Solution Focused Brief Coaching

First Glance @ Some Research Stuff…
Solution Focused approach was developed in the 70’s with the work of Steve de Shazer and Insoo Kim Berg at the Brief Family Therapy Center in Milwaukee.

Since then, SF approach has been widely adapted and applied across sectors.

Source:
Research on Solution Focused Approach shows improvements in...

- A Sense of Well-being
- Goal Attainment
- Strategic Thinking
- Productivity
- Self-Efficacy

Sources:
Solution Focused Brief Coaching takes a client-centered approach, building respectful, trusting, and empathic relationship as well as maximizing client strengths and resources: a recipe for successful therapeutic conversations.

Success Factors of Therapeutic Conversations

- Relationship
- Client Resources
- Modality
- Expectancy

Source:
Solution Focused Brief Coaching offers realistic and manageable next steps in actualizing preferred future by recognizing solution nuggets in recent past or present: an important gateway to increase positive expectations and outcomes.

4 Types of Positive Expectations for Positive Outcomes

- **Self-Efficacy Expectations**: "I can do it!"
- **Outcome Expectations**: "If I do (x), (y) will happen."
- **General Expectations**: "(x) will happen."
- **Generalized Expectations**: "(x) will be positive."

Source: