TXT\_16552263 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552263 We dont always have the rescources we need to carry out our role

TXT\_16552263 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552263 to manage the stress of this more effectively

TXT\_16552263 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552263 it would help me be more productive

TXT\_16552263 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552263 havnt really tried anything

TXT\_16552263 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552263 accepting that it is out of my control and I can only do what I can

TXT\_16552263 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552263 not really

TXT\_16552263 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552180 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552180 people are complaining about their rota but they're the ones causing the problems with it

TXT\_16552180 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552180 I want people to rota themselves fairly

TXT\_16552180 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552180 Because it's creating a lot of upset in the team

TXT\_16552180 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552180 tried speaking to them but they do not listen

TXT\_16552180 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552180 tried speaking to them - didn't work

TXT\_16552180 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552180 speaking to them again

TXT\_16552180 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552122 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552122 I am due to start a new very challenging job next month

TXT\_16552122 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552122 to be more confident in my skills

TXT\_16552122 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552122 I will have to use all my skills and knowledge as well as learning new skills to succeed in the job

TXT\_16552122 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552122 I have tried to revisit my skills but get very overwhelmesd

TXT\_16552122 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552122 Do more practice at home and reading

TXT\_16552122 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552122 Do more reading

TXT\_16552122 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552134 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552134 Too much to do and not enough time allocated to do it in

TXT\_16552134 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552134 get my work done

TXT\_16552134 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552134 because I'll be sacked if I don't

TXT\_16552134 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552134 Really? I've explained it to my manager, but nothing has changed

TXT\_16552134 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552134 nothing, as this is the same every year, despite communicating the need for more allocated time

TXT\_16552134 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552134 all options have been exhausted

TXT\_16552134 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552119 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552119 Time management - everyon always give me lots of tasks to do with little time to do it

TXT\_16552119 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552119 To manage my time so I'm not working out of hours

TXT\_16552119 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552119 Because I'm entitled to my free time, I'm not paid for overtime and it's making me sad

TXT\_16552119 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552119 I just keep getting work done in my free time

TXT\_16552119 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552119 Working overtime hasn't worked and isn't working now, I think all I can do is leave ?

TXT\_16552119 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552119 find happiness

TXT\_16552119 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552151 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552151 translations

TXT\_16552151 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552151 To ensure all translations are correct

TXT\_16552151 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552151 legal matters

TXT\_16552151 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552151 just started

TXT\_16552151 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552151 DOing it myself

TXT\_16552151 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552151 get the work done

TXT\_16552151 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552164 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552164 Dealing with annoying people

TXT\_16552164 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552164 my goal would be to have more patience

TXT\_16552164 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552164 i find my self getting worked up

TXT\_16552164 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552164 ive been trying more tollerant but i doesnt always work

TXT\_16552164 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552164 try listening more before writing people off

TXT\_16552164 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552164 to keep trying

TXT\_16552164 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552174 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552174 working as a team

TXT\_16552174 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552174 to out aside personal feelings and work for the team

TXT\_16552174 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552174 to be successfyul and create a good environemnt

TXT\_16552174 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552174 nothing really

TXT\_16552174 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552174 to focus on work and ignore personal feelings

TXT\_16552174 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552174 try an be positive and contribute

TXT\_16552174 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552118 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552118 i have a colleague who takes up too much of my time

TXT\_16552118 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552118 I want them to contact me less often

TXT\_16552118 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552118 Because it will make my time management better

TXT\_16552118 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552118 I haven't tried anything

TXT\_16552118 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552118 I could try and talk to the person

TXT\_16552118 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552118 Talk to the person

TXT\_16552118 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552185 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552185 I can't recruit the right people

TXT\_16552185 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552185 I want to recruit good candidate

TXT\_16552185 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552185 so we can serve customer properly

TXT\_16552185 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552185 not much

TXT\_16552185 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552185 nothing works

TXT\_16552185 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552185 start recruiting

TXT\_16552185 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551435 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551435 being direct with colleagues

TXT\_16551435 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551435 i would like to be more direct and give honest answers instead of just stewing on situations

TXT\_16551435 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551435 its important because it makes work easier for everyone when they know what is expected of them

TXT\_16551435 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551435 just tried being honest and open, i feel awkward at times and that has been when i have struggled

TXT\_16551435 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551435 just saying the words

TXT\_16551435 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551435 just give it a go

TXT\_16551435 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551441 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551441 Managing my team between tasks

TXT\_16551441 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551441 Improve my time management skills to complete tasks successfully in a timely manner

TXT\_16551441 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551441 This will improve my workload and improve the service to customers

TXT\_16551441 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551441 I have tried to incorporate diary management into my working schedule so I dedicate specific time to my tasks. This has improved my workload significantly since I started but still a long way to improve

TXT\_16551441 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551441 I have tried writing my tasks in pen, this didnt work as my hand started to hurt.

TXT\_16551441 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551441 To keep planning my workload in the diary

TXT\_16551441 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551450 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551450 I run a brazilian jiu jitsu club, there is a lot of current women members, but the injury rate for the women is quite high, how could i lower the injury rate?

TXT\_16551450 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551450 I want to make it safer for women so they are less likeley to get injured

TXT\_16551450 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551450 I want women to train at my gym

TXT\_16551450 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551450 The gym has a lot of women for a bjj gym, which is great, its a safe enviroment. Mixed weights of training partners is maybe causing problems in terms of injury

TXT\_16551450 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551450 I have already answered this question

TXT\_16551450 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551450 Arnt you supposed tobe helping me with this?

TXT\_16551450 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551428 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551428 Someone leaving and worried they wont be replaced

TXT\_16551428 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551428 I would like to get the person replaced

TXT\_16551428 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551428 Because I feel it will be too much work for the team if the person isnt replaced

TXT\_16551428 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551428 I have set up a meeting ready to discuss with HR, I am putting together a case for the person to be replaced, in the past in similar situations the person hasnt been replaced due to money issues

TXT\_16551428 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551428 Put together an impact assessment, show data on workload and new tasks to present

TXT\_16551428 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551428 Get the data together

TXT\_16551428 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551433 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551433 demotivated

TXT\_16551433 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551433 find something to inspire me

TXT\_16551433 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551433 need to feel happy at wokr

TXT\_16551433 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551433 look for a new role

TXT\_16551433 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551433 a new environment to inspire me

TXT\_16551433 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551433 give 100%to new role

TXT\_16551433 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551438 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551438 How to avoid redundancy which is happening soon

TXT\_16551438 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551438 to keep my job

TXT\_16551438 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551438 to earn money for my family

TXT\_16551438 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551438 working quietly and diligently. So far it has worked, but lately I am worried about losing my job

TXT\_16551438 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551438 i have tried my best in the past but always hated public speaking so always avoided that

TXT\_16551438 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551438 learning how to do public speaking and enjoy it

TXT\_16551438 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551439 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551439 We have an exclusive event coming up at work. Some departments have been told that they can have paid overtime when they're working the event. Our department have been told we are not allowed this and we all find this extremely unfair.

TXT\_16551439 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551439 For our department to be allowed paid overtime when working the event.

TXT\_16551439 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551439 I feel that all departments should be treat equally and at the minute we are feeling very undervalued.

TXT\_16551439 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551439 I have spoken to my colleagues regarding this and we all believe that we should ask for paid overtime or refuse to work at the event.

TXT\_16551439 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551439 There hasn't been a situation like this in the past as we have normally been granted paid overtime for working outside of our core hours. We have sent an email to management and also contacted our union representative.

TXT\_16551439 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551439 To make sure that we are granted our paid overtime & that we are treat fairly and equally

TXT\_16551439 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551444 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551444 My manager is a micro manager

TXT\_16551444 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551444 To have my manager trust me more

TXT\_16551444 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551444 I feel that it will help me develop

TXT\_16551444 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551444 I have tried ignoring some of the tasking he sets but he bothers me more about it.

TXT\_16551444 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551444 Nothing has worked, I will try to chat to him

TXT\_16551444 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551444 spend some time tal,king to him

TXT\_16551444 Thank you for chatting with me today. I hope you found it useful.

TXT\_16551447 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16551447 Struggling with a remix

TXT\_16551447 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16551447 I want something to sound good

TXT\_16551447 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16551447 Its a paying job

TXT\_16551447 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16551447 The beats have worked the vocal placement has not

TXT\_16551447 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16551447 No options left

TXT\_16551447 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16551447 Finish the job

TXT\_16551447 Thank you for chatting with me today. I hope you found it useful.

TXT\_16559644 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16559644 I don't know how to move forward with my company

TXT\_16559644 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16559644 Finding a solution how to get out of working together with my colleague

TXT\_16559644 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16559644 because it will help me reducing my stress levels

TXT\_16559644 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16559644 that is to many questions at once...

TXT\_16559644 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16559644 hm

TXT\_16559644 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16559644 not sur

TXT\_16559644 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552120 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552120 Completing room allocation on time.

TXT\_16552120 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552120 Our team needs to complete room allocation on time.

TXT\_16552120 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552120 Because we need to do it.

TXT\_16552120 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552120 Things are progressing and we are 50% done.

TXT\_16552120 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552120 Make sure the new starter is fully comfortable so she can help.

TXT\_16552120 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552120 Complete room allocation on time

TXT\_16552120 Thank you for chatting with me today. I hope you found it useful.

