

INBJUDAN

Lösningsfokuserade ledtrådar 2021

14-15 oktober

Lösningfokuserade ledtrådar 2021 med fokus på "hur vi bygger lösningfokuserade samtal genom dialogorientering" föreläsare Haesun Moon

- ♦ **Halvdag 14 oktober** - Introduktion till lösningfokuserad coachning, för dig som är helt ny till arbetssättet eller för dig som vill få en hjälpsam nystart. Inga förkunskaper krävs för denna halvdag.
- ♦ **Heldag 15 oktober** - För dig som vill djupdyka i hur du i grunden kan omvandla dina samtal genom att mikroanalysera dem och reflektera. Grundläggande kompetens i lösningfokuserade samtal krävs för denna heldag.

Delta i en av dagarna eller i båda! Vi träffas i lokal i Västerås.

Haesun kommer att prata lättförståelig och långsam engelska men när vi samarbetar i rummet kommer vi att prata svenska. Vi kommer både att få höra Haesun föreläsa och själva få spela in korta sekvenser på våra mobiltelefoner och analysera med hjälp av den smarta DialogOrienteringsKvadranten. Allt görs som lättsamma och lärorika experiment som ger en utveckling av hur vi samtalar med andra. Haesun Moon kommer ända från Kanada för att möta oss. En riktig superchans som vi rekommenderar alla om är intresserade av lösningfokuserade samtal.

Anmälan via Simple Signup - OBS! Klicka på rätt anmälningslänk nedan:

- ♦ **Anmälan - Endast dag 1: 14 oktober klockan 12.30-16.00**
- ♦ **Anmälan - Endast dag 2: 15 oktober klockan 8.30-16.00**
- ♦ **Anmälan - Både dag 1 och 2: 14 oktober och 15 oktober**

Beskrivning av workshops

October 14: *Foundations of Solution-Focused Dialogue: Getting better at the basics with Dialogic Orientation Quadrant (DOQ)*

This half-day course introduces the foundational principles and techniques of Solution-Focused Brief Coaching in a highly experiential and dialogic method. It includes real-time coaching demo and recorded coaching practice with reflections. You will learn how to have useful conversations in both personal and professional settings that you can use immediately.

This course will cover the following topics:

- ♦ Listening differently with the Dialogic Orientation Quadrant (DOQ)
- ♦ Responding intentionally for Resource Activation
- ♦ The Three Key Building Blocks: Purpose, Possibilities, and Progress

You are highly encouraged to bring questions and wonderments about Solution-Focused Dialogue. This workshop will be useful for you if you want to deepen your understanding and dialogic practice at home and at work.

Notes: This session requires you to bring a recording device (e.g. devices with a built-in camera and mic such as your smartphones or tablets, or a video camera) and a headset for you to use when transcribing. We will support you and make it simple, step by step to make this fun and easy.



HAESUN MOON

Haesun Moon is Communication Scientist and author based in Toronto, Canada. She serves as Executive Director at the *Canadian Centre for Brief Coaching* and Principal at the *Human Learning Institute*. In her words: "I deeply enjoy gathering with people with diverse perspectives and preferences, searchers and researchers, and skeptics with good questions that provoke meaningful dialogues. I care about how we shape our everyday in and through dialogues, and I believe that changing private and public dialogues start with a small difference in how we disrupt ordinary interactions. As a form of such purposeful dialogue, I take joy in introducing coaching in executive education so that leaders can engage in life-giving dialogues at work first by experiencing transformative learning for themselves."



October 15: Transforming Dialogue:
Advanced Skills of Solution-Focused Dialogue for Lasting Change

What form transforms in a coaching dialogue? What does the coach and client do together to make useful meanings? How do we know that we do what we claim to do in our practice? How do we know the effectiveness of what we do?

