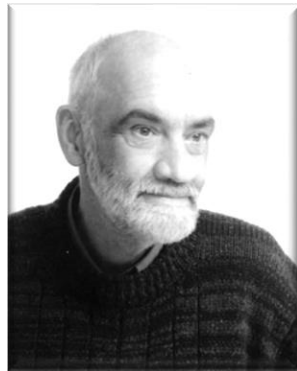


# Solution Focused Coaching

Kirsten Dierolf, MCC

# Short History of Solution Focus

Developed by Insoo Kim Berg und Steve de Shazer and many others in Milwaukee, USA from 1978-2007



## **Background: social work – not psychology**

“**Social work** is a dynamic profession that promotes **social** change, problem-solving in human relationships and the empowerment and liberation of people to enhance well-being. **Social Workers** intervene at the points where people interact with their environments.”

More on history in this video (link in description of this video)

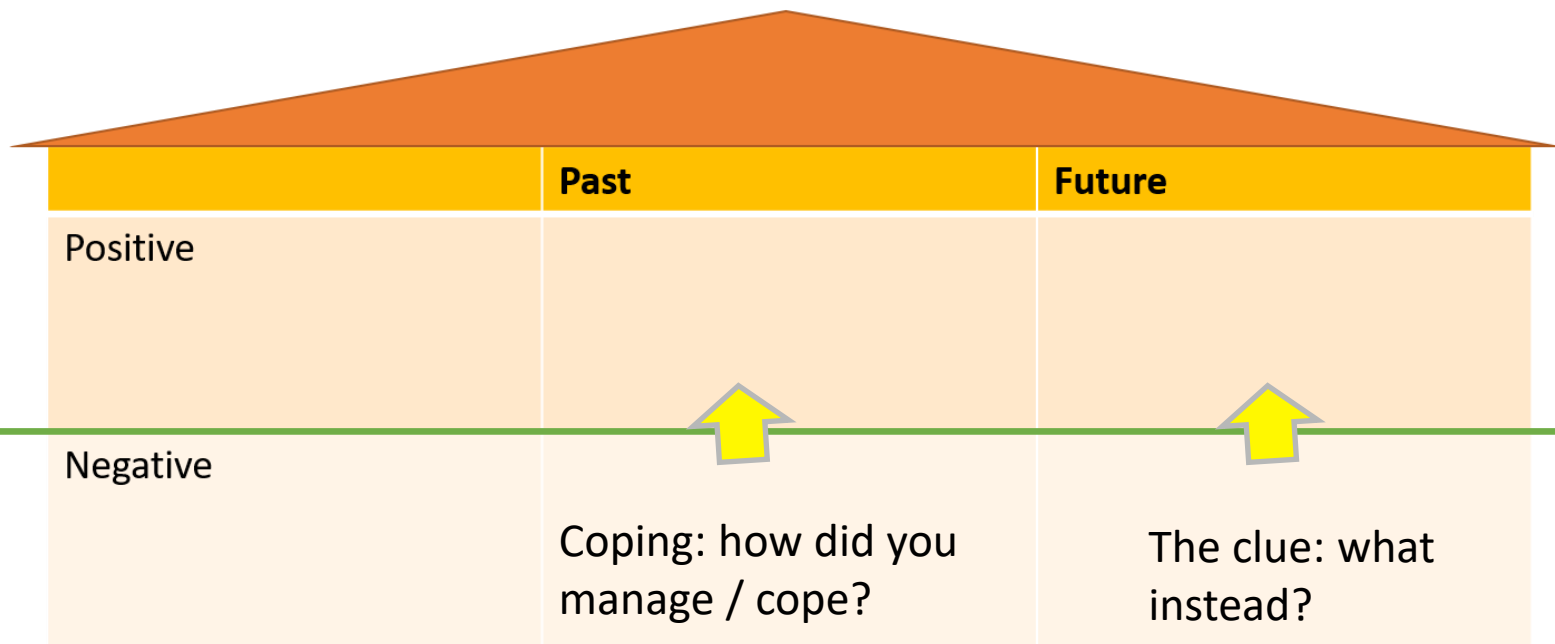


<https://youtu.be/BC5b7V96tvw>

The solution is not necessarily directly related to the problem



# Coaching House: invite into first floor!



# Solution Focused Coaching Moves



## Best Hopes Gallery

- best hopes
- best self
- future self
- detailed picture of the desired future
- future perfect
- miracle picture

