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Covering areas of EYFS ,PSED, PSHE

Our collection for children and young people help cover the following areas of their development

- **Self confidence and self awareness**
- **Managing feelings and behaviour**
- **Making relationships**
- **Health and Wellbeing**
- **Relationships**
- **Living in the Wider World**

Lets Talk about



Solution Focused Based Coaching Cards
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A set of 24 cards covering 6 areas using Solution Focused based questions.

Lets talk about

- **Best Hopes** - Questions to allow the coachee to explore their best hopes, goal or targets.
- **How** - To allow for exploration on how the coachee can reach their target
- **Strengths** - Allowing the coachee to explore strengths they have or others see in them that they may not be aware of
- **What if** - Miracle questions allowing the coachee to explore how they would feel and what others will see in them once they reach their target
- **Now** - Scaling cards to encourage the coachee to see progress and track it during sessions
- **When** - Allowing coachees to explore reaching a target, what would be different, how others would view them.

There are 4 cards to each section, use the cards to allow the coachee to explore different areas or use as a prompt to cover a particular area during a session.

They can be used in groups, 1 - 1, with adults and young people. or used by self as a tool to aid growth.

Using the '**What if**' (Miracle Question) Continue this with "How would you know that the change has happened? What would you notice? What would other people notice? What would be different ?

The '**Strengths**' card can be used to explore their strengths, each time the coachee identifies a strength, ask them to give examples of how they have used it. How would others know they had that strength.

The '**How**' card allows for exploring how they can work through obstacles, what steps they need to take to reach their target. "How will others know they have made progress" How will they know" "What would it feel like"

The "**When**" card gives them the opportunity to feel what it would will it feel like to have reached their target? "How did they feel when they completed another target" "What will be different when they have reached it" "How will others know its been reached"

Always allow the coachee time to think through and answer, silence is fine, following up a response with "How do/would you know" or "what else" allows them to explore their answer further.

The cards should be used to allow a positively directed and a goal-oriented session. The intention is to allow a perspective shift by guiding clients in the direction of hope and optimism to lead them to a path of positive change.

Results and progress come from focusing on the changes that need to be made for goal attainment and increased well being

Always start with the '**Best Hopes**' card

Encourage the coachee to add as much detail as possible to their description of their preferred future. Be mindful of not moving on too quickly from this stage of the process. If they get stuck you could use the scaling card to see where they are now and where they want to be, then clarify with them if that is their best hope.

When using the '**Now**' (Scaling question) card.

These are questions that allow a client to rate their experience. They also allow for a client to evaluate their motivation to change their experience. Scaling questions allow for a practitioner to add a follow-up question that is in the positive as well.

Once the client has decided on their score follow with " Why a four and not a five?" or "How would you know it has gone from a 4 to a 5" Questions like these allow the client to explore the positive, as well as their commitment to the changes that need to occur.

What are the Benefits and Risks of Solution-Focused Brief Therapy?

The benefits of solution-focused brief therapy include the finding of solutions to problems that the client has been facing. F

or example, symptoms of stress, anxiety, and depression may be reduced and interpersonal relationships may be improved. Since, by definition, solution-focused brief therapy is brief, it may be less expensive than other forms of therapy that traditionally require more sessions over a longer period of time.

Another benefit of solution-focused brief therapy is that clear goals are identified early on. Because of this, both client and counselor know what success will look like and can more easily identify when therapy is no longer needed.

As with all forms of therapy, solution-focused brief therapy may result in major life changes, such as changing jobs, beginning or ending relationships, moving, etc. Such life changes can be experienced as quite positive (a benefit) or as very difficult (a risk) by the client and/or the client's significant others. Solution-focused brief therapy can be done in conjunction with other forms of therapy.

In *The Miracle Method*, authors Scott D. Miller and Insoo Kim Berg describe how to create solutions with these steps:

1. State your desire for something in your life to be different.
2. Envision that a miracle happens and your life is different.
3. Make sure the miracle is important to you.
4. Keep the miracle small.
5. Define the change with language that is positive, specific, concrete, and behavioral.
6. State how you will start your journey rather than how you will end it.

Be clear about who, where, and when, but not why.

Recommended reading

Solution Focused Coaching A workbook for Educators by Dr Geoffrey James

Working with children and Teenagers using solution focused approaches by Judith Milner & Jackie Bateman

NSPCC—Solution Focused Toolkit

Using the cards.

These cards should be used to enhance a solution focused based session.

Solution focused coaching is based on three beliefs about the coachee

This is that the coachee is

- Successful
- Hopeful
- Resourceful

Keeping this in mind during your coaching sessions will help to keep you focused.

The cards can be used 1 –1 in groups or as a stand alone tool to help growth.

Lay out the cards upside down and ask the coachee to select one from each group. Use the best hope card first then work through the cards.