TXT\_16563988 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16563988 I want to have a more balanced life

TXT\_16563988 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16563988 None

TXT\_16563988 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16563988 None

TXT\_16563988 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16563988 None

TXT\_16563988 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16563988 None

TXT\_16563988 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16563988 None

TXT\_16563988 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552234 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552234 i dont feel fulfilled in my job role

TXT\_16552234 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552234 to feel like im achieving goals

TXT\_16552234 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552234 to feel happy in my career

TXT\_16552234 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552234 ive tried talking to management, and looking for new jobs

TXT\_16552234 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552234 changing roles or companies

TXT\_16552234 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552234 start applying for new jobs

TXT\_16552234 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552123 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552123 I can't find the document I need to work on, someone else created it and don't know where they stored it

TXT\_16552123 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552123 I want to find the document so that I can continue with my work

TXT\_16552123 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552123 So that I can prepare for my forthcoming teaching session

TXT\_16552123 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552123 I have tried looking in some folders but cannot see it

TXT\_16552123 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552123 I can ask someone lse but i want to solve this myself

TXT\_16552123 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552123 Stop procrastinating on prolific

TXT\_16552123 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552125 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552125 Time management due to be a full time Mum too

TXT\_16552125 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552125 Later working hours

TXT\_16552125 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552125 To be able to work and be a Mum and support my.xhikf

TXT\_16552125 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552125 Child

TXT\_16552125 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552125 Working remotely

TXT\_16552125 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552125 To be able to progress too

TXT\_16552125 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552132 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552132 I find it hard to focus on the things that need completing. So I end up with multiple deadlines and having to complete work at the last moment with a lot of pressure

TXT\_16552132 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552132 I want to work with a more balanced output

TXT\_16552132 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552132 Because it will reduce my stress and would be better for my mental health

TXT\_16552132 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552132 I've tried to do lists and other AI apps. I procrastinate and get distracted. I've even tried changing locations

TXT\_16552132 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552132 I tried changing location, organising myself differently working in a different location

TXT\_16552132 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552132 To do my work

TXT\_16552132 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552121 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552121 Trying to work more efficiently and less scatty

TXT\_16552121 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552121 To be more organised and more efficient

TXT\_16552121 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552121 It would help with productivity within my working day

TXT\_16552121 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552121 To do lists; limit distractions

TXT\_16552121 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552121 Options are to continue with what I was doing

TXT\_16552121 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552121 To clear distractions

TXT\_16552121 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552135 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552135 how to deal with negative employees

TXT\_16552135 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552135 How can i deal better with criticism

TXT\_16552135 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552135 Because i spend many hours at work

TXT\_16552135 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552135 I have tried to ignore the criticisms

TXT\_16552135 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552135 I have tried to ignore the criticisms

TXT\_16552135 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552135 to focus on my work

TXT\_16552135 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552137 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552137 Getting managers to follow the correct procedures

TXT\_16552137 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552137 My goal is to get them to follow correct procedures

TXT\_16552137 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552137 So we don't fall foul of legislation

TXT\_16552137 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552137 I have tried explaining the procedure and how I can help them but they want to do things their own way

TXT\_16552137 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552137 My next step will be to escalate to their managers

TXT\_16552137 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552137 Clearly explain what I have done to the managers and where it has gone wrong

TXT\_16552137 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552142 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552142 Lots of work to tight deadlines

TXT\_16552142 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552142 Make sure none of my projects slip and are completed to a great standard

TXT\_16552142 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552142 Reputation and also the work I do supports children and young people in education

TXT\_16552142 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552142 Things go well, usually when things don't go as well it's because the issue is complicated and I have to rely on other people.

TXT\_16552142 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552142 Focussing myself, blocking time in my diary, do not disturb status on teams.

TXT\_16552142 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552142 blocking time in my diary

TXT\_16552142 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552138 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552138 Dealing with team members who are difficult to contact and getting them to work

TXT\_16552138 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552138 Make sure that they are available when they should be and help them to prioritise their work load

TXT\_16552138 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552138 because they have a direct impact on my own work

TXT\_16552138 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552138 the issue with contact is kind of resolved but the work thing is still a problem

TXT\_16552138 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552138 ive tried lots of things but other than escalating to their team leader is the last option

TXT\_16552138 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552138 i need to escalate i think

TXT\_16552138 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552153 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552153 How I get developers to work faster

TXT\_16552153 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552153 Quicker building of product

TXT\_16552153 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552153 need to keep up with competors

TXT\_16552153 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552153 To slow, more planning, smaller teams

TXT\_16552153 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552153 Breaking up work more

TXT\_16552153 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552153 smaller pieces of work

TXT\_16552153 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552131 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552131 I'm currently struggling to reconcile the estimates provided by the team with a project plan, to give a meaningful delivery date for the project

TXT\_16552131 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552131 To provide a definitive date for delivery of the fully tested software

TXT\_16552131 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552131 My job depends on it!

TXT\_16552131 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552131 I've been asking the team for firm estimates but keep getting excuses and reasons as to why they can't provide this. They have very rough estimates but nothing concrete

TXT\_16552131 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552131 For future work make sure all the design is done up front, so the team know what they're doing. Alternatively come up with better ways of estimating and comparing to like-for-like work to get a rough idea of how long something will take, and add an estimation factor in

TXT\_16552131 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552131 Discuss with the team to agree on an approach

TXT\_16552131 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552148 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552148 getting colleagues to respond to queries on time

TXT\_16552148 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552148 get them to prioritise appropriately

TXT\_16552148 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552148 it affects my work performance

TXT\_16552148 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552148 i have tried repeated requests and asking management to prompt. This hasn't worked

TXT\_16552148 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552148 nothing has worked. i could threaten them and criticise them, but i don't think that would work either

TXT\_16552148 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552148 give up if there is nothing i can do

TXT\_16552148 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552146 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552146 I am applying for a training course, but I need to select the right course that's relevant to my job role.

TXT\_16552146 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552146 My goal is to continue my professional development and show a committment to my team. I hope this will help my advance my career.

TXT\_16552146 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552146 I need to reach my potential and achieve more in my career. I am eager to earn more money.

TXT\_16552146 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552146 I have tried applying for certain courses, but management has advised they were not suitable for my current role. I am now trying to find an appropriate course, but this is difficult as many are irrelevant or of no interest to me.

TXT\_16552146 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552146 I need to complete an application for this course.

TXT\_16552146 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552146 Understand the course cirriculum and begin applying.

TXT\_16552146 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552150 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552150 Ensuring that other people in my virtual team respond to their allocated tasks on time and to a high standard.

TXT\_16552150 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552150 To be able to submit the documents to our customer on time.

TXT\_16552150 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552150 It is important to the company where I work.

TXT\_16552150 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552150 At the moment we are only at the discovery phase but over the next few days this has to move forward into actions.

TXT\_16552150 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552150 There is a dilemma of keep harassing people to see where they are with the work allocated to them or trusting them to be getting on with it.

TXT\_16552150 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552150 Get a snap shot of where people are and identify any problems as soon as possible

TXT\_16552150 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552157 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552157 I work as a project manager at a software development company, and my current challenge revolves around a high-stakes client project with a tight deadline. We have been tasked with creating a cutting-edge mobile application for a well-known tech giant, and the pressure is mounting with each passing day. The challenge lies in coordinating a diverse team of developers, designers, and quality assurance testers to deliver a top-notch product within the specified timeline. The project requirements are complex, and the client's expectations are exceptionally high. They demand an intuitive user interface, seamless functionality, and robust security measures. One of the main obstacles I face is ensuring effective communication and collaboration within the team. The project involves multiple work streams that need to be synchronized perfectly. However, due to the fast-paced nature of the work and the high level of technical expertise required, miscommunications and misunderstandings can occur, which may lead to delays or even errors in the final product. Moreover, as the project manager, it is my responsibility to anticipate potential roadblocks and devise strategies to overcome them. This includes identifying potential risks, such as scope creep or unforeseen technical challenges, and implementing proactive measures to mitigate their impact. It's a delicate balance to keep the team motivated and focused while being realistic about the limitations and risks involved. Time management is another crucial aspect of this challenge. With a strict deadline looming over us, I must ensure that tasks are prioritized effectively and that the team remains on track. However, unexpected issues can arise, causing delays or requiring adjustments to the project plan. Balancing these unforeseen obstacles while maintaining the project's timeline can be a daunting task.

TXT\_16552157 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552157 My goal regarding this particular challenge is to successfully deliver the mobile application project to the client within the specified deadline while meeting their high expectations. I want to achieve a seamless and user-friendly application that not only fulfills the client's requirements but also exceeds their expectations in terms of functionality, security, and overall user experience. In addition to meeting the client's expectations, I also aim to ensure the satisfaction and professional growth of my team members. By effectively managing the project, fostering a collaborative work environment, and providing support and guidance, I want to empower my team to perform at their best and take pride in their contributions to the project's success. Furthermore, I strive to establish strong and transparent communication channels with the client throughout the project. By keeping them informed about the progress, addressing any concerns promptly, and managing their expectations effectively, I aim to build a trusting relationship that leads to their satisfaction with the final product. Ultimately, my overarching goal is to overcome the challenges posed by this project and achieve a successful outcome for all stakeholders involved. This includes delivering a high-quality application, fostering a positive team dynamic, and ensuring client satisfaction. By achieving these goals, I aim to strengthen the reputation of our company, build long-term client relationships, and pave the way for future challenging projects.

