**Good Practice for Healthy Endings**



Setting aside time for ending is essential. Ensure it is well anticipated and flagged in advance. Ideally it should be neither sudden and potentially traumatic, nor unilaterally decided, but mutually negotiated and worked towards together.

End in a manner in proportion to the relationship, context and person involved.

Be alert to the risk of evoking past larger and more traumatic endings



 Review the journey and learning together



Express gratitude for mutual learning



Model permission to name disappointments, unfinished or unresolved issues and feelings of loss



Celebrate gains and name new possibilities



Check resources for the future



Say Goodbye