



SpotLight SnapShot

Try and describe your self in as much detail as possible. This will help your SpotLight worker understand your likes and dislikes, wants and needs before your first session. Don't worry, your SpotLight worker will also send you a SnapShot, so you have an idea too!

My name is:
I like to be called:

My **strengths** and interests are:

A **photograph** of me:

So I can get the most out of my 1:1 sessions I **need** you to know:

You can **help** me by:

I can **help** myself by: