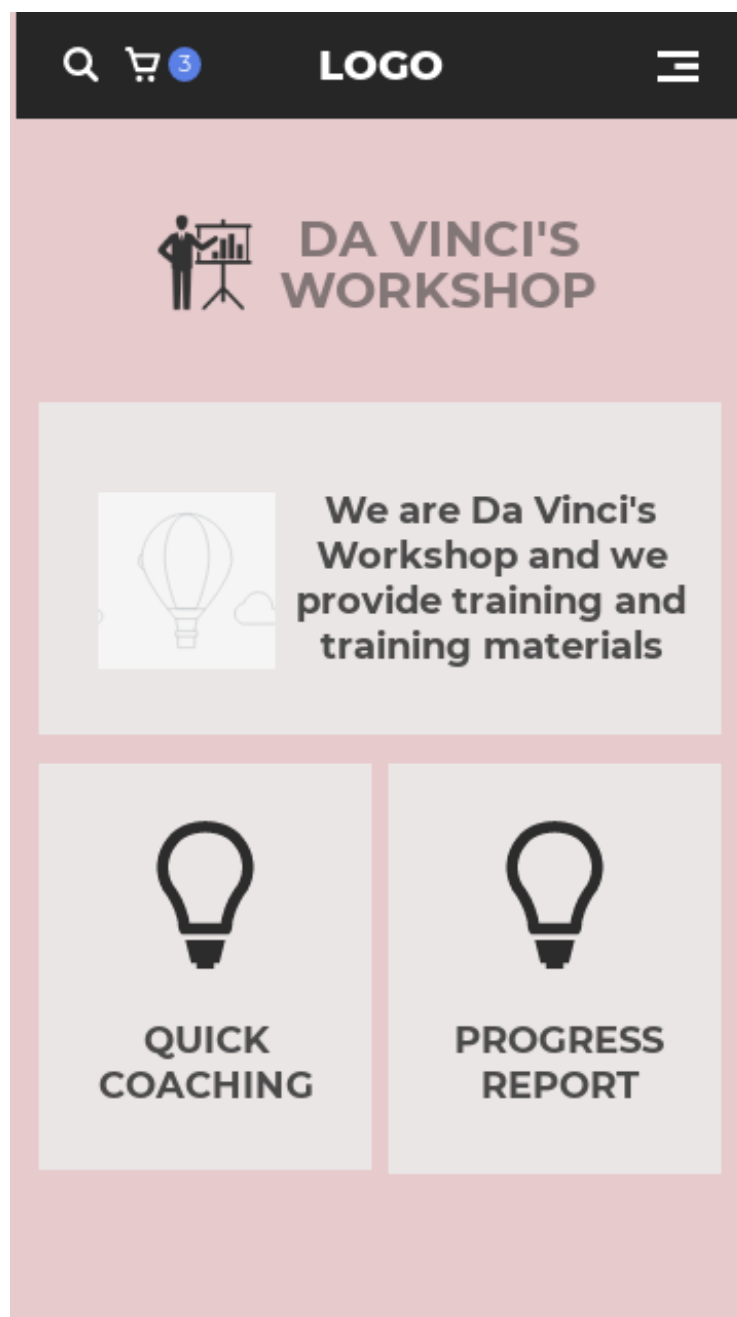


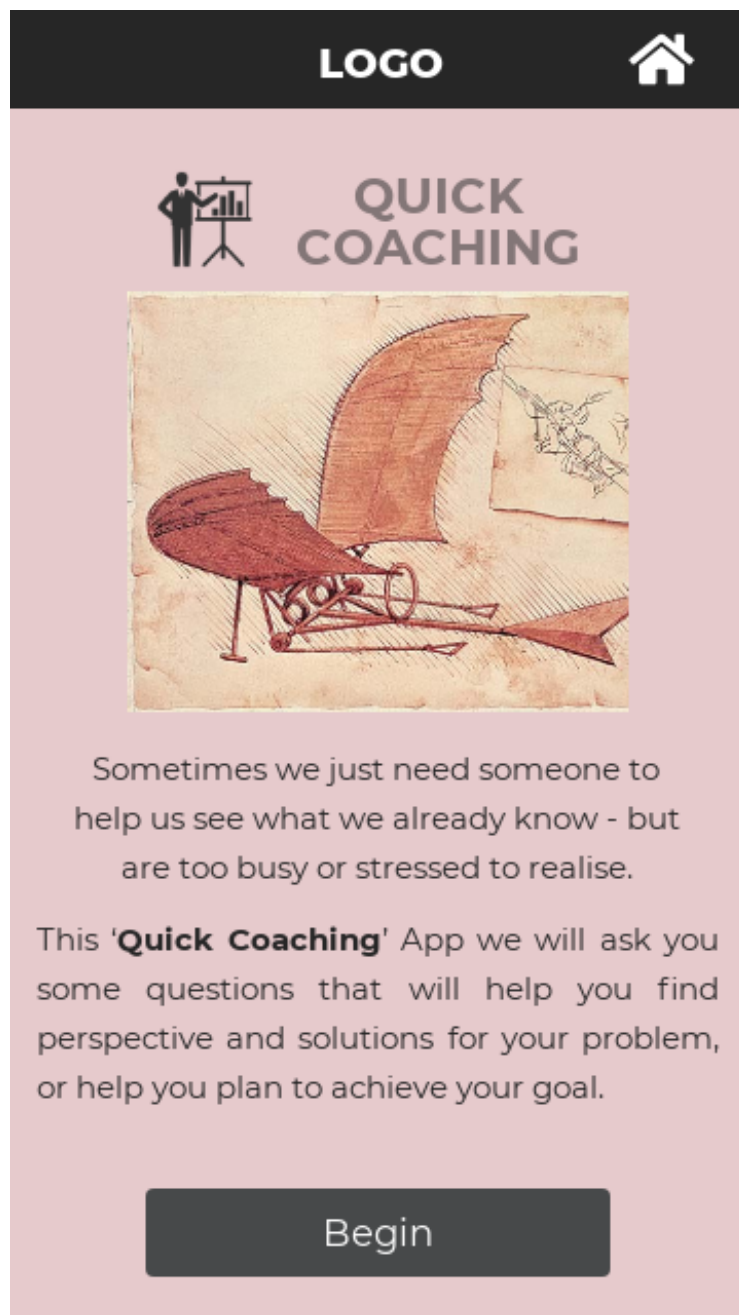
## Splash Screen



## Dashboard






## Quick Coaching Main




## Help Option



## Problem Coaching



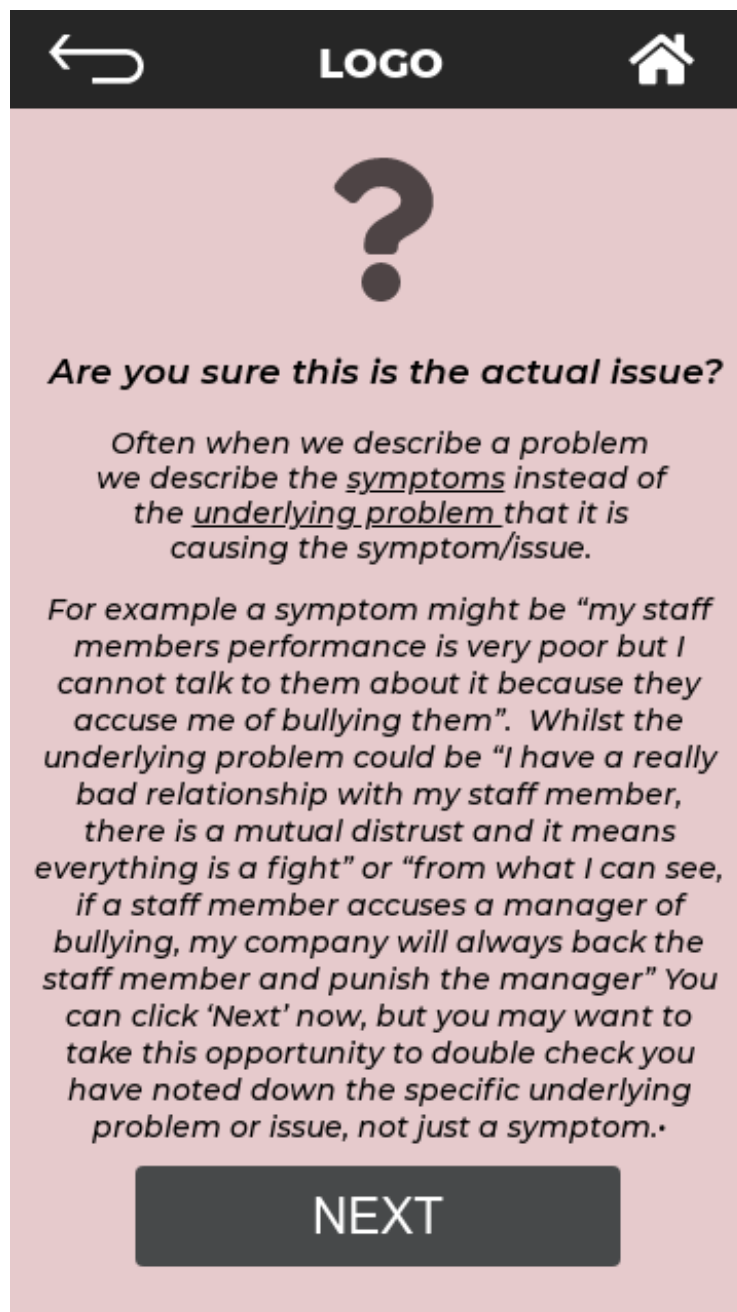


Write down your issue or problem in the text box below try and be as specific and concise as possible.




My issue or problem is that: (you will need to write atleast one word here in order to proceed)


NEXT

## P Coaching 1




## P Coaching 2






*Where is the issue on a scale of 1-10.  
Where 10 is death and 1 is you have  
just spilt some tap water at home.*







1



NEXT

## P Coaching 3







***Are you sure that this is that important?***

*(It is ok if it is, we just need to double check this before we continue to make sure we help in the right way). Remember 10 is DEATH. So a 9 indicates danger of death. 8 indicates you are about to become homeless or experience a full mental/health breakdown. 7 indicates you may be about to lose your job or get a divorce if this issue is not resolved successfully.*

**Please now reselect a number to show you have considered this very carefully.** – You can still select the same number if you feel this issue really is that important.



