



Solution-focus!

Coaching based on a solid focus on possibilities and solution



Nicoline Wackerberg & Eva-Marie Sundqvist
2010



**Act our way in to a new
way of thinking!**



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What needs to come out of this session
today so you can say it has been useful
for you?



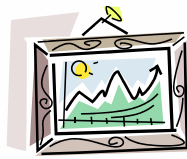
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Coaching is framework

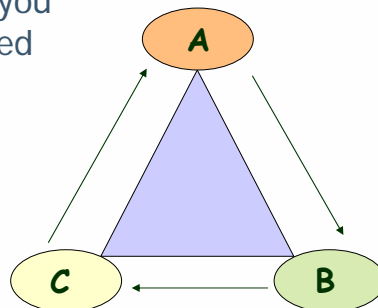
"Creating a frame (of thought) for the client in which his or her goals, solutions and first steps can shine."

Peter Szabó & Daniel Meier



"three-some"

1. Of all the things you do in your work, what would you say you are most satisfied with?
2. What else?

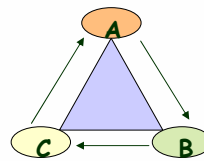


3. So, in view of all that, and all the other things you do in your work, what is the most interesting thing to develop in the near future?

4. Imagine that when you wake up tomorrow it will happen. Your problem is solved.

How will you notice?
How will other notice?

What else will you notice?

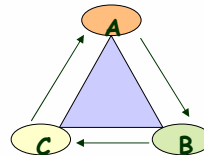


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5. Imagine a scale from 0 to 10 - where 10 stands for tomorrow when it happens and 0 stands for the opposite.

- What number would you say you are at now?
- How is that different from 0?

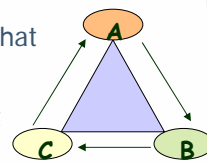


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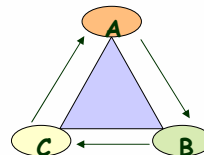
6. Suppose you move up one step:

- ✓ How will you notice?
- ✓ What will you do then that you are not doing right now?
- ✓ How will other notice that you have moved one step?
- ✓ What will they see you do that you are not doing right now?
- ✓ What would be the first small signs that tell you that you are making progress?
- ✓ When will be a good time for you to take the first step?
- ✓ What or who could be a support?



7. In what way has this conversation been useful for you?

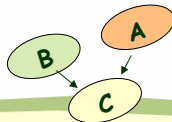
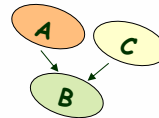
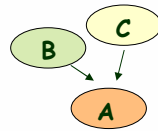
- Is there anything we forgot to talk about?



8. Give positive feed-back to your client!

- Thinking about the things you said, I am really impressed by.....

B and C give compliments to A
A and C give compliments to B
B and A give compliments to C



Solution-focus

- Focus on the future
- Resources
- What is working?
- Presence
- Possibilities
- Progress
- Changes
- Action
- Hope

Problem-focus

- Focus on the past
- Deficiencies
- What is not working?
- Absence
- Hindrance/obstacles
- Failure
- Explanations
- Definition
- Blame

References:

- Björn Johansson www.clues.se
- www.solworld.org
- Berg IK, Szabó P. (2005). *"Brief coaching for lasting solutions"*, New York: WW Norton
- Szabó P, Meier D (2008) *"Coaching plain and simple solution-focused brief coaching essentials"*, New York: WW Norton
- McKergow M, Korman H (2009) "Inbetween – neither inside nor outside: The radical simplicity of Solution-Focused Brief Therapy", *Journal of Systemic Therapies Vol 28 No 2 pp 34-39*

You cannot teach anybody anything.
You can only help them to discover
it in themselves.

- Galileo Galilei -



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