

What BIG goal are you trying to accomplish? (GOAL)

What is getting in your way (CONSTRAINTS)

What are some supports that might help you be more successful in reaching your goal? (SUPPORTS)

NEGOTIATE FOR YOUR NEEDS CONVERSATION FRAME

I would love to successfully _____

What are you trying to accomplish? (GOAL)

I am experiencing these challenges _____

What are your challenges? (CONSTRAINTS)

If you would like me to successfully _____

(GOAL)

Then I will need _____ *from you.*

Share specific ideas on how they can support you! (SUPPORTS)