

### Director of Training

Bill O'Connell is a leading figure in the development of the Solution-Focused approach. He is the author of the best seller, Solution-Focused Therapy (1998/2005/2012), Solution-Focused Stress Counselling (2001) and co-author of Solution-Focused Coaching Skills in Practice (2012). He also co-edited The Handbook of Solution-Focused Therapy (2003).

### Trainers

Steve Conlon, Peter Creagh and Garrath Ford are highly skilled professional practitioners and trainers with backgrounds in mental health, therapy and lecturing.

All our trainers are members of professional bodies.

### What our clients say

#### Training Manager Gloucestershire

*"The Solution Focused Skills training delivered by Bill and his team has been fantastic!"*

#### Professional Development Manager Cheshire

*"We have commissioned several Solution-Focused courses over the past four years and they have all had the same excellent reviews which demonstrates the high standard of delivery and explains why we have made repeat bookings."*

#### Development Manager Manchester

*"The Focus on Solutions courses are always amongst our most popular with our own staff and those of partner agencies. Well structured, varied, stimulating and pitched at the right level, feedback is universally positive."*

### Contact us

For more information on these and other courses run by Focus on Solutions, or if you have a training need you would like to discuss with us, please contact:

**Bill O'Connell**

**Tel: 01283 500444**

**Mobile: 07808 297529**

**Email: [bill@focusonsolutions.co.uk](mailto:bill@focusonsolutions.co.uk)**

**Website: [www.focusonsolutions.co.uk](http://www.focusonsolutions.co.uk)**

Company number 4717475



*People value the Solution-Focused approach because it affirms their strengths and successes and helps them to achieve their goals. It helps them to focus on the future and on what's working.*



# Focus on Solutions

Leaders in solution-focused training



## Solution-Focused Training

We provide in-house training in the Solution-Focused approach

Focus On Solutions specialises in delivering in-house solution-focused training to organisations in the public, private and voluntary sectors.

Solution-Focused training empowers individuals, teams and organisations to find solutions to problems. Our high-impact courses provide participants with a set of skills which are of immediate benefit.

Solution-Focused courses enable participants to:

- develop sustainable solutions to problems
- achieve targets and outcomes
- maximise the skills and strengths of individuals and teams
- improve individual performance
- raise the quality of service to customers and clients
- create a 'solution culture' in the organisation.

Our exceptionally high level of repeat business proves we are successful in building long-term effective partnerships with our clients.

We are proud that our courses are very favourably evaluated. They are suitable for any practitioners using inter-personal skills to help, motivate and support others to change.



## Training Courses

### Solution-Focused Skills

Our flagship two-day course introduces participants to the key ideas and interventions they need to bring a solution-focused dimension to their work.

### Advanced Solution-Focused Skills

This course aims to extend participants' solution-focused skills repertoire and to enable them to apply them in challenging situations. Advanced techniques, such as reframing and circular questions, widen the range of interventions practitioners can use.

### Motivating the Unmotivated

A two-day workshop which equips staff with new techniques for engaging with challenging clients. It draws upon motivational interviewing, cognitive-behavioural therapy and solution-focused interventions.

### Solution-Focused Supervision

Our two-day course gives supervisors a set of skills to ensure that supervision is a positive and effective intervention.

### Solutions for Managers

An introductory course which helps managers to adopt a solution-focused approach to issues such as performance management, appraisal and team building.

### Cognitive Behavioural Skills

The course teaches participants how to combat self-defeating negative thinking and empowers them to develop positive and effective mind-sets.

### Team Building Days

We deliver team-building days which draw upon solution-focused ideas. We customise these days to meet the team's needs.

In-house training is a cost effective and convenient form of training which builds teams as well as developing individual skills.

### Solution Focused

The Solution-Focused approach aims to help individuals, teams and organisations to break out of vicious problem-cycles and develop constructive, customised solutions.

We do this by:

- Listening for and reinforcing the strengths, resources and competence of our clients
- Working with what people can do, not what they can't
- Finding out what people are already doing that is helpful and exploring ways to amplify their strategies
- Focusing on solutions not problems.

We also offer workshops in using the solution-focused approach in:

Advice Information and Guidance Work  
Coaching  
Mental Health Work  
Groupwork  
Family Support  
Social Work  
Tutoring and Mentoring