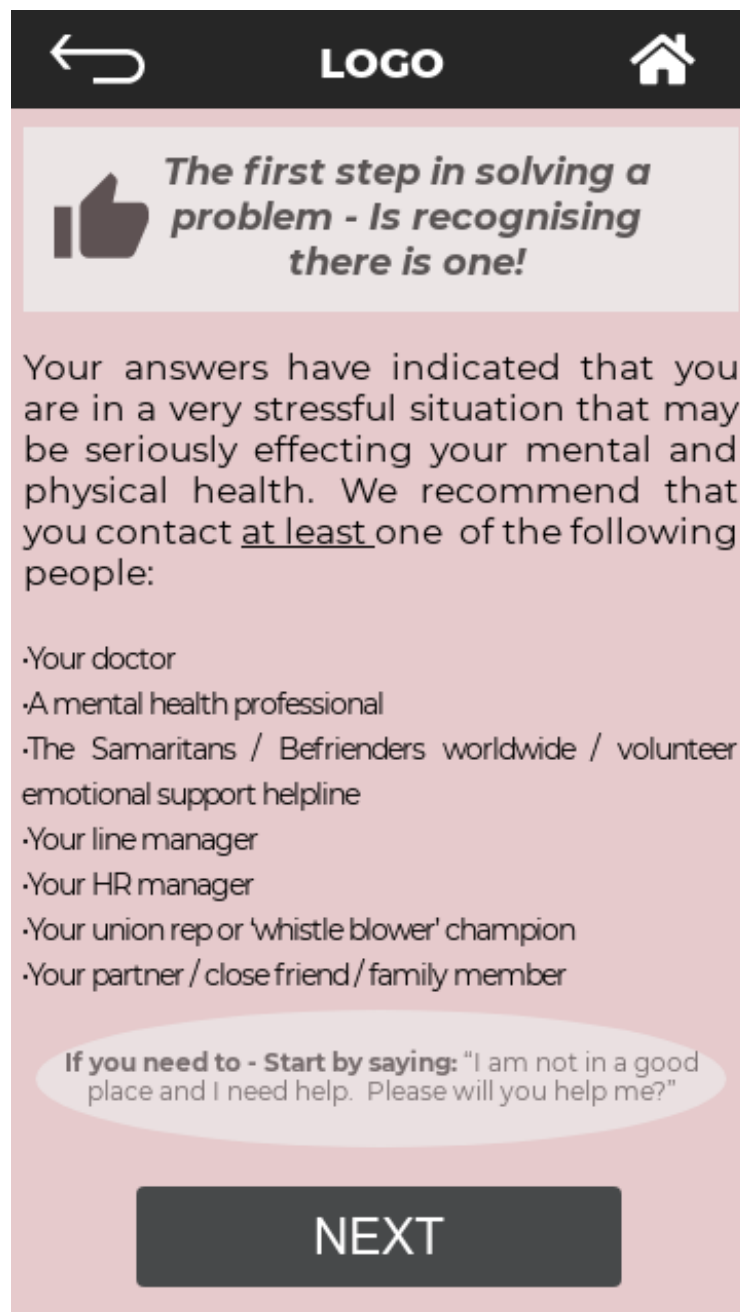
**1**



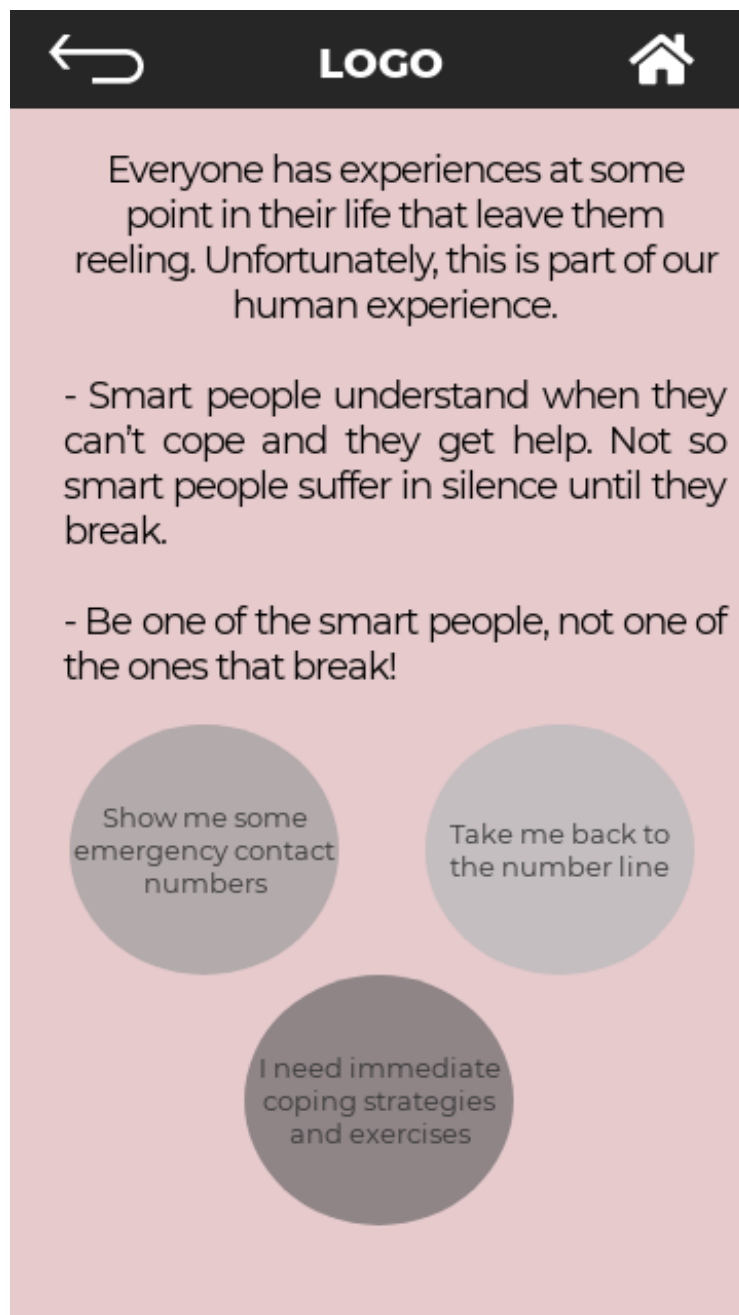
**NEXT**



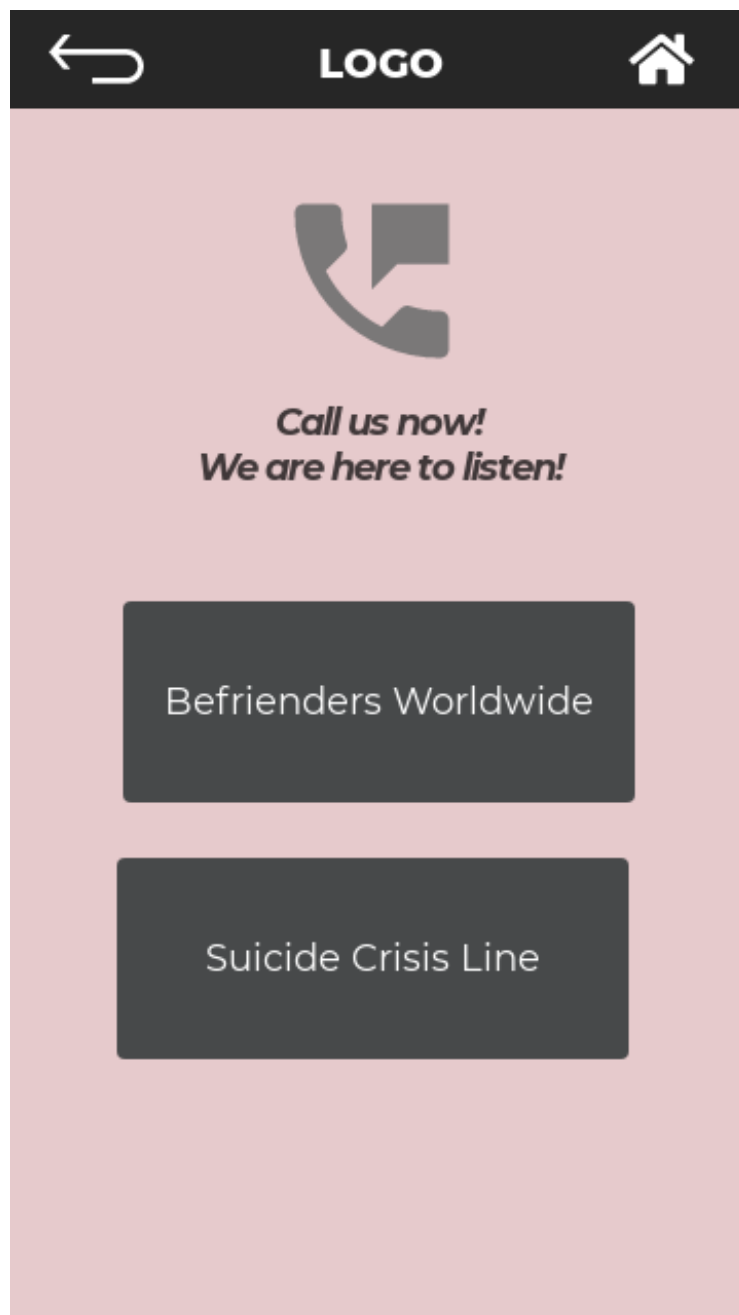
## P Coaching 4






## P Coaching 5




## Emergency Coping



## Scale








*Using the same scale, where will this issue be when you look back on it in 6 months time?*

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NEXT

## Resilience

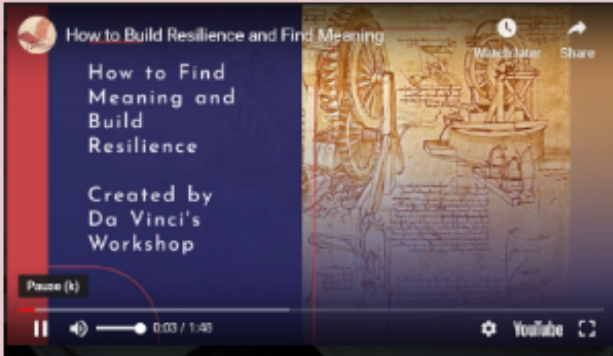


You have indicated that this has the potential to develop into a very serious issue with Major financial, health or welfare implications.

You now have a decision to make.