TXT\_16552157 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552157 This goal is important to me for several reasons. Firstly, as a project manager, it is my responsibility to ensure the successful completion of projects and deliver value to clients. Accomplishing this goal demonstrates my competence and effectiveness in my role, enhancing my professional reputation and contributing to the overall success of the company. Secondly, the satisfaction of the client is paramount. Meeting their high expectations and delivering a top-notch mobile application not only solidifies our relationship with them but also opens doors to potential future collaborations and referrals. It is fulfilling to know that our work has made a positive impact on their business and contributed to their success. Moreover, achieving this goal reflects positively on the entire team. By effectively managing the project and fostering a collaborative work environment, I can support my team members in performing at their best and realizing their potential. Their growth and success are important to me, and achieving this goal provides them with a sense of accomplishment and professional development. Additionally, successfully overcoming the challenges associated with this project serves as a personal achievement. It demonstrates my ability to adapt, problem-solve, and manage high-stakes situations effectively. These experiences contribute to my own professional growth and provide valuable lessons that can be applied to future endeavors. Lastly, this goal aligns with my personal values of delivering quality work, exceeding expectations, and building strong relationships. It brings me satisfaction and a sense of purpose to deliver exceptional results, make a positive impact, and leave a lasting impression on both clients and colleagues.

TXT\_16552157 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552157 Effective Team Communication: We have implemented regular team meetings to ensure everyone is aligned and informed about project progress. This approach has worked well in keeping everyone on the same page and addressing any concerns or issues promptly. Open and transparent communication channels have fostered a collaborative work environment, encouraging team members to share ideas and solutions. Project Management Tools: We have leveraged project management tools to streamline workflows, track progress, and identify any bottlenecks. These tools have been effective in providing real-time insights into project status and allowing us to allocate resources efficiently. They have helped us stay organized and maintain visibility over project tasks. Proactive Risk Management: We identified potential risks early on and implemented proactive measures to mitigate their impact. This approach has helped us anticipate challenges and address them before they become significant roadblocks. By having contingency plans in place, we have been able to handle unexpected issues more effectively. Client Engagement: We have maintained frequent communication with the client, providing regular updates on the project's progress. This approach has allowed us to manage their expectations effectively and ensure that we are aligned with their vision. The client has appreciated our proactive approach and responsiveness, which has contributed to a positive working relationship. However, we have also encountered some challenges and faced areas that have not worked as smoothly: Time Management: Despite our best efforts, we have faced some time management challenges. Unforeseen technical complexities and scope changes have caused minor delays in certain project milestones. While we have made efforts to adjust the project plan, these delays have required us to reassess priorities and allocate resources more efficiently. Technical Issues: As with any software development project, we have encountered technical challenges along the way. Some complex features have required additional time and effort to implement, leading to minor setbacks. While our development team has been diligent in troubleshooting and finding solutions, these technical hurdles have required extra attention and coordination. Balancing Client Demands: Meeting the client's high expectations has been demanding at times. Balancing their evolving requirements with project constraints has required effective communication and negotiation. We have had to manage scope creep and ensure that the project remains within the agreed-upon boundaries. In summary, while we have made progress and successfully implemented certain strategies, we have also faced challenges in time management, technical complexities, and balancing client demands. However, we continue to adapt and refine our approach, leveraging successful strategies while finding solutions to overcome the obstacles we encounter. By remaining proactive, communicative, and adaptive, we are confident in our ability to navigate these challenges and deliver a successful project in the end

TXT\_16552157 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552157 In the past, several strategies have worked well for me in similar situations. Here are some approaches that have been successful: Clear and Transparent Communication: Maintaining open and transparent communication channels with both the team and the client has proven to be effective. Regular team meetings, progress updates, and prompt response to queries or concerns have fostered a collaborative environment and kept everyone informed and aligned. Agile Methodology: Implementing agile project management methodologies, such as Scrum or Kanban, has often yielded positive results. Agile frameworks allow for iterative development, frequent feedback loops, and adaptability to changing requirements. This approach promotes efficiency, collaboration, and continuous improvement. Risk Assessment and Mitigation: Identifying potential risks early on and creating mitigation strategies has been crucial. Conducting thorough risk assessments, developing contingency plans, and continuously monitoring and addressing risks throughout the project lifecycle have helped minimize the impact of unexpected obstacles. Proactive Stakeholder Management: Engaging with stakeholders proactively and regularly has proven beneficial. This includes not only the client but also other relevant stakeholders within the organization. Providing them with updates, managing expectations, and addressing concerns promptly has fostered trust and collaboration. As for options that haven't been tried yet but might work, the following approaches could be considered: Cross-functional Collaboration: Encouraging increased collaboration and knowledge sharing among different teams or departments could bring fresh perspectives and innovative solutions. This could involve organizing cross-functional workshops or brainstorming sessions to explore ideas and identify synergies. Agile Project Management Tools: While we are currently using project management tools, exploring more advanced tools specifically designed for agile methodologies could further enhance our project management capabilities. These tools provide features like backlog management, sprint planning, and real-time collaboration, facilitating smoother project execution. Continuous Integration and Deployment: Implementing a robust continuous integration and deployment (CI/CD) pipeline can automate the process of testing, integrating, and deploying code changes. This approach reduces manual effort, improves efficiency, and enables faster delivery of features while maintaining a high level of quality. User Testing and Feedback: Conducting user testing and gathering feedback at regular intervals can provide valuable insights into the application's usability and user experience. This feedback can help identify areas for improvement, refine features, and ensure that the final product meets the end users' needs effectively. Exploring these options, in combination with the strategies that have worked well in the past, can potentially enhance our approach to address the current challenge more effectively and increase the chances of successful project delivery.

TXT\_16552157 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552157 Among the options identified, the most important thing to do next would be to prioritize user testing and feedback. Conducting user testing sessions and gathering feedback from the target audience will provide valuable insights into the application's usability, functionality, and overall user experience. By involving end users early in the testing process, we can identify any potential pain points, uncover usability issues, and validate whether the application meets their needs and expectations. This feedback will help us make informed decisions and prioritize improvements or refinements based on real user experiences. Implementing user testing and feedback as the next step allows us to iterate on the application's design and functionality, ensuring that it aligns with the user's perspective and requirements. It can uncover areas of improvement that may not have been evident during the development phase, ultimately leading to a more user-centric and successful end product. Incorporating user testing and feedback early on also saves time and resources in the long run by catching and addressing potential issues before the application is fully developed and deployed. It aligns with the agile development approach by enabling continuous improvement and providing an opportunity to course-correct or refine features based on user insights. Therefore, prioritizing user testing and feedback as the next step will enable us to make informed refinements, enhance the user experience, and increase the chances of delivering a highly usable and well-received mobile application to our client.

TXT\_16552157 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552160 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552160 i have alot of work to do and not enough time to do it

TXT\_16552160 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552160 establish ways to prioritise my work or find other solutions

TXT\_16552160 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552160 to ensure i am doing the job to the best of my ability and not missing out on opportunities by being too busy

TXT\_16552160 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552160 i have been working longer hours to complete the work but i fear i will burn out if i continue

TXT\_16552160 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552160 i could speak to my line management and explain the pressure that i am under. I have never done this in the past as I like to get on with my work, complete it by doing whatever is necessary and achieving my targets

TXT\_16552160 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552160 speak to my line management

TXT\_16552160 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552149 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552149 I am having an existential crisis at work wondering what I am doing

TXT\_16552149 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552149 I want to find purpose with my life. Fulfilment and a greater salary

TXT\_16552149 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552149 Work is a means for fulfilment and I want to be happy

TXT\_16552149 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552149 I've tried applying for other jobs. I've not been successful so far

TXT\_16552149 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552149 Option one - resign myself to working in my current role. Option two - actively seek other roles. Option three - go on stress leave

TXT\_16552149 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552149 Apply for jobs

TXT\_16552149 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552147 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552147 We have very unclear remits so it often feels like we are stepping on other team's toes.

TXT\_16552147 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552147 My goal is to have a clear delineation of our team remit; that is, what we own, and what we don't.

TXT\_16552147 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552147 It is import as I want to be doing my day to day work with clarity. I need structure, and it is so hard with uncertainity.

TXT\_16552147 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552147 It's been going on for six months and we've tried a lot. We've have remit mapping sessions which bring a lot more questions than answers. We have tried just saying what we do and what we don't, but that hasn't worked. Nothing has worked so far.

TXT\_16552147 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552147 More remit sessions, more discussion. Or, we just continue the way we are and ignore the pain. At the end of the day, it's just a job...

TXT\_16552147 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552147 I think, for my mental health, probably it is just best to continue on and ignore the pain.

TXT\_16552147 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552162 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552162 I want to be comfortable dealing with difficult patients

TXT\_16552162 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552162 Be more confident at choosing good wording with these people

TXT\_16552162 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552162 Because I want to do well with my career

TXT\_16552162 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552162 I have been hit and miss, I have tried to disassociate from them

TXT\_16552162 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552162 I want to write a script that I can use in these situations

TXT\_16552162 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552162 Write my script

TXT\_16552162 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552184 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552184 I need to upload a lot of training documents onto our platform and I'm struggling to find the time.

TXT\_16552184 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552184 I want to get the training uploaded soon.

TXT\_16552184 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552184 Because it is stopping me from completing my other daily tasks at work.

TXT\_16552184 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552184 Doing it on my own hasn't really worked but I'm hesitant to involve someone else as I'm scared it'll complicate things.

TXT\_16552184 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552184 Doing it on my own hasn't worked. I think I need to block out time and involve someone else so that they can help me.

TXT\_16552184 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552184 Speak to the other person involved and get them up to speed.

