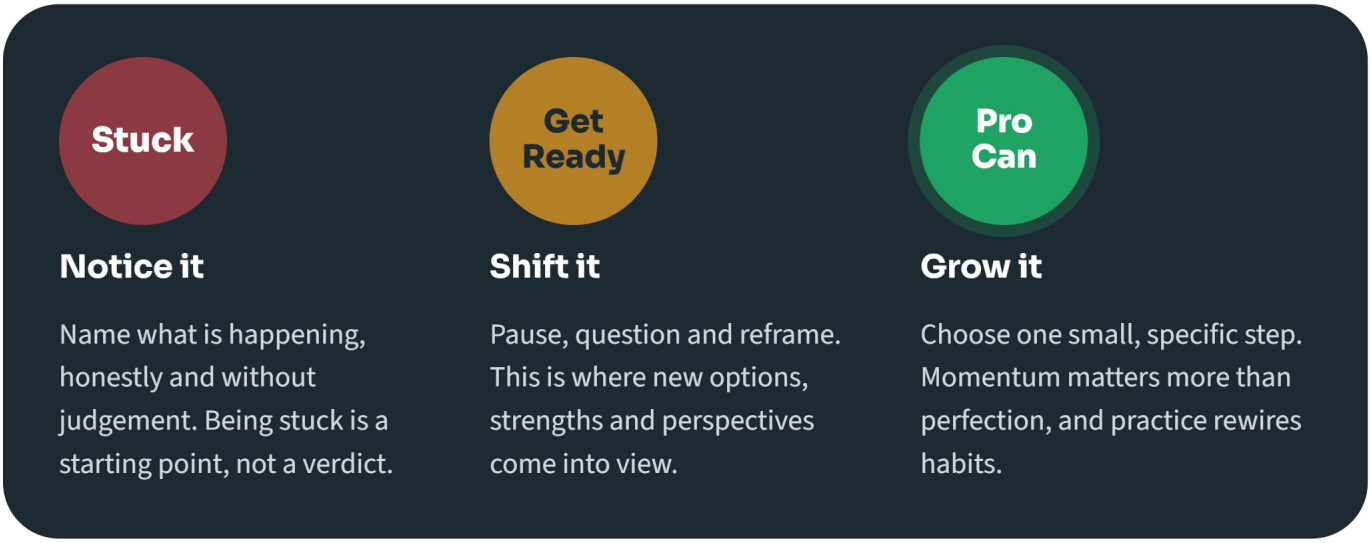
START HERE

The Pro Can approach

Change rarely happens in one leap. It happens in three moves: noticing where we are, getting ready to see things differently, and then taking a real step forward. Every Pro Can Tool follows the same three moves, so clients learn a pattern they can use long after the session ends.



What is in each tool

A coach guide explains why the tool works, how to run it in three stages, questions to ask and what to watch for.

A client worksheet walks the client through Stuck, Get Ready and Pro Can in their own words. It can be completed in a session, set between sessions or revisited over time.

Using the tools well

- **One tool at a time.** Depth beats variety.
- **Try it yourself first.** You will coach it better.
- **Small and often.** Repetition is what builds new habits of mind.
- **Close the loop.** Ask about the Pro Can step at the next session.
- **Adapt freely.** The tools suit adults, teams and, with simpler language, young people.

Coaching, not therapy

These tools draw on positive psychology, cognitive behavioural ideas and solution-focused coaching. They are for people who are broadly well and want to grow, and are not a substitute for therapy or medical care. If a client describes persistent low mood, trauma, thoughts of self-harm or anything beyond the scope of coaching, pause and help them connect with a qualified professional.

Not anti anything. Pro everything you can be.

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