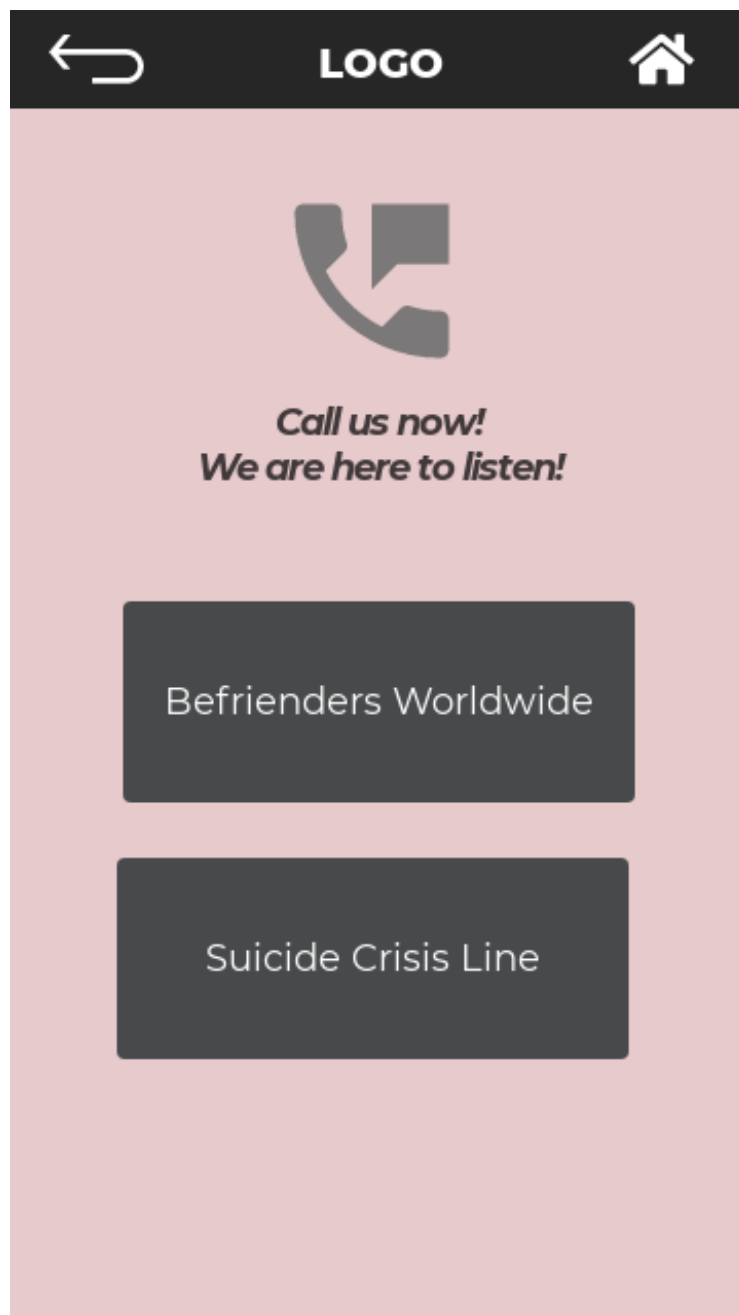
this decision is likely to have a big impact on the next 6 months of your life.

Before making the decision, we recommend you watch this short video...







I am ready to make decision now

## Emergency Coping 2



## Slide 12








Why do you want to overcome or resolve this issue?

How will you feel if you can achieve this?

