



Egan's Skilled Helper Model

The Egan model aims to help the speaker address 3 main questions:

1. *'What is going on?'*
2. *'What do I want instead?'*
3. *'How might I get to what I want?'*



STAGE 1 - What's going on?

<p>1A - AN EXPANSIVE PART</p> <p>Useful Questions</p> <ul style="list-style-type: none">① How do/did you feel about that?① What are/were you thinking?① What is/was that like for you?	<p>1c -FOCUSSING AND MOVING FORWARD</p> <p>Useful Questions</p> <ul style="list-style-type: none">① What in all of this is the most important?① What would be best to work on now?① What would make the most difference?① What is manageable?
<p>1B - A CHALLENGING PART</p> <p>Useful Questions</p> <ul style="list-style-type: none">① How do others see it/you?① Is there anything you've overlooked?① What does he/she think/feel?① What would s/he say about all this?① What about all of this is a problem for you?① Is there any other way of looking at it?	



Stage 2 - What do I want instead?

2A - A CREATIVE PART

Useful Questions

- ① What do you ideally want instead?
- ① What would be happening?
- ① What would you be doing/thinking/feeling?
- ① What would you have that you don't have now?
- ① What would it be like if it were better / a bit better?

2B - A REALITY TESTING PART

Useful Questions

- ① What exactly is your goal?
- ① How would you know when you've got there?
- ① What could you manage/are you likely to achieve?
- ① Which feels best for you?
- ① Out of all that, what would be realistic?
- ① When do you want to achieve it by?

2C - MOVING FORWARD

Useful Questions

- ① What will be the benefits when you achieve this?
- ① How will it be different for you when you've done this?
- ① What will be the costs of doing this? Any disadvantages/downsides to doing this?



Stage 3 - How will I get there?

<p>3A - ANOTHER CREATIVE PART!</p> <p>Useful Questions</p> <ul style="list-style-type: none">① How many different ways are there for you to do this?① Who/what might help?① What has worked before/for others?① What about some wild ideas?	<p>3C - MOVING TO ACTION</p> <p>Useful Questions</p> <ul style="list-style-type: none">① What will you do first? When?① What will you do next? When?
<p>3B - FOCUSING IN ON APPROPRIATE STRATEGIES</p> <p>Useful Questions</p> <ul style="list-style-type: none">① Which of these ideas appeals most?① Which is most likely to work for you?① Which are within your resources/control?	