

Preparation for Change

Session 1 – My dream day

Today's session is about my dream day

- Welcome to 'Preparation for Change'
- Introductions
- Group agreements
- My typical day
- My dream day
- Closing round and feedback

Preparation for Change

- Six sessions
- This session is called 'My dream day'
- We're looking at how things are now, how you'd like them to be in the future and what you need to put in place to get there.

Introductions and check in

Hello! ... and our reasons for coming along to DHI/this group



My typical day

My typical day

What I usually do?	My thoughts about this

My dream day

My dream day

What my day would be like?	What I'd be doing/thinking/feeling differently?

Feedback

How has today been?

Where might it be useful to keep the work you've done?

A look at 'Useful Resources' (separate Powerpoint)

Thank you for coming and next session 'Commitment to change'