

# THE ROLE OF PARTICIPANTS AND COACHES IN THE SIX STEPS

Step	Participant's Role	Coach's Role
<p><b>Step 1:</b> Prepare for the Meeting</p>		The coach takes time before each meeting to prepare themselves and the space for the meeting.
<p><b>Step 2:</b> Build the relationship</p>	The participant identifies who is in their family and their hopes and dreams for themselves and their family.	The coach and participant discuss and agree how to work and make decisions together that take family interests into account.
<p><b>Step 3:</b> Focus our Work</p>	<p><b>The participant sets the agenda.</b> The participant identifies areas in their life where they want to achieve results and facilitate well-being for their whole-family.</p>	<p><b>The coach guides the process.</b> The coach listens and asks clarifying questions to support the participant to identify priority areas for the family.</p>
<p><b>Step 4:</b> Assess What Role to Play</p>	<p>The participant shares more about their vision for the future, their desired results, and how they might achieve them.</p> <p>The participant decides if and when they are ready to move forward with goal-setting and goal practice. If not, the participant and coach continue to work together toward readiness for goal-setting.</p>	The coach listens to the participant and together they decide which coaching role might be most useful for the participant—case management, readiness assessment, or goal-setting.
<p><b>Step 5:</b> Plan, Do, Review</p>	The participant identifies goals that support whole-family well-being. The participant generates ideas and with their coach and makes a plan to practice, make progress, and achieve their goals with support from their family.	The coach provides support and access to resources as requested by the participant. The coach helps participants brainstorm and develop their plans to practice, make progress, and achieve their goals with support from their family.
<p><b>Step 6:</b> Plan for Support and Accountability</p>	The participant and coach meet to discuss goal practices and progress. The participant shares new information, needs, and priorities.	The participant and coach meet to discuss goal practices and progress. The participant and coach revisit and iterate on their plan as needed.