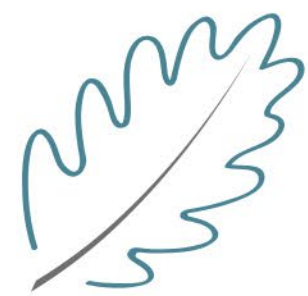


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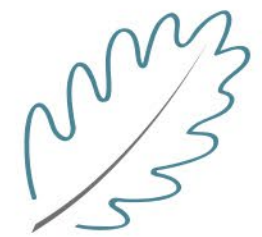
# SENCO Well-being Goal setting and Priorities

Fran Cooper and Jo Grundy

# The Role of the SENCO



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# The Fried Egg Model...



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## Comfort Zone, Growth Zone, Panic Zone

The egg also serves as a useful metaphor for looking at change.

The yolk of the egg is fairly cool, and it changes slowly. You can touch the yolk of a frying egg and it won't burn, at least not to start with. Very little growth happens in the **comfort zone**.

Further out is the white, and it's quite a bit hotter out here. The white changes quite quickly. This is the **growth zone** where most change happens.

Further out is the frying pan. It's very hot here, and if you touch it, you will burn your finger. This is the **panic zone**, and like your finger you will want to get out of here pretty quickly.

The fried egg model suggests that the best place to be if you want to change is somewhere in between feeling safe and feeling panicky.



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# How can we prioritise?

<b>G</b>	<b>Goal</b>
<b>R</b>	<b>Reality</b>
<b>O</b>	<b>Options</b>
<b>W</b>	<b>Way Forward</b>



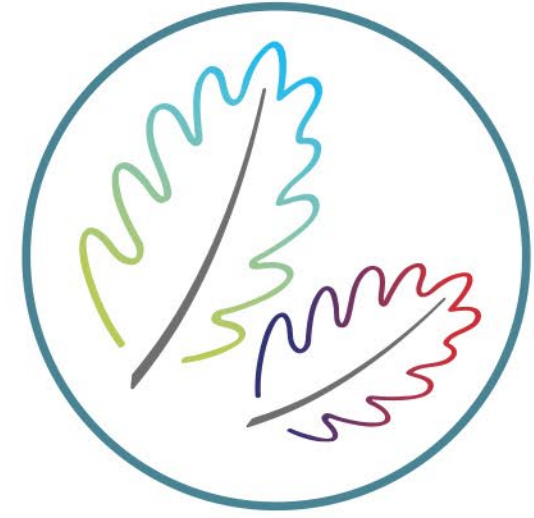
# Reflections...

## What are you going to take away?



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