TXT\_16552184 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552171 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552171 Some of my colleagues at work are jealous of other colleagues and it affects team dynamics

TXT\_16552171 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552171 to combat the problem and ensure that the team gets on well together

TXT\_16552171 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552171 So that I enjoy going to work and not feeling uncomfortable

TXT\_16552171 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552171 I have tried being pleasant with other colleagues and asking them about how they are. This works sometimes, but some are better than others at talking in a pleasant manner

TXT\_16552171 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552171 I think team building exercises work well, and the team getting together out of the workplace also seems to have worked, and I think that is something that we need to consider

TXT\_16552171 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552171 to speak to my manager and see if we can organise a team building outing

TXT\_16552171 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552178 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552178 My challenge is that I often don't have enough time in the day to complete all my tasks

TXT\_16552178 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552178 To complete all of the tasks.

TXT\_16552178 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552178 Because it is a huge part of my job and is important for my fdirms clients.

TXT\_16552178 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552178 I have tried rushing tasks, however this does not work. Delegating tasks sometimes works

TXT\_16552178 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552178 I am not too sure to be honest. Time management exercises may benefit me.

TXT\_16552178 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552178 Time management tasks

TXT\_16552178 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552177 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552177 Encouraging and motivating students to submit good quality work on time

TXT\_16552177 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552177 I would like them to succeed and pass the course with merit. I would like them to submit the work and on time

TXT\_16552177 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552177 I see it as a personal challenge to get all students to pass

TXT\_16552177 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552177 It has mixed results. I have tried emailing, phoning, video calls and messaging them to get them to submit the work. I also have put in deadlines, flexible deadlines and open submissions.

TXT\_16552177 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552177 I would like to try daily check ins as this has worked on previous students in the past

TXT\_16552177 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552177 make contact and outline these options

TXT\_16552177 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552165 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552165 I am thinking of leaving my job for another job but I am unsure if this is the right move at this time

TXT\_16552165 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552165 I want to earn more money

TXT\_16552165 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552165 life isn't cheap and I have certain goals that I would like to acheive such as owning my own home however at the moment I do not earn enough to make that happen along with the ability to travel some more which is another goal

TXT\_16552165 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552165 Things are going well, I am paid well at my current role, I enjoy the work, I love my employers, they are a great company and if I stick around with them I will eventually earn much more but time is marching on and I can leave ad earn more now but ultimately not like the next job just the same or i can hang around in a job I love and earn more later

TXT\_16552165 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552165 my options are to network, to apply for new roles, to "advertise" myself on places like LinkedIn however that might be too visible as I don't want to alert my current employer

TXT\_16552165 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552165 write down some pros and cons

TXT\_16552165 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552187 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552187 writing a paper - getting everyone on the same page

TXT\_16552187 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552187 completing the paper writing

TXT\_16552187 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552187 publication record is important for my career development

TXT\_16552187 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552187 continuous editing doesn't work because one member of the team prefers to download the paper and upload a new version so it easier just letting him write and then editing afterwards. I'm not 100% certain we are all on the same page with regards to the structure and I am waiting on feedback from my boss

TXT\_16552187 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552187 there aren't any options, two of us writing we just need to write

TXT\_16552187 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552187 just write

TXT\_16552187 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552221 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552221 How to deal with a failing member of staff

TXT\_16552221 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552221 To get them to succeed

TXT\_16552221 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552221 I don't want the section to be dragged down by this person

TXT\_16552221 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552221 I haven't tried anything yet

TXT\_16552221 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552221 Dismissal has work. I haven't tried that yet

TXT\_16552221 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552221 That is what I was hoping to find out

TXT\_16552221 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552175 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552175 I find that I am often unable to get through to the children that I am talking with. It can be difficult to get them to open up.

TXT\_16552175 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552175 I'd like to be able to have more thorough and open conversations with people, specifically focusing on their comfort and trust within the conversation.

TXT\_16552175 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552175 It is important to me not only to fulfil my

TXT\_16552175 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552175 I've tried to create a space to listen to the children, and use techniques such as reflection that I learned during my counselling studies. This sometimes works, but not always. I've found that taking a harsh approach, warning of repercussions does not work, it simply scares the children instead.

TXT\_16552175 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552175 My options involve conversation style. I could be more authoritative, although I don't suspect that this would work. I'd like to be more open, and take lots of time to build rapport with the children. It is as important to me maybe as it is to them, to have this safe space in which to learn and work.

TXT\_16552175 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552175 I think the most important thing to do is take time to speak with others, and be patient.

TXT\_16552175 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552183 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552183 Satisfying the needs of all patients when it is very busy

TXT\_16552183 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552183 I would like to get better at dealing with this situation

TXT\_16552183 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552183 It would make me better at my job

TXT\_16552183 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552183 I have tried various strategies but nothing has helped so far

TXT\_16552183 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552183 Managing expectation so I could just tell people it is going to take longer as its busy

TXT\_16552183 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552183 Implement it and see if it works

TXT\_16552183 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552201 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552201 stress

TXT\_16552201 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552201 less stress

TXT\_16552201 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552201 I don't like being stressed

TXT\_16552201 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552201 I've tried being less stressed

TXT\_16552201 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552201 I'm not sure what my options are

TXT\_16552201 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552201 I'm not sure

TXT\_16552201 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552189 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552189 Writing 2 progress reports for a large project

TXT\_16552189 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552189 I want to write enough information to satisfy the requirements

TXT\_16552189 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552189 Because it is high profile and I'm the only person doing it currently

TXT\_16552189 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552189 I've done it before but with help. Now on my own. Think it will be ok but not sure

TXT\_16552189 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552189 Using another report as inspiration has worked in the past. Haven't received the new version of this so that might help.

TXT\_16552189 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552189 use the new report as inspiration

TXT\_16552189 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552193 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552193 I find it challenging to find time to work on personal and professional development due to the large array of tasks and responsibilities I have.

TXT\_16552193 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552193 I'd like to be better at carving out time so I can attend at least two or three courses a year, and gain more professional certifications.

TXT\_16552193 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552193 The goal is important to help develop my career, and to help create a better sense of self-development and confidence.

TXT\_16552193 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552193 I have tried doing some online courses at home and have achieved some qualifications. I have not been able to find time or support at work to research and discuss more specialist courses.

TXT\_16552193 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552193 I haven't yet tried asking specifically to carve out one day every fortnight or every weeks dedicated to professional research

TXT\_16552193 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552193 I could try asking my line manager to see if this time is available, and query alternatives if my request is not fulfilled.

TXT\_16552193 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552188 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552188 Difficulty with managing many responsibilities at work

TXT\_16552188 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552188 Try to develop a more efficient way of managing and prioritizing these responsibilities

TXT\_16552188 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552188 To make my work flow more efficient and less stressful

TXT\_16552188 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552188 I have tried planning with lists, but due to the nature of my job often urgent tasks crop up and interrupt this flow

TXT\_16552188 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552188 I am not sure what I haven't tried at this point as I have exhausted the options I am currently aware of. I have tried making lists, digital planning, traffic lighting tasks in order of urgency

TXT\_16552188 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552188 discover new ways?

TXT\_16552188 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552202 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552202 Trying to increase customers for my company.

TXT\_16552202 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552202 To get more people signed up to a mailing list.

TXT\_16552202 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552202 To help my business

TXT\_16552202 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552202 Its going slowly, I am trying paid advertising.

TXT\_16552202 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552202 To use AI to help with my advertising.

TXT\_16552202 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552202 To utilise recent developments in AI.

TXT\_16552202 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552179 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552179 I am having trouble with a coding project at work- it is daunting because I don't know the coding language well but have to work with a tight deadline

TXT\_16552179 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552179 the goal is to finish the project on time

TXT\_16552179 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552179 this is important as I want to prove to my colleagues that I can do my job well

TXT\_16552179 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552179 I have tried doing online coding courses which did not work really well. i have tried breaking down what has to be done in more manageable chunks which is working well at the moment.

TXT\_16552179 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552179 doing it all in one go doesn't work well, but is certainly an option. an option would be to set aside a set time every day to do the project bit by bit

TXT\_16552179 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552179 to plan out my time

TXT\_16552179 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552194 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552194 handling a difficult customer

TXT\_16552194 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552194 to achieve happiness

TXT\_16552194 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552194 should be the end goal for everyone

TXT\_16552194 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552194 what worked for me is being true to what i want. What makes it difficult is managing others

TXT\_16552194 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552194 options are to follow my feelings

TXT\_16552194 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552194 just keep going

TXT\_16552194 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552197 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552197 I find time-management hard: I always have a lot of projects on the go that need my equal attention.

TXT\_16552197 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552197 To be more effective at planning my time.

TXT\_16552197 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552197 Because it would eliminate a degree of stress from my working day!

TXT\_16552197 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552197 I have tried writing lists, setting targets, turning off all media etc

TXT\_16552197 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552197 I've already explained.

TXT\_16552197 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552197 Just prioritising what is and isn't important and concentrating on one task at a time

TXT\_16552197 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552198 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552198 Working with personalities that are challenging.

TXT\_16552198 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552198 To not let their negativity affect me or my work.

TXT\_16552198 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552198 So that I don't take on unecessary stress.

TXT\_16552198 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552198 I've tried forgetting about issues but that doesn't work as I still think about them. I have spoken with others and that helps.

TXT\_16552198 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552198 Talking with others helps.

TXT\_16552198 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552198 Learn to ignore challenging behaviour.

TXT\_16552198 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552191 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552191 MY challenge is wanting to progress and further my career elsewhere - to reach my dreams, but i like my job too much and have too many responsibilities at home to be able to make the move

TXT\_16552191 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552191 my goal is to move countries to pursue my career, or to work for festivals

TXT\_16552191 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552191 because i've dreamt of this for years. it was why i started my career in the first place

TXT\_16552191 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552191 i worked for the birm commonwealth games, which i had a lot of fun doing

TXT\_16552191 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552191 what worked for me in the past was having the games local.

