

## **What is solution-focused brief coaching?**

The elements of SFBC are based on the solution-focused brief therapy Solution Focussed Brief Therapy (SFBT) which has been largely associated since the 1970s with the names of Insoo Kim Berg, Steve de Shazer und Peter de Jong and the Brief Family Therapy Center (BFTC) in Milwaukee, USA.

In solution-focused coaching, clients create their own future in order to define their own steps and reach to their desired future. In this approach the coach works towards a solution rather than working away from the problem so that the client's problem is not central to the session, but instead coach and client work towards the client's preferred future.

Instead of starting with a diagnosis and a problem analysis in order to reach an appropriate intervention which hopefully leads to the goal, the solution-focused approach starts with the desired future which makes a great difference. A completely different atmosphere to work in can be created in this way. A positive future picture as starting point sets free resources which can then lead to solutions which one would not have reached if the starting point would have been the problem.

Enjoy the process!