



HT Contracts Self Assessment- Defining Your Offering

Problem Identification:

- What issue(s) do you want to address in your HT practice? (e.g., isolation, stress, technology overdependence, obesity, etc.)
- **Why does this matter to you personally or professionally?**

Day Structure:

- **Where do you want to work?** (e.g., indoors, outdoors, community spaces, homes, hospitals, offices, etc.)
- **Who do you want to work with?** (e.g., individuals, small groups, large groups, specific populations like elderly or youth, etc.)
- **What is the balance of activities you'd like?** (e.g., hands-on gardening, teaching, therapy facilitation, reflection, group discussions, assessments, etc.)



Work Environment Preferences:

- What kind of environment makes you thrive? (e.g., variety vs. routine, flexibility vs. structure)
- How do you envision your workday flowing? (e.g., morning or afternoon sessions, half-day programs, full-day programs)
- What kind of support do you need? (e.g., volunteers, staff assistance, solo work, collaborative environments)

Personal Reflections:

- How do you want to feel at the end of your workday? (e.g., fulfilled, energized, challenged, relaxed)
- What aspects of your day do you want to leave room for? (e.g., family time, self-care, professional development)