

ID TALKS

Solutions and mental health

"HELPING YOUTH GET A MORE POSITIVE OUTLOOK ON LIFE"

"A POSITIVE BOND IS ESSENTIAL FOR A POSITIVE OUTCOME"

GUIDING OTHERS TO NEW PERSPECTIVES



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WHAT IS A PROUD MOMENT in your work?

SOLUTION-FOCUSED APPROACH IS ABOUT PERSPECTIVE

WHAT DO YOU hope to learn?



FOCUSING IN THE «NOW» & THE POSITIVE OUTCOMES

WHAT QUESTIONS SHOULD YOU ASK? WHERE TO LEAD? THE CONVERSATION?

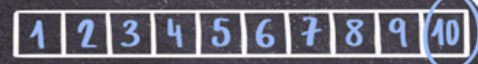


WHEN YOU HAVE A GOAL, BUT YOU DON'T KNOW HOW TO START



SCALING METHOD

WHAT WOULD YOU LIKE TO CHANGE IN YOUR LIFE?



THE BEST POSSIBLE OUTCOME IS HERE



DO'S



➤ START STRONG

GET TO KNOW EACH OTHER & BUILD A POSITIVE BOND

➤ NOT-KNOWING ATTITUDE

DISCONNECTING FROM YOUR PERSONAL PERSPECTIVE

➤ RECOGNITION

ACKNOWLEDGING PROBLEMS & ACTIONS OF THE PERSON

HOW TO ACCOMPANY SOMEONE TO REACH PERSONAL GOALS?

A DIFFERENT PERSPECTIVE is possible!

DON'TS

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WHERE ARE YOU NOW? >>

WHERE DO YOU WANT TO GO?

WHAT IS DIFFERENT? WHAT IDEA ARE YOU WILLING TO TRY NEXT?

SMALL CHANGES MATTER!

WHAT ARE YOU ALREADY doing?

"BY MAKING IT EASIER FOR YOUTH TO TALK TO YOU, YOU WILL BE ABLE TO SUPPORT THEM BETTER"

NOW IS YOUR TURN TO GET STARTED

«GO AWAY FROM THE PROBLEM FOCUS!»

«WHY» QUESTIONS

SUGGESTIVE YES/NO QUESTIONS

EXPLORING THE PAST

POSITIVE REALISTIC INDIVIDUAL MEASURABLE ACCEPTABLE

START WITH PROBLEM FREE talks!