

# Solutions Focus

*Adapted from “Solutions Focus, the simple way to positive change” by Dr Mark McKergow and Paul Z Jackson)*

This technique helps an individual to move away from the problem and look at the changes they desire by using questions that point to the future, by adopting a mindset that is solution-focused and generating actions that are solution-driven. Rather than use up time and energy analyzing the problem, working out who/what to blame, or identifying obstacles, these questions focus on the positives within a situation, what the individual is good at and hypothetical solutions

- 1 On a scale of 1- 10 where 10 is perfect, where are you now in terms of how you deliver success?
- 2 What has helped you to achieve this level already?
- 3 What would take you a small step (say, one point) higher in the coming months/year?
- 4 What would be the first tiny signs of progress?
- 5 What would take you to 10 (and higher)?
- 6 What is a realistic level to aim for?
- 7 So what will you do to move from where you are now up to the next level? When will you do this? What support do you need to help you?
- 8 And if you saw the changes achieving successful results, what else would you be prepared to do?