TXT\_16552191 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552191 i have no idea

TXT\_16552191 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552206 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552206 I struggle with public speaking so I'm not very good at speaking up in meetings

TXT\_16552206 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552206 I'd like to get better at public speaking

TXT\_16552206 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552206 Because I feel like people think I'm not very good at my job because I don't speak up more (they probably don't but that's how I feel!)

TXT\_16552206 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552206 I've tried practicing what I'm going to say beforehand but I still struggle

TXT\_16552206 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552206 I haven't tried any training sessions

TXT\_16552206 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552206 Probably look for someone to help me get better at it

TXT\_16552206 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552212 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552212 completing databasing for enrolment

TXT\_16552212 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552212 complete the task quickly

TXT\_16552212 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552212 because it has to be done

TXT\_16552212 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552212 slowly

TXT\_16552212 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552212 unsure as it's the first time I've had to complete this task

TXT\_16552212 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552212 get on with it

TXT\_16552212 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552211 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552211 Managing people

TXT\_16552211 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552211 Get people on side

TXT\_16552211 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552211 To succeed in project management

TXT\_16552211 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552211 Face to face is only as effective as messaging

TXT\_16552211 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552211 online hasn't worked before covid

TXT\_16552211 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552211 carry on learning

TXT\_16552211 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552196 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552196 I need to migrate a webform to our new system

TXT\_16552196 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552196 the webform needs to be migrated to a new platform, and i need to lead the design

TXT\_16552196 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552196 it is one of my objectives

TXT\_16552196 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552196 it's going well. we are half way through the project. we have some difficulties with marketing preferences

TXT\_16552196 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552196 planning the project is important and works well. good requirements. disjointed communication doesn't work well

TXT\_16552196 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552196 to get the marketing preferences synced across

TXT\_16552196 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552208 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552208 Trying to process applications within a specific deadline

TXT\_16552208 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552208 To process applications in a timely manner

TXT\_16552208 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552208 Because it is one of my key performance indicators

TXT\_16552208 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552208 I have not tried anything out of the ordinary yet

TXT\_16552208 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552208 In the past I have tried to prioritise certain applications. That's hard to do now because there are so many applications requiring priority

TXT\_16552208 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552208 To make sure applications are processed quickly

TXT\_16552208 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552207 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552207 I need to order resources for the coming year and it's very difficult to do this within budget

TXT\_16552207 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552207 I want to order high quality resources and not overspend

TXT\_16552207 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552207 High quality resources are essential to aid learning but I am only allocated a certain amount of money

TXT\_16552207 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552207 I am managing ok so far

TXT\_16552207 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552207 Buying lower quality resources but ones that will still do the job

TXT\_16552207 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552207 Oder the resources and finish the list

TXT\_16552207 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552220 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552220 I want to be better at presentations

TXT\_16552220 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552220 Be more confident

TXT\_16552220 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552220 Improve job prospects

TXT\_16552220 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552220 I have tried to improve my confidence and do more presentations

TXT\_16552220 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552220 I could try and read self help books, I have not tried this before

TXT\_16552220 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552220 Do more presentations until they become second nature

TXT\_16552220 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552218 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552218 Ensuring that all work is completed on time in busy periods with multiple deadlines

TXT\_16552218 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552218 To improve time management

TXT\_16552218 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552218 So that I am not working extra hours as often

TXT\_16552218 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552218 I have tried to map out the time it takes to complete tasks and then fit them into the day but it seems impossible. So now I am looking at quicker ways to complete tasks

TXT\_16552218 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552218 Using macros has worked mostly but there are still unexpected issues with them sometimes

TXT\_16552218 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552218 Look into automation solutions

TXT\_16552218 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552215 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552215 I want a promotion but don't know how to get there

TXT\_16552215 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552215 to get a promotion

TXT\_16552215 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552215 improving my experience at work and increasing salary

TXT\_16552215 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552215 i've tried to gain visibility with little effect

TXT\_16552215 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552215 just persisting has worked, so i guess i'll continue doing that

TXT\_16552215 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552215 keep going lol

TXT\_16552215 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552195 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552195 I was told to cover someone elses area of responsibility in addition to my own, which is difficult as I have a long list of tasks to do already.

TXT\_16552195 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552195 To take on the extra responsibilities being asked of me and not let it affect my attitude and succeed in the task.

TXT\_16552195 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552195 It is important because I take pride in doing my job well, and I care about what my colleagues and managers think of me.

TXT\_16552195 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552195 I have tried talking to others about the work and delegating some of my existing tasks to other members of my team. This has worked reasonably well, but some colleagues are not keen to share this extra responsibiity with me.

TXT\_16552195 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552195 Delegation and getting support from my team in the past has worked well, so I am exploring that option this time, but I am not sure if it will work. I could try to set some extra boundaries for myself to stop the extra work having a negative impact on me, like by setting more regular meetings with my manager, and setting an alarm so I leave work on time at the end of the day.

TXT\_16552195 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552195 I think it is setting boundaries for myself because I need to protect my wellbeing first and foremost, and the needs of the business come second.

TXT\_16552195 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552176 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552176 Unrealistic client expectations, and demanding customers. I alike their behaviour (not all clients) to a child with ADHD. Very stressful and most days, I'm left with a feeling of being overwhelmed

TXT\_16552176 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552176 Patience and composure, and ability to not display my true frustrations with said client... I always deliver, usually going above and beyond what is required

TXT\_16552176 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552176 I feel I will l grow as a business owner, and ultimately, keeping my stress levels to an acceptable level... it usually all gets worked out in the end, and ultimately, does any of it matter

TXT\_16552176 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552176 I have tried meditating, and A LOT of reframing situations

TXT\_16552176 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552176 Such a shame, I thought I was actually going to chat to an AI. Oh well, let's play. Meditating and reframing has served it's purpose thus far... some days are harder than others

TXT\_16552176 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552176 Persistence and dogged-determination... and not to get so frustrated so easily =)

TXT\_16552176 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552216 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552216 Someone I am trying to train but will not listen to instruction and believes they know better, although they have only just started in the role

TXT\_16552216 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552216 The goal would be to have them able to do the job they are employed to do

TXT\_16552216 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552216 It is a challenging department and everyone has to pull their weight

TXT\_16552216 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552216 I have tried explaining the way things are done, broken it down into sections and this has not worked. I have changed the way I explain the role but this has also not worked

TXT\_16552216 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552216 I feel that I have tried everything possible

TXT\_16552216 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552216 To get this person trained

TXT\_16552216 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552222 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552222 having to organise a big display that important people from the area will come to see

TXT\_16552222 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552222 for it to be good

TXT\_16552222 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552222 I dont want to fail

TXT\_16552222 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552222 its being going very well

TXT\_16552222 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552222 working longer hours

TXT\_16552222 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552222 work longer hours

TXT\_16552222 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552205 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552205 My current department manager is leaving tomorrow, meaning that a lot of restructuring of the department will be taking place, I am concerned about my job security and that I will be made redundant

TXT\_16552205 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552205 to stay in my current position and advance

TXT\_16552205 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552205 so that I can continue saving for a house and move on to higher, better paid positions

TXT\_16552205 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552205 Not well, there are a few in the team who want to advance, and there is a lot of favoritism towards newer department members

TXT\_16552205 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552205 Coming up with new suggestions for the website seems to be helping

TXT\_16552205 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552205 To present them to managers in higher positions to show my competence

TXT\_16552205 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552200 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552200 the challenge is working effectively with others at work.

TXT\_16552200 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552200 My goal is to have better teamwork skills and getting used to work with other people.

TXT\_16552200 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552200 It is important because I think It will help me a lot going forward with my professional career.

TXT\_16552200 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552200 I tried being more friendly and patient towards the people I am working with, I think it had little effect but it still a small step in a long journey.

TXT\_16552200 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552200 Nothing I've tried made a great impact or showed a big difference.

TXT\_16552200 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552200 The most important thing is trying to find other solutions that might work.

TXT\_16552200 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552204 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552204 I find it challenging sometimes to write a coherent email

TXT\_16552204 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552204 I would like to easily formulate a sentence for professional emails

TXT\_16552204 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552204 I feel it could impact peoples opinions of me if they only know me from the words that they see in an email. So I want to keep a good impression

TXT\_16552204 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552204 I have tried to keep a standard structure which I use in my emails. The issue is that I sometimes can't think of a professional word to us in place of another

TXT\_16552204 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552204 I have tried to write in a more flow like style of writing to help formulate sentences more intuitively however this doesn't always work. For example, it happened with the word "intuitively" just then. I think to make progress, I just need to clear my head and focus on what I am trying to achieve

TXT\_16552204 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552204 Figure out a way to clear my mind to help with my recall ability

TXT\_16552204 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552213 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552213 I don't have strict deadlines for anything and thus lack motivation to actually do my work

TXT\_16552213 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552213 I'd like to be more motivated and spend more of my day completing work rather than spending it on my laptop

TXT\_16552213 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552213 I sort of feel like I'm wasting my time

TXT\_16552213 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552213 I've not really tried much, I struggle to actually start work and then I get bored quickly and just stop working

TXT\_16552213 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552213 I guess the best option is to try and get another job where I have more things to do and don't only work from home but I'm struggling to have the motivation to do that as well since I just get rejections, I could also ask for more work but when I do that my boss tends to tell me to take my time and I work quite quickly so I never have enough to do

TXT\_16552213 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552213 Probably send off more job applications

TXT\_16552213 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552190 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552190 Aligning designers and the client services team

TXT\_16552190 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552190 I have to be persistent, encouraging, authoritative, kind, forgiving etc

TXT\_16552190 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552190 Its the role I was employed to do. If I don't utilise my assets the whole process fails.

