

# Simulation scenarios for GAS classroom training

## Instructions

This exercise will offer the opportunity to work through the practical process of setting a goal using the Goal Attainment Scaling approach.

Required material:

- Blank Goal Attainment Scaling template
- Goal domains – patient version
- Goal setting conversation starter

Work in groups of 2:

- Person 1: Take on the role of the **facilitator**, to help the “patient” set a goal
- Person 2: Play the role of the **patient**, using the provided briefing information as your reference

*(There are two scenarios provided so each person can take a turn as the facilitator)*

Timing:

- You will have 5 minutes initially, during which:
  - the facilitator should consider how they would like to structure their meeting, and
  - the patient should read through the briefing document and ready themselves to play their role
- There will be 10 minutes during which the facilitator will lead the patient in setting a goal
- To conclude, 5 minutes will be set aside for feedback and reflection:
  - use the “Keep doing”, “Stop doing” and “Start doing” feedback approach so constructive feedback is provided (to be used by the participant acting as the facilitator when articulating self-reflection),
  - facilitator to share their self-reflection first, then the observer and patient to offer their thoughts

Note:

- You should set at least one goal by the end of this exercise, but in some situations setting more than one may be required if the conversation between facilitator and patient leads that way
- In setting the goal, you should also stipulate the importance and difficulty weighting