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The Solutions Focus Making Coaching And Change Simple

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How do you turn your
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*vision into reality with a
Solutions Focus
approach? What
benefits are*

**organisations getting
from using OSKAR,
the solutions-focused
coaching model?**

~~Solution Focus in 8~~

~~minutes: 5 key features~~

~~About Fry The Monkeys~~

~~Create A Solution~~

~~Making Progress One~~

~~Step At a Time: Paul Z~~

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Jackson at

TEDxRussellSquare

scaling questions

Solution focus Solutions

Step by Step clip2 (1)

Solution focus -

Solutions Step by

Step_clip1.mp4

Solution Focused

Therapy Lecture 2016

The Complete Guide to

Developing Your Focus

Nørdriet Special:

Solution-Focused Team

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Coaching Solution

Focused Brief Therapy:
Building Good
Questions in Session

*Focus On Learning and
Creating Rather Than
Entertainment and
Distraction*

Superconscious
Creation Principle #5 -
Focused Attention and
Energy Unwavering
Focus | Dandapani |
TEDxReno The Life

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Wheel In Solution-
Focused Coaching
Solution Focused Brief
Therapy (SFBT)
Demonstration Miracle
Question: Solution-
Focused Therapy
Solution Focused
Therapy with Insoo Kim
Berg 3 Scaling
Questions From
Solution Focused
Therapy *The Miracle*
Question \u0026 Its Use

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in Anger Management

with Paul Grantham

(psychotherapy)

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Step by Step clip3

Evidence Based

Coaching Thought

Leaders Webinar:

Searching for Soul and

Finding Self **Solution**

focused therapy 2014

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Step by Step clip4

Mark McKergow on

Page 9/71

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'Mind: the muddle' and
solution focused work

**Bill Walsh at The
Virtual EXPO LA**

2020 Louis Cauffman

**on solution focused
coaching Roger**

Connors: Zero to Ten's

Coaching Solution The

~~Solutions Focus Making~~

~~Coaching~~

A focus on solution

construction is the core

of great coaching. This is

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a beautifully crafted,
elegantly simple
approach to applying the
power of solutions to
organizations? a must-
read for coaches and
consultants looking for
truly effective tools.

~~The Solutions Focus:
Making Coaching and
Change SIMPLE ...~~

Proven in many fields
and with a distinguished

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intellectual heritage,
"The Solutions Focus"
provides a simple and
direct route to progress
in your organisation. It
focuses on: solutions -
not problems; in
between: the action is in
the interaction; make
use of what's there;
possibilities - past,
present and future; and
language.

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~~The Solutions Focus:
Making Coaching and
Change SIMPLE ...~~

Solutions Focus is a complete approach to change. Minimal, simple and subtle, it is used around the world across a wide range of people professions and organisations. After the success of The Solutions Focus book we are delighted that the

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second, revised and expanded, edition is now available. The new edition features four new chapters on coaching, team and organisational applications with many more case examples, as well as discussion of the growth of the SF approach in the business world.

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~~www.thesolutionsfocus.com~~
The Solutions
Focus Homepage

The Solutions Focus:

Making Coaching and
Change SIMPLE. by.

Paul Z. Jackson

(Goodreads Author)

4.18 · Rating details · 74

ratings · 5 reviews. This

is a new and updated

edition of this acclaimed

first business book on

the powerful, simple yet

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subtle approach to
positive change in
people, teams and
organisations.

~~The Solutions Focus:
Making Coaching and
Change SIMPLE by ...~~

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making coaching and
change SIMPLE The
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making coaching and
change SIMPLE SKU:

Read Free The Solutions Focus

£17.99. £17.99.

Unavailable per item
You can read about the
Solutions Focus
approach in the leading
book, The Solutions
Focus, Making
Coaching and Change
SIMPLE, co-authored
by Paul Z Jackson and
Mark McKergow. To
order online ...

~~The Solutions Focus:~~

Page 17/71

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~~making coaching and
change SIMPLE~~

It focuses on: solutions -
not problems; in

between: the action is in
the interaction; make

use of what's there;

possibilities - past,

present and future; and

language. Every case is

different. The trouble

with traditional

approaches to people

problems is that they

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assume a
straightforward
relationship between
cause and effect,
between a problem and
its solution.