In this one-day advanced workshop, we will deepen our practice of becoming our own observers. We will work with recordings and transcripts of various sessions including our own sessions to inductively learn what form changes, how those forms function, and how we develop interactional fluency in making meaning together. We will use the Dialogic Orientation Quadrant (DOQ) as a metamodel of interaction to study conversations from multiple perspectives.

This course will cover the following topics:

- ♦ What Communication Science Says about Patterns
- ♦ Watch Your Language: Forms, Functions, and Fluency
- ♦ The Four Key Tools of Meaning Co-Construction

It is recommended that you **have some foundational knowledge and experience of Solution-Focused practices before you join this class**. This will be useful especially for practitioners who want to deepen their current practice and leaders supporting their teams and organizations to change their conversation culture.

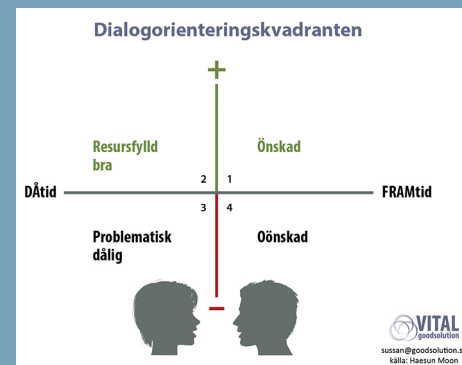
Notes: This session requires you to bring a recording device (e.g. devices with a built-in camera and mic such as your smartphones or tablets, or a video camera) and a headset for you to use when transcribing. We will support you and make it simple, step by step to make this fun and easy.

Varmt välkommen önskar



Ann Rilegård Ann-Kristin Ekman Linda Anderfjäll

Samordningsförbunden i Västmanland är finansiärer vilket innebär att det är kostnadsfritt för dig. I samverkan med Sussan Öster som du kan ställa frågor till om dagarna: sussan@goodsolution.se



MER FRÅN HAESUN MOON

Videolänkar för dig som vill se Haesun innan du möter henne på konferensen:
[Creating Meaning Together: The Power of Dialogic Intelligence \(2019\) - Vimeo](#)

[Institute of Coaching \(Harvard Medical School Affiliate\) - Powerful Coaching \(2016\)](#)

En spännande podcast, *Simply Focus Podcast*, där Haesun intervjuas om lösningsfokus och associerar det till hoppets språk:
[Language of Hope: Interview with Haesun Moon, Co-Director of the Canadian Centre for Brief Coaching](#)

och hemsidan:
[Canadian Centre for Brief Coaching](#)

Haesun Moons publikationer, de senaste två åren:

- Moon, H. (In Press). *Coaching A to Z: A Practical Guide to Making Your Conversations Better*. Page Two Publishing.
- Moon, H. (2020). The Masterclass: A Heutagogical Approach to Learning Solution-Focused Conversation. *The Interaction Collection of Solution Focused Practice in Organisations*, 12(1).
- Moon, H. (2020). Coaching: Using Ordinary Words in Extraordinary Ways. In S. McNamee, M. M. Gergen, C. Camargo-Borges & E. F. Rasera (Eds.), *The Sage Handbook of Social Constructionist Practice* (pp 246–257). London: Sage.
- Moon, H. & Bromley, E. (Eds., 2020). *Appreciative and Relational Practices in Healthcare*. Chagrin Falls, Ohio: TAOS Institute.
- Moon, H. & Reddy, K. (2019). Working with Executives: Responding to FAQ with DOQ. *Journal of Solution Focus in Organisations*, 11(1), 4.
- Moon, H. (2019). Making Progress Visible for Learners of Solution Focused Dialogue. *Journal of Solution Focus in Organisations*, 11(1), 4.
- Whitney, D., Miller, C. A., Teller, T. C., Ogawa, M., Cocciolone, J., Moon, H., Britton, K., Koh, A., & Leon de la Barra, A. (2019). *Thriving Women, Thriving World: An Invitation to Dialogue, Healing and Inspired Actions*. Chagrin Falls, Ohio: TAOS Institute.