

Pirru Thangkurray Program Mentoring Session Template

Welcome/roll call	Begin each session positively – for example; can anyone share something great that has happened for them since the last time we met?
Participant goal setting and/or current goal progress review	Provides an opportunity for participants to reflect upon their aspirations, goals and progress towards their achievement – for example; have you made progress towards achieving your goal? What does that progress look like? What have you noticed? How can you ensure you continue progressing towards achieving your goal?
Cultural/Personal Development Activity	<p>Purpose (the why?):</p> <p>Process (the how?):</p> <p>Practise/Practice (the what?)</p>
Session wrap up	Brings the session to a logical conclusion reinforcing the session's purpose, processes and practices.
Session Evaluation	<p>What worked well?</p> <p>What needs work?</p>
Where to for the next session?	

Pirru Thangkuray Model identifies the critical elements required to set and achieve goals, and provides a framework to support effective coaching conversations that promote and support goal attainment.

Purpose — The why?

Creates clarity around the intent of setting a goal and the benefits of its achievement. A sense of purpose promotes participant engagement, motivation and commitment towards achieving a goal.

Process — The how?

Identifies the most effective strategies to achieve a goal.

Practice — The what?

Establishes the behaviours required to achieve a goal.

Mindset

Enables goal achievement through creating expectations of success.

Capabilities

Identifies the competencies required to achieve a goal.

Tools. The means through which competency can be developed and demonstrated to achieve a goal.

Self-efficacy

Belief in the ability to demonstrate agency and influence outcomes – to achieve goals.

Self-determination

The ability to choose and direct – to set goals.

Self-regulation

The ability to positively manage thoughts, emotions and behaviour and achieve goals.

The Pirru Thangkuray Model can be used by mentors with participants to investigate, explain and monitor the key elements required for goal achievement.

The elements are interrelated and interdependent.

When any one element is demonstrated or practiced it's strengthened, and contributes to strengthening the other elements identified in the model.

Strengthening the elements builds agency and promotes wellbeing.

Although the terms used in the model may seem technical (or jargonistic), its important participants understand the concepts, and develop their ability to reflect upon the contribution they make to achieving their goals.