~~The Solutions Focus:
Making Coaching and
Change SIMPLE ...~~

Solutions Focus:
Making Coaching and
Change S.I.M.P.L.E.
2nd (second) Edition by

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Paul Z. Jackson, Mark
McKergow published
by Nicholas Brealey
Publishing (2006)

Unknown Binding 4.6
out of 5 stars 30 ratings
See all 3 formats and
editions

~~Solutions Focus:
Making Coaching and
Change S.I.M.P.L.E ...~~
Our online trainings
enable amazing groups

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of people from all over
the world to be together,
to learn and share on a
deep and personal level.

Even virtually, we
create real connection,
meaning and change.

Solutions Focused
coaching has the power
to bring people closer
together in
conversations that are
completely absorbing.

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~~The Solutions Focus~~

~~The Solutions Focus~~

Solution Focus is part of
the new wave of

thinking about effective
change that includes

Appreciative Inquiry,
Positive Psychology and

NLP. Unlike previous
'big ideas' of the 1990s

like business process re-
engineering and

downsizing (with all the
disruption they

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entailed), Solution

Focus is a big idea that focuses on small steps and keeping it simple.

~~What is Solution Focus?~~

~~—Coaching Leaders~~

The Solutions Focus:

Making Coaching and

Change SIMPLE

(Second Edition) by

Paul Z Jackson and

Mark McKergow

(Nicholas Brealey

Read Free The Solutions Focus

International, 2007)

ISBN 1-904838-06-5

When the first edition of
The Solutions Focus

came out in 2002 it
marked a genuine step
forward in thinking
about organisational
change.

~~Amazon.com: The
Solutions Focus:
Making Coaching and ...
THE SOLUTION-~~

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FOCUSED

**APPROACH TO
COACHING 61 is**

important to trust the process and allow the client to explore their thinking while watching in their own time for the seeds of solutions as they emerge. The taking of a 'not the expert' position allows the coach to relax and observe this unfolding

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creative process.

Coaching And Change Simple The Solution-focused Approach to Coaching

Including new chapters reflecting the increasing importance of coaching and the solutions focus movement in the business environment, this wide-ranging book is filled with all the most important ideas, case examples and

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practical tips for
managers, facilitators
and consultants. Proven
in many fields and with
a distinguished
intellectual ...

~~The Solutions Focus:
Making Coaching and
Change SIMPLE ...~~

All in all, The Solutions
Focus is an eye-opening
book for anyone looking
for greater simplicity

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and effectiveness in
coaching, team-
building, or
organisational change.

26 people found this
helpful Helpful

~~Amazon.co.uk: Custom
er reviews: The Solutions
Focus: Making ...~~

Solutions Focus is a
positive revolution that
is spreading throughout
the world, making a

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difference in the lives of
people and the
organisations in which
they work.

~~Resources—The
Solutions Focus~~

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Change Simple | Paul Z.
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Change Simple ...~~

The Solutions Focus s
We are a consultancy
specialising in change
management and
organisational design.
We offer training,
coaching and research.
Our recent projects
include teambuilding at
the Tate, constructive

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conversations in care
homes, and research
into resilience.

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The Solutions Focus is a powerful, practical and proven approach to positive change with people, teams and organisations. With this approach of radical simplicity, you will

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sidestep the often
fruitless search for the
causes of problems, take
the direct route forwards
and simply head straight
for the solution.

The revolutionary yet
radical alternative—the
solutions-focused
approach—to discovering
what works at work.

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Solution Focused
Coaching And
Change Simple
a practical 'how-to'
guide that provides an
invaluable overview of
Solution Focused
Coaching skills and
techniques. Reflecting
upon published research
on the solution focused
approach, Bill
O'Connell, Stephen
Palmer and Helen

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Williams bring their own experiences of Solution Focused Coaching together with others in the field to cover topics such as: the coach-coachee relationship the role of technology in coaching inclusive coaching group and team coaching practical issues and skills.

Incorporating coachee

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case studies,
worksheets, practice tips
and discussion points,
the skills, strategies and
techniques in this book
are straightforward to
apply and can be used in
most coaching settings.

