**My Route Plan**

The route plan has two purposes.

* You work with the participant to determine what steps they can and will take themselves to influence their life.
* You help the participant to break this down into small, achievable steps. This enables the participant to quickly experience small successes. This increases self-confidence and, potentially, self-sufficiency and problem-solving ability.

Before the route plan meeting, the coach must review the data from the broad intake and the completed self-sufficiency table. The coach must consider these three points:

* Which practical self-sufficiency skills does the participant score low on?
* In which areas of life are there problems?
* Does the coach see talents that can be further developed?

The route plan meeting takes place from the participant's perspective. What do they currently feel is the biggest obstacle/problem? What bothers them the most, costs a lot of energy and creates negative energy? This calls for further questioning, summarising and concluding.

If I understand correctly, you think this (problem 1) is your biggest obstacle because…. , and that is why you cannot tackle…. (problem 2). The coach must them help to break the solution to problem 1 into small, easy-to-take steps for the participant.

The role of the coach is, therefore, to assist the participant in this process. The coach does not take over from the participant. The coach may help the participant, but the participant remains responsible for the problem and its solution.

**Form:**

Refugee number:

Participant name:

Coach name:

Start of guidance:

Meeting date:

**Action points**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Life area designation | My next step is | Date on which I want to have achieved this |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |

Areas of life are:

1. Practical self-sufficiency: look at the ZRM table: what steps can people take.
2. Stable family life: home, relationship, children, family relations.
3. Health: physical health or mental complaints, substance use.
4. Well-being: social contacts, friends, outdoor activities.
5. Money matters: income versus expenses (possibly debt).
6. School, education, work: learning the language, development as a person.

|  |  |
| --- | --- |
| **Action point 1:** | |
| Desired situation? What can I do once I have achieved this goal? |  |
| What will I learn? What will I do? |  |
| What is going well? |  |
| How am I going to do this? |  |
| Who or what do I need for that? |  |
| When am I going to do this? |  |
| When do I want to have achieved this goal? |  |
| **Action point 2:** | |
| Desired situation? What will it look like once I achieve this goal? |  |
| What will I learn? What will I do? |  |
| What is going well? |  |
| How am I going to do this? |  |
| Who or what do I need for that? |  |
| When am I going to do this? |  |
| When do I want to have achieved this goal? |  |
| **Action point 3:** | |
| Desired situation? What will it look like once I achieve this goal? |  |
| What will I learn? What will I do? |  |
| What is going well? |  |
| How am I going to do this? |  |
| Who or what do I need for that? |  |
| When am I going to do this? |  |
| When do I want to have achieved this goal? |  |