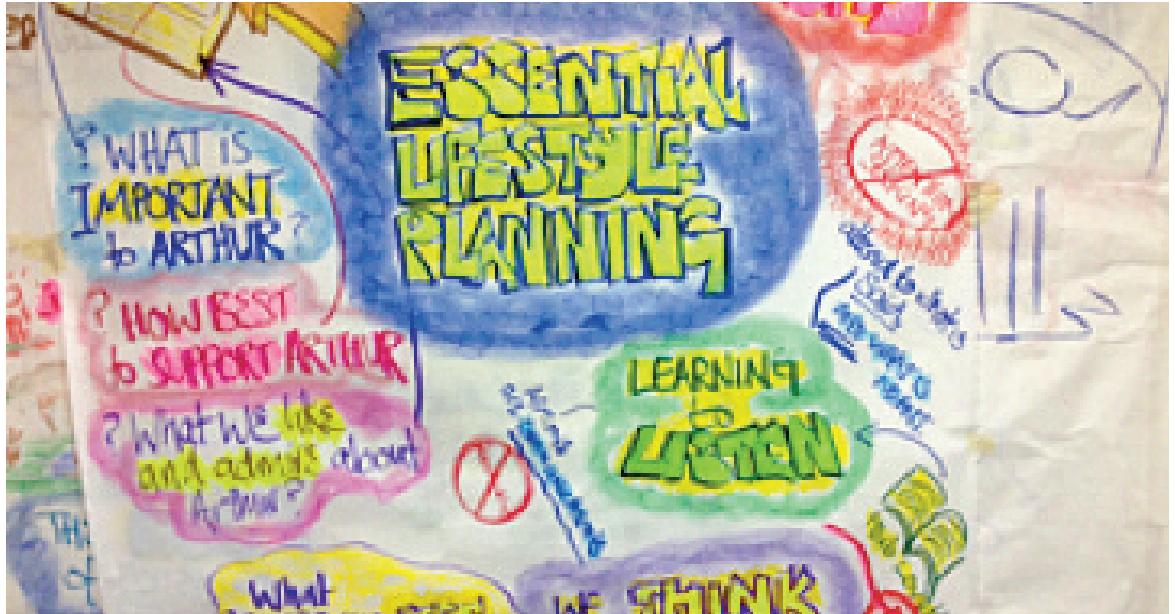


# Questions you could ask in a person centred meeting



- What makes a good day?
- What's working (from various people's perspectives including the young person)?
- What makes a bad day?
- What's not working (ask several people i.e. gain view from a range of perspectives)?
- What gifts and capacities does the person show and bring to the world?
- When is this young person at their best? Where and when is this 'best' most likely to be seen?
- What do people like and admire about .....
- Where is the young person having opportunities to contribute?
- What are our dreams for .....
- What would our nightmare for ..... be?
- What are our goals for the year ahead?
- What actions will we take?
- Final Reflections

## Reflections after the meeting could include:

- Did the focus person/people feel that they have been listened to?
- Did they feel truly heard?
- Did they have an opportunity to say what they wanted to say?
- Do they have any suggestions for improving future meetings?