



3rd May, 2008

Solution-Focused Brief Coaching: asking powerful questions simply and effectively

with Peter Szabó (MCC)

Sometimes coaches are called on to achieve lasting coaching results within a limited period of time. And sometimes as coaches we are surprised by our clients' ability in creating desired progress fast.

Since the 1980's the Solution-Focused Model has provided major success in supporting such brief and lasting change. In recent years this trend has been reinforced by concepts like Positive Psychology, Appreciative Inquiry, Positive Deviants and recent brain research results. These all underline the seemingly counter-intuitive paradigm shift: that focusing on existing and desired solutions, and thus asking solution-focused questions, produces sustainable results even without necessarily analysing and addressing the underlying root causes of the problem. The Model provides coaches with the choice of using solution-building questions as a valid alternative to problem-solving methods.

This introductory workshop will enable you to experience and start using the simplicity of solution-focused coaching right away. Throughout the day you'll be actively experimenting with a proven-to-work sequence of coaching questions which you apply to real live situations. The simple five step model is fun to learn and can easily be integrated into your future coaching.

This will be a highly interactive workshop in which we will:

- discover how to combine being brief and highly effective in both first and follow-up coaching sessions
- experiment with 3 essential elements of a solution-focused coaching conversation and two practical sets of coaching cards
- deploy the magic of scaling questions as a powerful tool within a wide range of situations.

Peter Szabó (MCC)

Peter Szabó (51) is a professional coach specialising in brief coaching processes with executives. Europe's leading solution-focused coach trainer, Peter is Founder and Director of Solutionsurfers, the largest coaching school in Switzerland, and has trained over 1000 professional coaches from different countries. He is one of the pioneers in adapting the solution-focused approach to coaching, and lectures for universities and institutions worldwide.

Peter has 15 years of corporate management experience and 10 years of insight into building and maintaining a successful personal business. He has published numerous papers and he is co-author of "Brief Coaching for Lasting Solutions" with Insoo Kim Berg. An ICF Master Certified Coach, he is a member of the International Coach Federation credentialing assessor team. He lives in Basel, Switzerland, and is married with three children.

When: Saturday 3rd May, 2008 (10:00 am to 5:30 pm)

Where: The Hubworking Centre, 5 Wormwood St, London EC2

Cost: £145 + VAT (total: £170.38)

To Book: Tel: 020 8977 8884, or email: sarah@coachingdevelopment.com