

4 Ps:

- **PURPOSE**
 - What was the purpose of your session/event/meeting?
- **POSITIVES**
 - What did you do really well?
- **POINTS TO CONSIDER**
 - What could you do even better next time?
- **PLAN FOR THE FUTURE**
 - Remind me of two things that you did really well and one thing that you will do even better next time

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GROW

- **Goal**
 - What would you like to achieve in the next X minutes?
- **Reality**
 - What are your strengths in this areas?
 - What could you improve around this area?
- **Opportunity**
 - What steps could you take towards your goal?
 - What would your best friend suggest?
- **Way forward**
 - What will you do?
 - When will you do it?
 - Who could help?