**Balloon and basket model (Olivant, 2022)**



**Basket: What is holding you back?**

What is preventing you from achieving?

What is weighing you down?

What needs to change in order to remove some ‘sandbags’?

What is within your control?

**Balloon: What helps keep you up?**

What strengths do you have that help you fly high?

What motivates you to keep going?

What else supports you to stay afloat?