

# Accommodating a Solution Focused Learning Environment

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# “The Class Reunion”

The Class Reunion is one of Solutionsurfers "signature activities". It's an activity used at the end of the first day of a brief coach training (9 or 12 days).

The purpose is to bring people in a future state, one year from the first training day. In the reunion, they look back on not just their training but also their life (work as well as private).

What positive things have happened, and what difference has that made for them? Form your own curious questions and ask them.

TIP: if you don't have much space, ask people to move one chair to the left or right. Greet them and say they are now one year after and you are incredibly curious about what has happened since then.

IMPORTANT! When the activity is over, ask them to move back.

# “The Class Reunion”

- ▶ Welcome to this “after-the-conference-reunion”

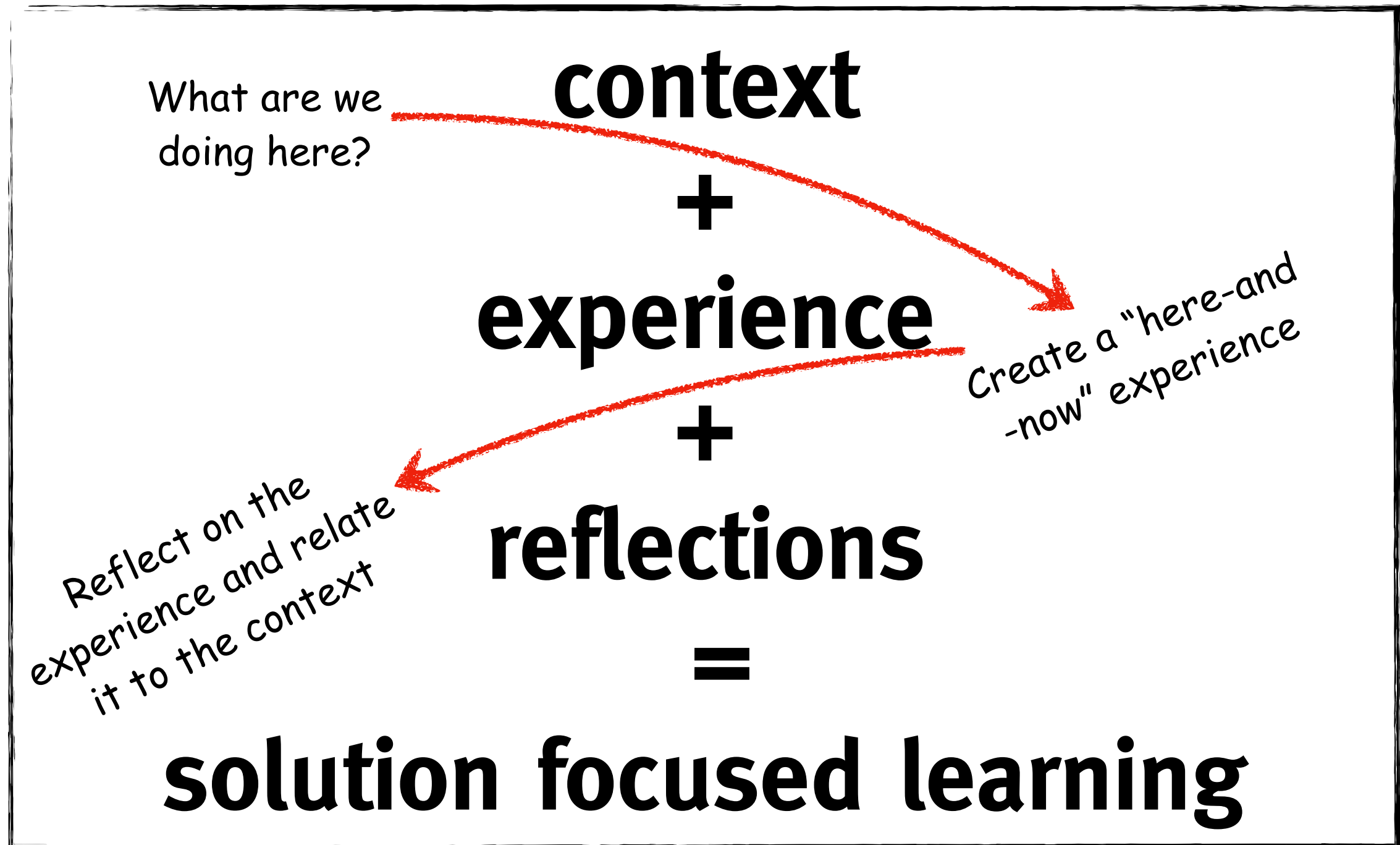
1. In pairs/small groups:

- ▶ What do you remember from the workshop “Accommodating a SF Learning Environment” - that has turned out useful for you?
- ▶ What difference has that made for you (in your work or private life)?