TXT\_16552190 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552190 Well its going great overall. I have introduced new processes. Some have worked, some have had to be tweaked. The booking system was the main change that has been worked. Filing consistency and naming conventions are still to be mastered and rolled out effectively.

TXT\_16552190 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552190 I have vast experience in this role so have a few options that I can go too rather than having one. There are always ever developing new softwares and industry upgrades that help me.

TXT\_16552190 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552190 The filing structure and archiving of work.

TXT\_16552190 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552227 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552227 I had a serious incident at work last week and I am struggling to switch off from it

TXT\_16552227 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552227 to try and detach from it

TXT\_16552227 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552227 for the sake of it not effecting my mental health furthur

TXT\_16552227 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552227 exercise has help, bad tv and drinking too much

TXT\_16552227 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552227 family time, exercise and going away

TXT\_16552227 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552227 see family

TXT\_16552227 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552224 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552224 i have a bad manager

TXT\_16552224 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552224 find a new job

TXT\_16552224 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552224 yes, very.

TXT\_16552224 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552224 job searching although it is very slow

TXT\_16552224 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552224 this hasn't happened in the past

TXT\_16552224 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552224 Find a few job.

TXT\_16552224 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552233 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552233 The challenge was that I was asked to do something by a senior team member that went against the guidelines of my role

TXT\_16552233 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552233 the goal is to resolve it in a way which respects the senior staff member but does not compromise my job

TXT\_16552233 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552233 because i care about my job but also respecting others

TXT\_16552233 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552233 i have spoken to my manager who had advised that they will speak to the senior staff member

TXT\_16552233 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552233 voicing my concerns has worked in the past and so i trust that this is a reliable option

TXT\_16552233 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552233 it's important to voice my concerns to resolve the issue quickly

TXT\_16552233 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552241 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552241 Negotiating a pay rise

TXT\_16552241 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552241 To increase my salary

TXT\_16552241 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552241 I deserve to earn more money

TXT\_16552241 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552241 I have sent emails

TXT\_16552241 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552241 I could record my responsibilities and acopmplishments

TXT\_16552241 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552241 Record my achievements

TXT\_16552241 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552225 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552225 Poorly managed project

TXT\_16552225 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552225 map out the process

TXT\_16552225 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552225 ensure consistency

TXT\_16552225 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552225 good, a process is in place

TXT\_16552225 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552225 used past experiences

TXT\_16552225 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552225 formalise the plan

TXT\_16552225 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552237 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552237 Getting sales for our product

TXT\_16552237 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552237 I want to achieve more sales and more customers for our product

TXT\_16552237 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552237 I want the business to grow, so I can have a successful career and make more money and spend time doing many other things later in life

TXT\_16552237 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552237 I have tried going to events and markets with my product, advertising in magazines, having articles written in magazines, social media, social media advertising, emailing wholesalers, working on our email list, doing marketing emails. All of these have worked to some degree

TXT\_16552237 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552237 What works best is email marketing and social media. I haven't tried some things like trade shows or entering markets in other countries

TXT\_16552237 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552237 Entering a new market in a new country

TXT\_16552237 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552226 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552226 I sometimes have difficulty maintaining focus on a challenging task at work and have to take regular breaks to work on other things and then go back to the original task. Can you help?

TXT\_16552226 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552226 I want to be able to complete challenging tasks at work in one sitting

TXT\_16552226 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552226 It will enable me to make better use of my time and be more productive generally at work

TXT\_16552226 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552226 I've tried planning the task and splitting it into smaller tasks, but I still find it hard to persevere sometimes

TXT\_16552226 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552226 I could try going for a walk to clear my head

TXT\_16552226 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552226 Find the most practical option for my work day

TXT\_16552226 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552236 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552236 I struggle with delivering bad news to candidates who interview for positions at my workplace, i feel guilty.

TXT\_16552236 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552236 To not feel guilty

TXT\_16552236 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552236 Because I don't want to feel guilty

TXT\_16552236 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552236 Nothing and nothing

TXT\_16552236 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552236 I haven't tried anything and nothing has worked

TXT\_16552236 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552236 I haven't identified any options

TXT\_16552236 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552240 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552240 Ensuring our stock system and accounting system reconcile

TXT\_16552240 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552240 To re-buold the process to keep the figures in balance and appropriate ownership

TXT\_16552240 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552240 It's fundamental to accurate reporting in our financials

TXT\_16552240 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552240 Fairly well, we've added a few additional checks and balances that have reduced the discrepancies significantly

TXT\_16552240 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552240 Open and regular collaboration with other teams has worked well. Use of Macros may aid the process but we need to invest the time in writing these appropriately

TXT\_16552240 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552240 Investigate use of Macros

TXT\_16552240 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552242 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552242 I find it hard to keep motivated whilst working from home

TXT\_16552242 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552242 I'd like to be more motivated to get better results for the company I work for

TXT\_16552242 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552242 So my employer values me more

TXT\_16552242 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552242 I've tried to carve out time blocks that I need to be focused during

TXT\_16552242 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552242 Move my phone away during my time blocks and log my hours so that I have to remain focused

TXT\_16552242 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552242 Stop getting distracted by my phone

TXT\_16552242 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552238 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552238 Ensuring I get a good pay rise after a performance review

TXT\_16552238 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552238 Pay rise

TXT\_16552238 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552238 Because I'd like to get paid more and it's difficult to ask for a paurise

TXT\_16552238 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552238 I have tried speaking to my Manager and I need to wait for the outcome of my performance review

TXT\_16552238 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552238 Not being proactive has not worked for me previously. So I am pursuing a pay rise in order to get one

TXT\_16552238 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552238 Ensure I have a good performance review

TXT\_16552238 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552250 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552250 I have been asked to add more detail to my reports.

TXT\_16552250 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552250 To provide the reader with greater knowledge of the problem.

TXT\_16552250 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552250 Because I have been moaned at about it :)

TXT\_16552250 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552250 I have taken more time to complete the task. This has worked.

TXT\_16552250 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552250 Winging it does not help, and I believe that fail to prepare mean prepare to fail.

TXT\_16552250 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552250 Take my time.

TXT\_16552250 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552243 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552243 Behaviour of our clients when accessing our services.

TXT\_16552243 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552243 I was to set clear and achievable boundaries and increase respect towards other clients and staff

TXT\_16552243 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552243 To increase user satisfaction, and increase the user experience.

TXT\_16552243 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552243 I've been displaying behaviour that I was to see in others, I've been consistent, and been giving constructive criticism where needed.

TXT\_16552243 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552243 Being consistent is key. I've been stricter and setting more boundaries with clients.

TXT\_16552243 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552243 Getting staff to all be on the same page.

TXT\_16552243 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552253 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552253 starting a new job role

TXT\_16552253 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552253 to understand my role and be confident

TXT\_16552253 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552253 job satisfaction

TXT\_16552253 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552253 making good relationships with client, expanding my knowledge, learning new IT systems all going reasonably well

TXT\_16552253 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552253 communication skills, research, output

TXT\_16552253 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552253 output

TXT\_16552253 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552214 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552214 I'm being promoted into higher and higher roles that I don't really enjoy and gets me further away from doing the things that I actual enjoy doing.

TXT\_16552214 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552214 I want to actual enjoy what I'm doing while also earning the money that comes with the promotions

TXT\_16552214 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552214 earning more money will help me reach other life goals more quickly, but enjoying the work I do will make me happier in the moment

TXT\_16552214 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552214 I've tried adapting to my new role and attempting to find some enjoyment in it, but I still miss doing the things I originally loved doing when I was in a lower position

TXT\_16552214 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552214 When I was in the lower level position I could just keep my head down and do my job very well, that worked nicely but then I didn't earn as much money as after my promotions. I haven't tried finding roles that pay the same amount that do what I was doing before.

TXT\_16552214 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552214 Currently it seems my only real option to continue making the earnings I now do is to suck it up and continue to try to find some way to not hate my new role

TXT\_16552214 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552235 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552235 I have trouble with finances at work, they are convoluted and take away time from driving rvenue growth - can you help?

TXT\_16552235 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552235 be more efficient with fiannces and revenue tracking

TXT\_16552235 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552235 it will free time up for more important things

TXT\_16552235 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552235 not tried much as it's systems related

TXT\_16552235 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552235 nothing I've tried has worked

TXT\_16552235 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552235 see, this is where a coaching chatbot falls down. Offering me coaching questions is fine, but you should pick out the salient points and play these backj too

TXT\_16552235 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552247 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552247 Client care

TXT\_16552247 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552247 Provide the best service

TXT\_16552247 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552247 Act in client's best interests

TXT\_16552247 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552247 Gone well. Important for consistent client contact

TXT\_16552247 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552247 Time management. Liaise with clients at specific times. Good organising

TXT\_16552247 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552247 Time managment

TXT\_16552247 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552219 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552219 The biggest challenge I currently have at work is speaking to the GIS specialist to have them edit an asset map for me

TXT\_16552219 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552219 As stated above, I would like to go and speak to them face to face but sometimes I find it difficult to articulate myself and convey information. My goal is to approach this individual and explain what I need from them.

TXT\_16552219 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552219 It helps me and my team perform our jobs better.

TXT\_16552219 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552219 I've tried emailing them and speaking to them via telephone but we are still having problems understanding each other. My last resort is to physically approach them and have a meeting with them.

TXT\_16552219 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552219 As mentioned, I've tried emailing and calling them on the phone to get this sorted but that hasn't worked so I now need to approach them physically and hold a meeting with them.

