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| **Solution Focused Conversation Framework and Notes Session 1**  **Date:**  **Student initial:** | |
| **Opening**  **Pre-meeting thinking questions:**   1. What do you expect from me in these coaching sessions? 2. What do you think I expect from you in these coaching? 3. What promises can we make to each other that will make these coaching sessions a success? |  |
| **Future Focus**  What is your best hopes for our session today?  So you want to feel…… |  |
| **Preferred Future**  If you woke up tomorrow and your hopes from coming here had been achieved, what’s the first thing you would notice?  What else? |  |
| **Notice Instances and Exceptions**  When in the last few weeks have you seen something of what you want in the future?  How did you do that?  I guess there are times when…..how do you do that?  Tell me about the times when….  That sounds really difficult? How are you coping with that?  How do you stop things from not getting worse? |  |
| **Highlighting progress already made**  Where do you see things right now on the scale?  What point would be good enough?  What has helped you to get from 0 to this point already? |  |
| **Closing**  Summarise for the client  You seem to be….  You feel that….  You want to…..  **Homework:**  Your homework this week is to notice times when youa re able to………and to notice what difference that makes to your life. You should also notice what helps you to make this happen and what makes it stronger/easier? | *You seem to be wanting more…..*  *You can see the benefits of …….*  *You want to be able to ……..*  *You want to be able to …….*  *You want to get ……….* |