NEXT

## Slide 13





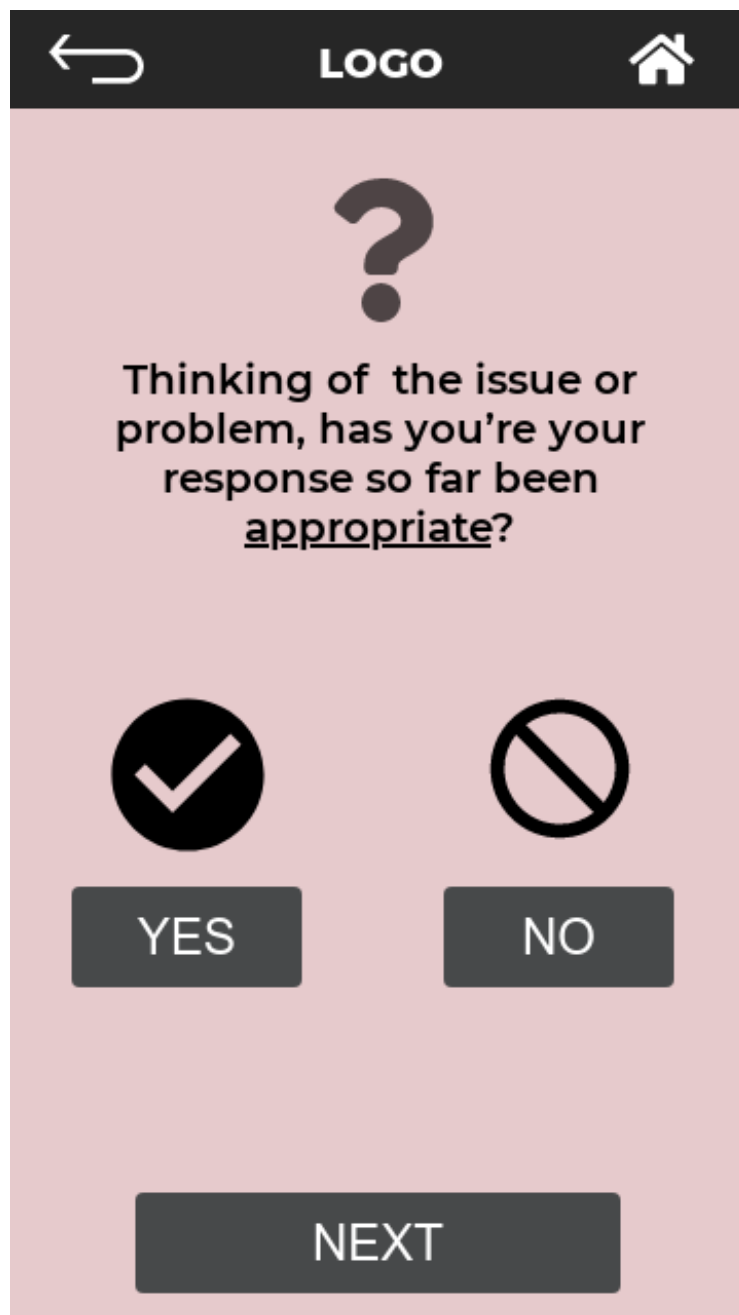
Why do you want to overcome or resolve this issue?

What do you feel is at stake here? (what is the implication if you do not resolve or overcome this issue?)

NEXT



## Slide 14



A mobile app interface for a survey slide. The background is a light pink color. At the top, there is a dark grey header bar containing a white back arrow icon on the left, the word "LOGO" in white capital letters in the center, and a white home icon on the right. Below the header, a large dark grey question mark is centered. Underneath the question mark, the text "Thinking of the issue or problem, has you're your response so far been appropriate?" is displayed in black. Below this text, there are two circular icons: a black circle with a white checkmark on the left, and a black circle with a white diagonal line (prohibition sign) on the right. Each icon is positioned above a dark grey rectangular button with white text. The button under the checkmark is labeled "YES", and the button under the prohibition sign is labeled "NO". At the bottom of the screen, there is a wide dark grey rectangular button with white text labeled "NEXT".

← LOGO →

?




Thinking of the issue or problem, has you're your response so far been appropriate?

✓ YES

⊘ NO

NEXT



## Slide 15



**Have your responses been effective?**

Effective means your response worked and helped to resolve the issue.

- There is a big difference between a response that emotionally feels right and a response that actually helps!






YES


NO

Please explain: (you will need to input at least a brief explanation before you can continue to the next coaching question)

NEXT

## Slide 16



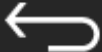



How could you influence or improve the situation? (If you chose to)

Try to write 2 -3 things you could do here:

NEXT

## Slide 17

**LOGO**




**What are the implications...**  
(you will need to write something in both text boxes in order to progress to the next coaching question)

If I can influence or improve the situation then...

If I don't influence or improve the situation then...