TXT\_16552219 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552219 have a meeting with them

TXT\_16552219 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552229 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552229 My manager tried to throw me under the bus for a mistake they made. This has killed my motivation to continue working with my previous enthusiasm.

TXT\_16552229 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552229 I'd like to find a new line of work.

TXT\_16552229 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552229 Because I've become disillusioned with my company and the industry I work in more generally.

TXT\_16552229 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552229 I've tried just getting on with it, but I am still plagued with a lack of motivation. I only want to do the bare minimum.

TXT\_16552229 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552229 I could try finding another job using my social connections. I could quit and write a novel like I've always wanted. I could just carry on with my current job and hope I regain my earlier enthusiasm.

TXT\_16552229 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552229 I think quitting and pursuing my creative ambitions is the most imporant.

TXT\_16552229 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552245 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552245 meeting design deadlines

TXT\_16552245 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552245 improve my productivity and output

TXT\_16552245 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552245 it would lead to more products and sales, earning more money

TXT\_16552245 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552245 edicating portions of the day has helped

TXT\_16552245 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552245 simplifying tasks

TXT\_16552245 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552245 put them into practice

TXT\_16552245 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552251 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552251 I sometimes cannot refer my patients to the most appropriate place due to over capacity

TXT\_16552251 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552251 My goal would be to be able to ensure that my patient is safe and signposted to the most appropriate care provider

TXT\_16552251 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552251 I need to know that my patients are safe and well

TXT\_16552251 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552251 it is out of my control

TXT\_16552251 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552251 what has worked has been negotioting with the patient

TXT\_16552251 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552251 Ideally i would like to be able to directly contact doctors in ED

TXT\_16552251 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552232 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552232 i need to develop an exciting esport course that will will not only help the students develop a strong understanding of the esport and gaming industry but also gain careers at the end. The careers do not have to be in esports and gaming specifically but I want the course to lend itself to giving them exciting CV outcomes to walk into good jobs.

TXT\_16552232 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552232 to create an exciting level 3 BTEC esport course

TXT\_16552232 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552232 make it one of the best courses in the college

TXT\_16552232 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552232 gaining exciting collaborations has worked well. Gaining enough students at this stage has not.

TXT\_16552232 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552232 marketing are not doing enough

TXT\_16552232 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552232 keep trying to advertise and hope for the best

TXT\_16552232 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552231 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552231 a senior manager wants me to do something that will be a lot of work for very little benefit

TXT\_16552231 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552231 to increase the security of our laptops

TXT\_16552231 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552231 its not important to me

TXT\_16552231 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552231 i havent started it yet, and would rather not

TXT\_16552231 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552231 i will push back and ask why we are making this change

TXT\_16552231 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552231 speak to the senior manager and get clarification as to exactly why he needs this done

TXT\_16552231 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552182 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552182 getting things authorised

TXT\_16552182 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552182 i want to get this done qicker

TXT\_16552182 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552182 helps with work

TXT\_16552182 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552182 tried speaking tpo people. mixed response

TXT\_16552182 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552182 not sure

TXT\_16552182 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552182 not sure

TXT\_16552182 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552249 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552249 I need to lose someone and I need to work out who should be made redundant

TXT\_16552249 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552249 Reduce my team by 1

TXT\_16552249 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552249 It is mandated by my boss

TXT\_16552249 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552249 I have assessed all staff and I have identified 3 candidates

TXT\_16552249 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552249 I normally go with my gut

TXT\_16552249 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552249 Be honest and seek feedback

TXT\_16552249 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552239 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552239 making a team member redundant

TXT\_16552239 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552239 I want anamicable end to her employment

TXT\_16552239 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552239 It is important for all parties to leave happy

TXT\_16552239 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552239 I have tried gentle one to one's and nothing has worked so far.

TXT\_16552239 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552239 I need her to see reality and understand the issue

TXT\_16552239 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552239 Have meetings with HR and the person

TXT\_16552239 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552252 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552252 unorganised start date sheets andchange of process

TXT\_16552252 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552252 tto understand the sheets better

TXT\_16552252 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552252 so i can do my work better]

TXT\_16552252 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552252 somewhat well, communicating with colleagues

TXT\_16552252 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552252 talking to colleagues, telling my manager

TXT\_16552252 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552252 talk to manager

TXT\_16552252 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552258 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552258 increasing productivity of our comms outputs as an organisation

TXT\_16552258 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552258 Increase org reputation, engage more businesses in our sector

TXT\_16552258 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552258 its the foundation for all other success

TXT\_16552258 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552258 requests to comms to produce more material

TXT\_16552258 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552258 Never had this problem before

TXT\_16552258 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552258 i dont think you are listening

TXT\_16552258 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552259 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552259 My biggest challenge at work is that I lack confidence when talking with patients. I know I am an intelligent and capable individual but at times I struggle to have self-belief.

TXT\_16552259 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552259 My goal is to increase my confidence and self-belief, to not worry so much about what others are thinking of me.

TXT\_16552259 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552259 I admire individuals that view themselves highly and that can speak with confidence. I am almost in awe of these individuals. I would love for people to see me as confident and capable.

TXT\_16552259 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552259 I have tried deep breathing before talking. I have tried practicing what I am going to say. These strategies have helped but have not allowed me to fully achieve my goal.

TXT\_16552259 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552259 I have tried deep breathing and practicing. They have helped me in fairness and so I will continue to do these. I haven't tried talking to myself and practicing out loud.

TXT\_16552259 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552259 I think I need to try practicing aloud so that I can hear my own voice and get used to articulating my thoughts.

TXT\_16552259 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552246 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552246 I just have difficulties because there a lot of data's that i need to analyze

TXT\_16552246 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552246 i want to finish all my tasks and get my job done

TXT\_16552246 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552246 because it gives me free time

TXT\_16552246 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552246 work on more data and be more time efficient

TXT\_16552246 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552246 just be more efficient

TXT\_16552246 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552246 be more efficient

TXT\_16552246 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552261 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552261 I am trying to tell a coworker that I don't appreciate the tone he uses with me

TXT\_16552261 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552261 I would like to be able to work together better

TXT\_16552261 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552261 We have to work with each other closely everyday and I'd prefer it if we got along

TXT\_16552261 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552261 We have tried to have a private conversation but it didn't really change anything

TXT\_16552261 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552261 I think my best option going forward is to have a meeting with him and our manager involved

TXT\_16552261 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552261 Speak to my manager

TXT\_16552261 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552248 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552248 Struggling to work with several spreadsheets at a time, I don't know how to carry calculations through

TXT\_16552248 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552248 To spend less time studying spreadsheets and trying to remember the answers to carry across to another spreadsheet

TXT\_16552248 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552248 I do this type of work a lot and I could spend more time working on other aspects of my job

TXT\_16552248 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552248 I have made the type face bigger, I have used a different colour transparancy I have tried writing the numbers down separately to help me remember them

TXT\_16552248 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552248 I have tried to follow training that shows you how to do this type of work but it doesn't seem to work for me. Writing it separately seems to be the only way

TXT\_16552248 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552248 To work out if I can use a formula to send it through to the separate spreadsheet

TXT\_16552248 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552257 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552257 Taking in all the information that I am confronted with daily in a complex and fast moving system.

TXT\_16552257 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552257 Getting to the point I'm confident I have a handle on most issues I'm presented with.

TXT\_16552257 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552257 Because without it I will struggle with imposter syndrome while doing my job.

TXT\_16552257 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552257 I try to not limit what tasks I take on and perform a variety of activities in my day to day role.

TXT\_16552257 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552257 Reflecting on how many issues I do solve and how much more I know than some of my peers. This is harder than at previous roles as I work fully remotely and don't have much interaction with others.

TXT\_16552257 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552257 Just keep going with what I have been doing.

TXT\_16552257 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552256 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552256 I am self employed. There are certain tasks I need to do that I find incredibly boring and repetitive. How do I make myself do these things? Currently I'm not engaged with my business at all because this particular set of tasks are making me want to walk away from the whole thing. I can't afford to emply anyone else to do them.

TXT\_16552256 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552256 I would like to do these tasks consistently and not create a large backlog

TXT\_16552256 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552256 Without finishing these tasks I have nothing to sell and the business dies

TXT\_16552256 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552256 I've tried trying to make myself do them but I walk away

TXT\_16552256 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552256 Ah so now it's apparent you're interested in my replies, you have a set of questions that you're running through. Ok - I have tried sitting down and just doing it. I've tried scheduling time. I've tried to instil urgency

TXT\_16552256 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552256 Just doing it?

TXT\_16552256 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552228 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552228 how to position myself to be the first choice for a potential managerial position that would be a career advancement

TXT\_16552228 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552228 i wish to become the manager of a new branch of a service

TXT\_16552228 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552228 it would be stepup in my career, it would offer the oportuni8ty to develop a service, it would provide more money

TXT\_16552228 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552228 i have graduually expanded my skills and experience in line with what might be required

TXT\_16552228 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552228 i havent discussed it with senior managers, that could show interest and support future apllication i suppose. i have requested support to undertake further qualifications to upskill myself.

