

Solution-Focused Coaching, 26.11.2026, 09:30-16:30 (online), £150

Lead Facilitator: Mark Adams CPsychol AFISCP (Accred)

How can I use principles and techniques of solution-focused working to support others to move towards their goals? What can I learn from real-life applications of SFC?



Solution-Focused Coaching (SFC) is an optimistic, respectful way of working with other people that helps them to articulate and move towards the future they want to create. This workshop will equip participants with essential skills and frameworks for carrying out SFC, an approach which is sufficiently versatile to have applications in a broad range of contexts. While some practitioners may well already be familiar with the core tenets of solution-focused working, this workshop will include analysis of real-life case examples where SFC was applied to achieve change (with stories shared by both the facilitator and participants, and also considering research). Broader considerations around the use of SFC in a coaching context will also be considered, including links to other psychological approaches. The aim is to provide a deeper learning experience than simply covering what might already be known.

The session will cover:

- Brief background to the Solution-Focused approach.
- Core principles of Solution-Focused Coaching.
- Techniques that can be used in Solution-Focused Coaching.
- The ENABLE coaching model, which can be used to support individual and team coaching.
- Live practice opportunities.
- Applications of SFC.
- Sharing and analysis of case examples and research evidence.
- Broader considerations around the use of SFC in a coaching context.

To book a place, please visit the APS website:

<https://www.aspenpsychologyservices.co.uk/book-a-place-on-an-event.html>