NEXT

## Slide 18



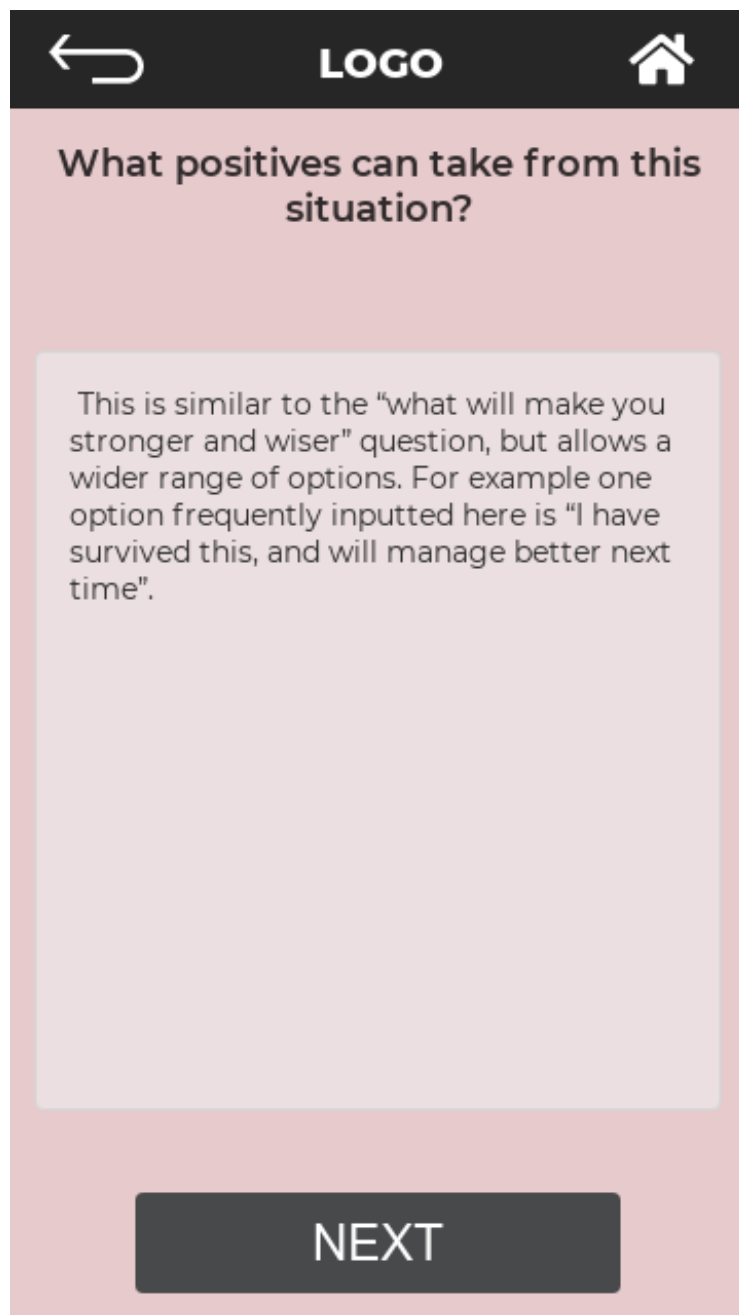
**How will going through this situation make you stronger and wiser?**

"What does not kill us, makes us stronger". OK so this quote is not strictly true, but it is a nice idea. Smart people learn from their experiences so that the next time they encounter a similar situation - they can manage it in an easier and more successful way.

Going through this has made me stronger and wiser because...

**NEXT**

## Slide 19

A mobile app interface with a dark header bar containing a back arrow, the word "LOGO", and a home icon. The main content area has a light pink background. At the top, a question is displayed. Below it, a light gray box contains explanatory text. At the bottom, a dark button is labeled "NEXT".



← LOGO 🏠


What positives can take from this situation?

This is similar to the "what will make you stronger and wiser" question, but allows a wider range of options. For example one option frequently inputted here is "I have survived this, and will manage better next time".

NEXT

## Slide 20

 **LOGO** 

 **You have now answered a series of questions designed to:**

- Help you put things in perspective,
- Find a solution
- And move forward in a positive manner.

(These questions were directly inspired by the excellent work of Paul McGee who created a system called "SUMO" coaching.)

The final part in this process is to read back the answers you wrote as you progressed through the questions.

- Reflecting on your answers makes it more likely you will actually take positive action

**Show me my playback summary**

## Slide 21