TXT\_16552228 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552228 speak to senior managers

TXT\_16552228 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552269 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552269 Working overtime

TXT\_16552269 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552269 I want to reduce working overtime

TXT\_16552269 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552269 It will make me have more time for my family

TXT\_16552269 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552269 I tried going home when we closed at work

TXT\_16552269 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552269 What worked in the past is basically me reducing the amount of time i spend at work

TXT\_16552269 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552269 Leaving work when it is closing periods

TXT\_16552269 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552254 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552254 Digitalising our EPOS system

TXT\_16552254 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552254 Complete digitalisation of all products

TXT\_16552254 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552254 To speed up the process of sales

TXT\_16552254 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552254 We have a few staff who object to the digitalisation, however, to put their mind at rest we have promised them training

TXT\_16552254 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552254 We have tried to place barcodes on a few of the items already and it works well especially with products which we sell in bulk

TXT\_16552254 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552254 Get going with barcoding everything

TXT\_16552254 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552264 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552264 I lead a team of scientists but one of the admin staff has been trying to take over my position as manager

TXT\_16552264 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552264 To assert myself as manager

TXT\_16552264 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552264 It is important for me to feel I can express what is rightly within my job title and description and stop letting fear get in the way

TXT\_16552264 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552264 I've tried speaking directly to her and it hasn't worked

TXT\_16552264 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552264 In the past I have written myself a letter with all the bullet points I want to address to make sure I don't forget anything-- something like this might help

TXT\_16552264 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552264 Speak to my boss with a list of everything I want to say so that I don't clam up under fear

TXT\_16552264 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552278 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552278 Micromanagement from manager

TXT\_16552278 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552278 I want to know how to make them stop micromanaging me

TXT\_16552278 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552278 It is impacting my enjoyment of my job

TXT\_16552278 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552278 I have tried preempting questions and being blunt but these haven't worked

TXT\_16552278 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552278 nothing has worked im at a dead end

TXT\_16552278 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552278 ask for help from others

TXT\_16552278 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552284 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552284 One of my contractors is delaying the date they're due to start work due to what they believe is insufficient time on paperwork, despite having over 2 weeks of it being complete

TXT\_16552284 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552284 My goal is to come to a mutually beneficial start date with them

TXT\_16552284 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552284 To ensure our project isn't being pushed to the right

TXT\_16552284 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552284 We've tried speaking with them regarding the work, discussing the risks that arise from a delayed start date and next week we are having a face to face walk around to discuss in person

TXT\_16552284 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552284 I believe working through ways to prepare for the work to start, discussing risks and possible incentives to begin early

TXT\_16552284 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552284 working through ways to prepare for the work

TXT\_16552284 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552292 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552292 my challenge is pushing myself beyond my current capabilities

TXT\_16552292 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552292 to be able to stretch myself at work and do more than is expected

TXT\_16552292 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552292 for career progression and self development

TXT\_16552292 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552292 i havent tried anything to be honest

TXT\_16552292 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552292 i havent tried anything in the past because i have been comfortable

TXT\_16552292 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552292 no options were identified

TXT\_16552292 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552305 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552305 a colleague made some mistakes in an important task

TXT\_16552305 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552305 i want to work better with my colleague

TXT\_16552305 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552305 to make sure my work is fun and enjoyable

TXT\_16552305 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552305 i haven't tried anything

TXT\_16552305 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552305 i have listened and talked

TXT\_16552305 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552305 i think to speak to the person

TXT\_16552305 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552297 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552297 maintaining quality while being speedy

TXT\_16552297 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552297 I like to be the best in both aspects

TXT\_16552297 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552297 Because I am extremely competitive

TXT\_16552297 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552297 Well, my record in both aspects tends to be exemplary. However, it's a constant battle to be the best. I have tried cutting corners to improve speed and seeing the effect on quality. This has worked, although it is still a work in progress

TXT\_16552297 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552297 What worked for me in the past was simply that I was younger, fitter and faster. Being older now, I have to accept my limitations, while trying to maximise my efficiency. I have tried everything that I can think of, as I analyse every aspect from every angle.

TXT\_16552297 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552297 Continue being extremely effiicient.

TXT\_16552297 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552287 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552287 I find it difficult knowing which colleagues to contact for helpful information

TXT\_16552287 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552287 Building a spreadsheet of useful contacts

TXT\_16552287 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552287 It will make my work a lot quicker and easier

TXT\_16552287 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552287 I have copiled a list but with staff movements it is hard to keep it up to date

TXT\_16552287 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552287 Utilising the staff movement processes

TXT\_16552287 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552287 Contact deployment to as for access to staff movement forms

TXT\_16552287 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552203 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552203 learning new software

TXT\_16552203 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552203 achieve full understanding of the software

TXT\_16552203 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552203 so that im good at my job

TXT\_16552203 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552203 ivr teid independant working which has worked

TXT\_16552203 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552203 this has worked in the past, 1 on 1 tutoring might work

TXT\_16552203 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552203 keep learning and progressing

TXT\_16552203 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552288 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552288 I have a work colleague who I mentor. She has learnt quickly, however sometimes undermines me at a very senior level. What should I do to prevent her from doing this?

TXT\_16552288 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552288 my goal is to prevent my colleague from undermining me at a senior level.

TXT\_16552288 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552288 I take pride in my work and in my established position in my company. I have years of experience and do not want to jeopardise this.

TXT\_16552288 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552288 I have tried to have a casual conversation with her, offside. This hasnmt stopped her.

TXT\_16552288 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552288 I haven't tried discussing the situation at a senior level. Or put down anything in writing because I may look unprofessional myself.

TXT\_16552288 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552288 I might have a casual conversation with one of my colleague to ask for advice

TXT\_16552288 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552374 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552374 We have a customer who is unhappy with a lost delivery.

TXT\_16552374 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552374 The goal is to try to manage the expectations of the customer whilst we investigate what has happened to the order.

TXT\_16552374 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552374 Because I like to be good at what i do.

TXT\_16552374 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552374 I have enjoyed work, working on this goal has been stagnant. Sometimes I avoid this type of situation as I know it is difficult.

TXT\_16552374 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552374 What has worked in building up my knowledge in how to deal with other situations, and thus I feel compotent.

TXT\_16552374 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552374 I don't know?

TXT\_16552374 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552384 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552384 My manager does not share crucial information about a project I am doing and I have to always find it the hard way, making me take longer to complete the project

TXT\_16552384 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552384 I want to be confident at work

TXT\_16552384 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552384 So that I can have a stress fee working time

TXT\_16552384 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552384 I have tried communicating my questions in a moreoderly manner, thinking before asking

TXT\_16552384 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552384 I have tried to find out more about the project on my own, with whatever resources I have available. What I have not tried is communicating with the manager or HR about my problems with bad communication from manager

TXT\_16552384 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552384 Communication

TXT\_16552384 Thank you for chatting with me today. I hope you found it useful.

TXT\_16552387 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16552387 I have limited time to make changes to a code that is needed at work.

TXT\_16552387 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16552387 I want to achieve a code that doesn't have any bugs in it and works properly

TXT\_16552387 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16552387 This goal is important because I want people to be able to use the program without experiencing issues

TXT\_16552387 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16552387 I have tried testing different areas to make sure that they work properly and I've been working with other team members who have been doing the same thing. Having people help work on the code has helped. Sometimes others see what I don't

TXT\_16552387 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16552387 What has worked for me in the past is working more hours so that I can work out all of the bugs. I haven't tried putting more time into it partially because I have so many meetings that I must attend

TXT\_16552387 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16552387 I think it's to put more time into the code and maybe skip some of the unimportant meetings

TXT\_16552387 Thank you for chatting with me today. I hope you found it useful.

TXT\_16562249 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16562249 I want to apply for a promotion at work

TXT\_16562249 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16562249 I want to be promoted to CIO position

TXT\_16562249 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16562249 I feel I have the right skills and experience to take on this next challenge

TXT\_16562249 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16562249 I have spoken t the CEO about my ambitions. I have also done a course in leadership

TXT\_16562249 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16562249 I have not applied for this type of position before so this will be new for me

TXT\_16562249 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16562249 I will speak to me CEO again

TXT\_16562249 Thank you for chatting with me today. I hope you found it useful.

TXT\_16563983 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16563983 I want to grow my sales

TXT\_16563983 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16563983 None

TXT\_16563983 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16563983 None

TXT\_16563983 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16563983 None

TXT\_16563983 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16563983 None

TXT\_16563983 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16563983 None

TXT\_16563983 Thank you for chatting with me today. I hope you found it useful.

TXT\_16577082 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16577082 I’m having trouble finishing authoring my book

TXT\_16577082 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16577082 Complete draft of every chapter

TXT\_16577082 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16577082 Helps me establish my credibility and synthesize my learning

TXT\_16577082 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16577082 Eh

TXT\_16577082 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16577082 Blah

TXT\_16577082 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16577082 Write to group leader

TXT\_16577082 Thank you for chatting with me today. I hope you found it useful.

TXT\_16575593 OK, so that’s enough of me talking. Let me ask you some questions. Think of a particular challenge at work. This will be the focus of our chat. Please describe your challenge below.

TXT\_16575593 ;lakjdf;lak

TXT\_16575593 Thank you for sharing. What is your goal regarding this particular challenge? To help you answer this question you may consider what it is you want to achieve. Please describe your goal below...

TXT\_16575593 ;alkdjf

TXT\_16575593 Thank you for sharing your goal with me. Tell me, why is this goal important to you?

TXT\_16575593 lakdbjls;kda

TXT\_16575593 Now lets explore your current reality in regard to this particular goal. How have things been going thus far? What have you tried, what has worked, what has not?

TXT\_16575593 laksfj;a

TXT\_16575593 Well done for reflecting on your current reality. Now lets think about what options you have to reach your goal. What has worked for you in the past? What havent you tried yet that might work? Please describe your options below...

TXT\_16575593 aldkfja

TXT\_16575593 Great going! Out of the options you identified, what is the most important thing to do next?

TXT\_16575593 lakdjf;a

TXT\_16575593 Thank you for chatting with me today. I hope you found it useful.