This practical book is
essential reading for
experienced personal or
executive coaches,
managers considering
introducing a new and

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better coaching culture
for their staff, and for
those just starting out on
their coaching journey.

Brief Coaching offers a
new approach to
coaching by considering
how the client will
know when they have
reached their goal, and
what they are already
doing to get there. The
coach aims to work

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towards the solution rather than working away from the problem, so that the client's problem is not central to the session, but instead the coach and the client work towards the client's preferred future. This book employs case examples and transcripts of sessions to offer guidance on: looking for resources rather than

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deficits exploring
possible and preferred
futures examining what
is already contributing
to that future treating
clients as experts in all
aspects of their lives.

This practical guide
includes summaries and
activities for the coach
to do with the client and
will therefore be a
useful tool for both new
and experienced

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coaches, as well as therapists branching into coaching who want to add to their existing skills.

When you need to discover what works in the workplace, *The Solutions Focus: Making Coaching and Change SIMPLE* offers a powerful yet subtle way to foster positive

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change. With this revolutionary and practical alternative to traditional problem solving, you can learn how to envision your desired future and move swiftly toward it. The Solutions Focus details the SIMPLE plan and a unique way of working that fosters customized and organization-specific solutions for

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every problem.

Radically pragmatic and proven in many fields, this method goes to the heart of what works for people, teams and organizations. This second updated and extended edition provides an enhanced focus on coaching and offers fascinating and wide-ranging new case studies that illustrate

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how these ideas are being applied in organizations worldwide, from television companies to government agencies to individual teams. The authors show you how to identify what is working in your organization and how to amplify it by focusing on what is possible rather than what isn't.

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The basic principles are simple: identify what works and do more of it, and stop doing what doesn't work and try something different.

Packed with field-tested tools, exercises and case examples, *The Solutions Focus* will interest anyone who wants practical, innovative workplace solutions for doing more with less.

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Visit the Solutions

Focus website at www.the-solutions-focus.com.

An easy-to-read, pocket-sized primer on brief coaching basics. This is a highly practical and condensed introduction to solution-focused coaching, offering a simple and clear structure for coaching sessions that is easy to

Read Free The Solutions Focus

learn. Content is illuminated through exemplary dialogues from real coaching sessions and bullet-point toolboxes for greater variety of choice.

Narrative explanations create a helpful framework for understanding the general idea of coaching and the practicalities of the solution focused

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approach. Several illustrating graphs and symbols give the book an easy to read, light touch. The book targets beginners in coaching who are looking for simple guidance and step-by-step ideas in their learning process. Topics include: What is coaching? •

Coaching—simple, concise and effective •

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Overview: Major elements of the coaching conversation • Contracting—before you start • Coaching agreement for the first session • Preferred Future • Resources and forerunners of solutions • Small steps and clues of upcoming progress • Session conclusion • Follow-up sessions • Brief coaching of

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executives—three
examples • Beyond
technique—continuous
learning as a coach

CLIENT, CLARIFY,
CREATE, CHANGE,
CONFIRM,
CONTINUE, CLOSE =
THE SEVEN
SECRETS OF
CONSULTANCY

"Most change methods
are effective. For the

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most part, each one is theoretically sound, well-researched, and clearly articulated. But when they're put in organizations, they fail-at least 70 to 80% of the time". George Smart, Managing Partner, Strategic Development Incorporated The definition of a consultant is someone who facilitates

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organisational change and provides expertise on technical, functional and business topics during development or implementation. In other words a consultant is someone who helps others to change.

However, change isn't such an easy target to achieve. Research shows that the vast majority of change

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programmes fail. On a daily basis we hear about projects that are delayed, cancelled, over budget or boycotted by the end user. The problem is that we can never force people to change - remember the backlash against Jamie Oliver's healthy school meals campaign where parents handed junk food to their children

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through school fences.

The key to successful change is to engage with the end user and help them want to change.

The Seven Cs of Consulting offers a consistent and collaborative language that helps both consultant and client deliver value through sustainable change.

Based around the

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author's highly
successful 7Cs model
(Client, Clarify, Create,
Change, Confirm,
Continue, Close) this
approach is simple and
accessible but firmly
grounded in research
and real life experience.
The 7Cs approach opens
up the complexity of
sustainable change to
the consultant and client
and helps them explore-

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and then avoid - the real issues that cause change to fail within a more professional and trusting relationship.

