

Coaching at Work



Coaching at Work Series of Masterclasses 2021

Solution Focused Coaching

Dr Mark McKergow

Date: Wednesday 3rd February 2021 (Half Day)

Venue: Online Zoom Platform

Timings: 2:00 pm – 5:00 pm

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MASTERCLASS CONTENT

We are all solution-focused coaches, right? Everyone wants to focus on solutions. In this masterclass Solutions Focus (SF) author and pioneer Dr Mark McKergow will show you how there's more to it than that. Mark will share the very latest developments in SF Coaching including some which are only just starting to appear in print. You will find out how to help people focus on what they want (without denying their problems), how to help them build descriptions of better futures, presents and pasts (rather than analyse what's happened to them) and pin down very small steps which can be done immediately yet have the potential to ripple out into lasting and profound change. We will see how an SF coach works to 'stretch the world' of the client – and once that changes, everything changes.

MASTERCLASS AIMS

This masterclass aims to:

- Describe the fundamentals of Solutions Focused coaching, and show how these are distinct from other approaches
- Show how to start a coaching session, moving away from a 'contract' and onto 'best hopes'
- Balance acknowledgement and progress focused moves to help the client stay on the 'developmental edge'
- Give the latest ideas on developing detailed descriptions from tiny beginnings with the client using 'conversation expanders'
- Demonstrate how to build smaller and smaller actions until the client is ready and raring to go and get on with it!

DR MARK MCKERGOW has been a pioneer in using Solutions Focused (SF) approaches with coaching and organisational work for nearly 30 years. He is the co-author of six books including the ground-breaking best-seller *The Solutions Focus: Making Coaching & Change SIMPLE* (with Paul Z Jackson) – the book is still selling well after nearly 20 years and is in 11 languages. As well an experienced coach and workshop facilitator, Mark is a thought leader in the SF field; his next book will be *The Next Generation of SF Therapy for Routledge*. Mark co-founded the SOLWorld network and is a contributor to SFiO, the organisation for SF coaches, consultants and managers. His most recent book is *Hosting Generative Change* (Bushe-Marshak Institute, 2020). Find out more about Mark at <http://sfwork.com>.

LOGISTICS

FEES

Half-day price:
£34.99 (subscriber),
£49.99 (non-subscriber)
All prices include VAT

Groups of 3+ :

A further 5% discount is available

BOOKING PROCEDURE

Please fill in an application form on-line at:
www.coaching-at-work.com/masterclasses