2. In new pairs/small groups:

- ▶ What did you hear the others tell that really impressed/surprised/inspired you?

# Accommodating a Solution Focused Learning Environment – my “principles”



***“Reflecting means to discover  
and harvest your genius”.***

– Daniel Meier

Question: how do you create trust and confidence in your work?

**context**  
+  
**experience**  
+  
**reflections**  
=  
**solution focused learning**

# The Robots

Metaphore: you as a leader, you as a coach, a family worker etc.  
- has sometimes limited options. How do you handle these situations?

Creates good reflections on what is difficult and what helps in difficult situations. Oh and yes. It's fun too and brings laughter in the room (= creating trust and confidence towards you.

IMPORTANT: let all three try out to be the leader.



# The Robots

1. Form groups of three
2. Instruct one group in front of the rest
3. Two people back to back. Goal: make them turn around and stand face to face.
4. They are robots, so they only react to a simple instruction:
5. 1 tap on the shoulder = 90° (left or right according to which shoulder)
6. 1 tap = 1 person you cannot tap a person two times in a row

# The Robots

- ▶ What did you do well?
- ▶ What did you observe others do well?
- ▶ What new ideas have you got now for situations where you are limited in your options?

***“Our curiosity is a learned behaviour”.***

– Harry Korman

# Snap!

The lightest deck of cards you will ever carry!

It can be used in schools, at meetings, in counselling. Only your fantasy is the limit.

Instead of numbers, you can use keywords like elements in:

- ▶ Good meetings
- ▶ Friendship
- ▶ Good classroom atmosphere
- ▶ ...?
- ▶ ...?

# Snap!

You play against the person sitting or standing across from you. Illustrate how the game works by using one of the participants as your opponent. If it's the first time playing, you set a theme for the game.

## **First round**

1. The theme is numbers from 1 to 10.
2. Each player holds out one hand with the palm facing up as if they have a deck of cards lying in their hand
3. With the other hand, they take an imaginary card and throw it simultaneously in front of one another. As the card is thrown, they say a number between 1 and 10.
4. When the opponents eventually say the same number at the same time, it becomes a race. The fastest person snatches the imaginary stack of cards from the other person while saying out loud: "SNAP!". Only if the word "Snap!" is said can the player keep the cards
5. The game continues for 2-3 minutes.

## **Second round (if wanted)**

What topic could fit here? Let the participants find out for themselves after they have tried playing for a while.

# What's better?

**context**  
**+**  
**experience**  
**+**  
**reflections**  
**=**  
**solution focused learning**

**Question: what has become more evident to you now regarding  
Accommodating a Solution Focused Learning Environment?**

# Detectives I

1. Keep your position for 60 seconds
2. Look closely at the person in front of you
3. Remember all details
4. Turn around, back to back
5. Change 3 things in your clothes/accessories
6. Change 2 things in you body posture

# Detectives II

- ▶ Look at the person in front of you
- ▶ What skills, resources, competencies do you think this person possesses, based on this exercise?



# FLUBA

- ▶ Large groups: 1 FLUBA per 10 participants. Small groups (6-20): prepare 3-6 FLUBA's. Download instruction here: <http://tinyurl.com/llor6l2>  
If you have questions then mail me: [jhc@solutionsurfers.dk](mailto:jhc@solutionsurfers.dk)
- ▶ Distribute the FLUBA's by throwing them one by one to different people in the group. Ask the participants to throw them to each other with no further explanation. Ask people to make space around them.
- ▶ After a while I usually make a short time-out and ask people to share tips & tricks about throwing to each other.
- ▶ Let the participants continue, and observe what happens. Link that to the topic of your process, and let people pair up to have a talk about what the activity illustrates in relation to the topic.

***"We not only support our clients in their next steps towards a preferred future. We also support them in what they have learned ABOUT THEMSELVES in the process. In other words: we let them walk out of the room with a self-made master key to open future doors".***

– Katalin Hankovszky

#selforganising #sustainability #self-efficacy

# So, what have you learned about yourself?

- ▶ Pick a card
- ▶ Write the one most important insight about yourself from this workshop
- ▶ Write your mail address and please: R-E-A-D-A-B-L-E
- ▶ Hand it over to me
- ▶ It will get back to you when you least expect it...