Like so many helping professionals today, coaches are discovering that the most effective treatment plan is not always the one that takes the most time.

Perhaps more so than in

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any other situation,
coaching allows
practitioners to quickly
forge collaborative
relationships with their
clients and help them
maximize their
performance in work
and in life. Brief
Coaching for Lasting
Solutions teaches
coaches how to conduct
conversations that are
most useful to clients in

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achieving their goals within a brief period of time. The authors, two of the leading practitioners of the brief coaching method, masterfully guide readers through the steps of this process—from the initial meeting to follow-up sessions to troubleshooting setbacks—while

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illustrating essential skills with ample case examples. This book is written for coaches who want to reduce the time it takes to provide effective coaching while making the best use possible of resources the client brings to the table. At the same time it is written for the benefit of today's clients, so many of whom want to avoid

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coaching that is time-intensive and costly, and instead seek coaching that is organized, efficient, and affordable. Whether your clients seek a solution to a specific problem or strive toward a more general life goal, this invaluable resource will put you on the path to brief coaching success.

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The Next Generation of
Solution Focused
Practice shows how
practitioners help create
change by 'stretching
the world' of their
clients. The book brings
new ideas from enactive
cognition which show
how skilled attention on
the client and their
words is important both
practically and
conceptually. It provides

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both a summary of the development of Solution Focused Brief Therapy (SFBT) over time and how the latest developments form a newly coherent form of practice based on developing descriptions. The author has structured the book using simple and easy to understand metaphors to paint a rich, creative,

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and visual picture of
therapy for the reader,
which makes it an
accessible read. This
book will be of interest
to a wide range of SF
practitioners
internationally, as well
as to those involved in
coaching, counselling,
family therapy,
education, social work,
healthcare and
organisational change.

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No matter how good
you are at your job, and
how good your

company is, unless you
know how to get the
best from your people,
you might as well go
home now. This is a
direct, easy read, for
smart busy managers
that shows you how to
become a highly
effective coach as well

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as manager.

Coaching And Change Simple

Coaching is an essential
skill for leaders. But for

most busy, overworked
managers, coaching
employees is done
badly, or not at all.

They're just too busy,
and it's too hard to
change. But what if
managers could coach
their people in 10
minutes or less? In

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Michael Bungay
Stanier's The Coaching
Habit, coaching
becomes a regular,
informal part of your
day so managers and
their teams can work
less hard and have more
impact. Coaching is an
art and it's far easier
said than done. It takes
courage to ask a
question rather than
offer up advice, provide

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an answer, or unleash a solution. Giving another person the opportunity to find their own way, make their own mistakes, and create their own wisdom is both brave and vulnerable. It can also mean unlearning our "fix it" habits. In this practical and inspiring book, Michael shares seven transformative

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questions that can make a difference in how we lead and support. And, he guides us through the tricky part - how to take this new information and turn it into habits and a daily practice.

-Brené Brown, author of *Rising Strong* and *Daring Greatly*
Drawing on years of experience training more than 10,000 busy managers

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from around the globe
in practical, everyday
coaching skills, Bungay
Stanier reveals how to
unlock your peoples'
potential. He unpacks
seven essential coaching
questions to
demonstrate how---by
saying less and asking
more--you can develop
coaching methods that
produce great results. -
Get straight to the point

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in any conversation with
The Kickstart Question -
Stay on track during any
interaction with The
AWE Question - Save
hours of time for
yourself with The Lazy
Question, and hours of
time for others with The
Strategic Question - Get
to the heart of any
interpersonal or external
challenge with The
Focus Question and The

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Foundation Question -

Finally, ensure others find your coaching as beneficial as you do

with The Learning Question A fresh, innovative take on the traditional how-to manual, the book combines insider information with research based in neuroscience and behavioural economics,

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together with interactive training tools to turn practical advice into practiced habits.

Dynamic question-and-answer sections help identify old habits and kick-start new behaviour, making sure you get the most out of all seven chapters. Witty and conversational, The Coaching Habit takes your work--and your

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workplace--from good
to great.

Making Coaching And Change Simple

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