## Successful past gallery

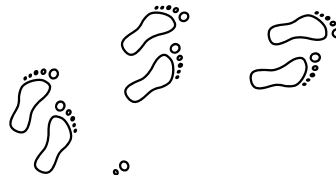
- exceptions
- resources
- past successes
- scaling questions: why not 0?
- reasons for confidence

## Ticket Office

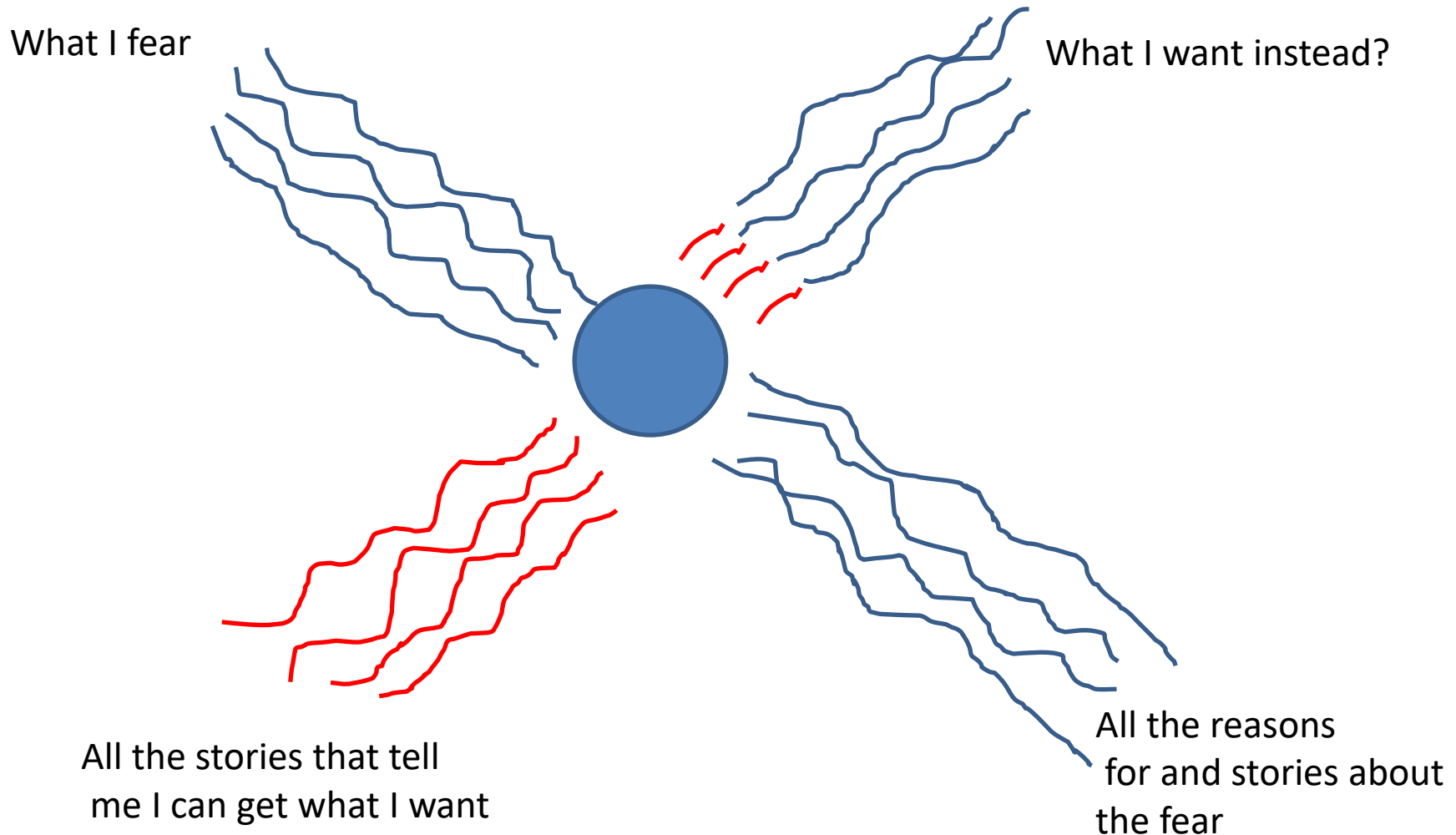
- pre-session change
- coaching agreement
- platform / common project

## Gift shop

- signs of progress / small steps
- confidence scale
- generating accountability and managing progress
- compliments / recognizing progress
- Experiments



# Telling our stories in ways that make us stronger



# Solution Focused Coaching Moves

## After class: watch a Solution Focused Session



### Preferred Future Gallery



### Successful Past Gallery



### Ticket Office



### Gift Shop









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