

## Life needs

Help sheet for the coach: "Interrogating needs".

Not every need is unequivocal. Some leave room for interpretation. Compare, for example: the need for 'food and drink' with the need for 'perspective'.

We therefore give the tip to continue to ask questions about the needs with room for interpretation. We give a few examples for inspiration.

### (7) Safety

Does the coachee mean knowing that he has rights and obligations? Or: knowing that the community protects him?

### (8) Perspective

Does the coachee mean having a residence status? Or: have perspectives for the future?

### (13) Social contacts

Does the coachee mean: family, friends, neighbours? Or: facilities, organisations, associations?

### (14) Culture - tradition

Does the coachee mean being part of a community? Or: being able to experience cultural and traditional customs?

### (15) Faith

Does the coachee mean being part of a community? Or: experiencing religious rituals?

### (16) Being able to be myself

Here, ask: when and where is this important? Being able to be yourself" is always relative. You can never be 100% yourself; the group you are part of strongly determines this.

### (19) Support

Does the coachee mean support from people in the environment? Or: from services and facilities?

(23) Being independent/ Freedom

Ask: when and where is this important? After all, "being independent/free" is always relative. You can never be 100% independent. The partner, family, and other groups someone is part of often determine this.