### Capacity-Building Process
Practitioners support:
- Parents’ strengths and abilities to achieve desired results
- Parents to recognize and use current and new abilities to achieve preferred outcomes
- Parents to identify opportunities and embrace responsibility for actively working toward their desired outcomes

### Relational Helpgiving
Practices and characteristics that promote positive relationships with parents.
- Trust
- Respect
- Empathy
- Caring

*Sources for Effective Helpgiving (Dunst & Trivette, 2009; Trivette & Dunst, 2007)*

### Participatory Helpgiving
Practices and characteristics that promote active participation on the part of parents (choice & action):
- Parents
  - Develop their own goals
  - Develop their own plans with support
  - Implement the plans with support
  - Evaluate the effectiveness of their actions
  - Develop new plans as needed
  - Recognize the results of their actions (self-attribution)

### Resource-Based Practices

#### Identifying Resources
- Assist the person with *identifying* both formal and informal resources

#### Selecting Resources
- Assist the person with *selecting* the best resource or combination of resources

#### Accessing Resources
- Assist the person with *accessing* the best resource or combination of resources

#### Evaluating Resources
- Assist the person with *evaluating* the resource(s) used

#### Other
- Provide complete and unbiased information
- Use available research/knowledge rather than just own opinion or personal experiences
- Ensure the person is making an informed decision
- Assist the person in developing an action plan for moving forward

*Shelden & Rush, LLC (2014)*
Self-Assessment

- What did the person learn and/or change as a result of this conversation?
- How did this interaction build the other person’s knowledge and skills for the current and future situations?
- How did this interaction compare to others with this person?
- What will I do similarly in future coaching interactions?
- What will I do differently in future coaching interactions?

Plan with the Coachee

- What is my plan related to the continued use of resource-based practices in terms of what I want to continue to improve or do differently?
- What additional supports do I need?
- When should I revisit my plan?