



# SOLUTION FOCUSED COACHING

"Coaching is unlocking a person's potential to maximize their own performance." - John Whitmore

Solution-focused coaching is an approach to coaching that focuses on solutions rather than problems. It is a strengths-based approach that helps clients identify, develop, and draw on their existing resources to reach desired outcomes. This course will provide participants with practical tools and strategies to help them create positive change in their lives through solution-focused coaching. Participants will be exposed to various models and approaches, and will have the opportunity to practice their skills in small groups and through role play. In addition, participants will learn how to set achievable goals and how to communicate effectively with clients. Come join us and start using solution-focused coaching strategies to help your clients reach their potential!

## Key Course Content:

- Create a positive directed change from your coaching
- Understand how to develop people to their full potential
- Use coaching to enhance and increase the performance of individuals
- Develop a shift in your perspective as a coach
- Understand how to move from the mindset of telling to asking
- Utilise powerful tools and techniques
- Be clear on the differences between coaching, training, consulting and mentoring
- Access and utilise the wealth of experience, skills, expertise and intuition in coaches
- Understand how to reframe problems to solutions
- Design powerful questions to get to the root cause



## Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



## Duration:

This course is available as a 1-day course or a truncated half-day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.

**GET IN TOUCH:** 📞 1300 323 752 | Deborah: [ddear@preftrain.com](mailto:ddear@preftrain.com) ✉️ | 🌐 [preftrain.com](http://preftrain.com)