



SOLUTION FOCUSED BRIEF COACHING PURE

6 DAYS OF SOLUTION FOCUSED BRIEF COACHING PURE

In this course you will discover the essential success factors of being brief and effective as a coach. With the surprisingly simple and straightforward methods of the solutions focused coaching-approach you get the instruments to address quickly the heart of the matter. This training will enable you to be more relaxed and minimalistic in your coaching, while getting increased feedback from your clients.

YOU ARE...

a coach, consultant or a manager with coaching responsibilities. You wish to be even more efficient in your work and find simple and refreshing ways to identify and strengthen resources, setting goals and support progress.

YOU WILL...

discover, experience and practice Brief Coaching. Become competent with the essential tools; receive coaching, feedback and support throughout the training. You will learn how to perform as a Brief Coach simply and effectively. And maybe you will challenge your existing beliefs about how to be useful as a coach and open up a wider range of professional choices for yourself.



MODULE 1 (2 RESIDENTIAL DAYS)

Build on existing competencies and discover how you can be most useful to your clients with Brief Coaching:

- the five phases of Brief Coaching
- overview of Brief Coaching tools; special focus on negotiating goals and the first session with a new client
- ensuring effective communication in a coaching session
- overview of other coaching models; how Brief Coaching uses distinct presuppositions
- discover “the art of not knowing”

MODULE 2 (2 RESIDENTIAL DAYS)

Brief Coaching at work. Strengthen your coaching resources and reflect on what really makes a difference for your clients:

- review progress and discuss successes and challenges
- the fundamental ingredients of a successful follow-up meeting
- how to acknowledge and develop clients’ resources while maintaining trust and intimacy in the conversation
- the nuts and bolts of building a solution, with particular emphasis on the Miracle Question

MODULE 3 (2 RESIDENTIAL DAYS)

The wider perspective: Develop your own coaching style, confidence and creativity as a Brief Coach:

- review progress and discuss successes and challenges
- different ways of staying brief and simple also in challenging client situations
- how to root lasting solutions in the client’s environment
- How to co-create a coaching session with the client to improve the impact
- integrating what the client has learned and wrapping up the coaching relationship

REINFORCING LEARNING

Between each module there will be an online interactive webinar-meeting with live coaching, review of progress and focus on the next steps on your continuous learning path.



YOUR BENEFITS AS . . .

New Coach

who learns a straightforward procedure that brings results. This training provides theory and practice, practice, practice, so that you can support clients and guide the discovery of solutions.

Experienced Coach

who wishes to navigate a changing landscape and experience a gain in effectiveness. Solution-focused Brief Coaching brings a paradigm shift and a thrill of discovery; it builds on existing competence with renewed curiosity.

Company or Organization

that wishes to expand the capabilities of its managers, enhance results orientation and sustain follow-through. Brief-coach methods can invigorate operational climate in times of change or boost performance of individuals or teams.

FACILITATORS

We like to create a unique, light and at the same time intense learning space with our highly qualified and certified PCC members of the SolutionSurfers faculty who will run this course.

See our [Team](#) for more information

COSTS

CHF 5'160.- covers the whole course, the starter kit (book and DVD), all workshop documents and light refreshments. For accommodation in Zurich please contact Dunja Wicki dunja.wicki@solutionsurfers.com.

CERTIFICATION

By accomplishing the training participants will receive a Diploma in Brief Coaching.

The International Coach Federation (ICF), the largest organization for professional coaching worldwide, accredits all our Coach-Trainings. The Brief Coaching PURE gives you 66 ACSTH - Accredited Coaching Specific Training Hours and is a first stage of an entire Brief Coach training and an internationally recognized Coaching Certificate.

