

Solution Focused Method For Coaching Children To Overcome Difficulties

Coaching children to overcome difficulties can be a challenging task, but with the right approach, it can also be incredibly rewarding. The solution-focused method is a powerful tool that can help children develop resilience, problem-solving skills, and the ability to overcome any obstacles they may face.

The solution-focused method focuses on the individual strengths and resources of the child, rather than dwelling on their problems. It encourages children to identify their goals and work towards finding solutions for themselves. This approach empowers children and helps them build self-confidence, as they see themselves as capable of achieving their desired outcomes.

One of the key principles of the solution-focused method is the use of open-ended questions. These questions prompt children to think creatively and explore different possibilities. By asking questions such as "What are some things you can do to make this situation better?" or "Can you think of a time when you faced a similar challenge and overcame it?", coaches help children tap into their own experiences and generate solutions.



Kids'Skills in Action: A Solution-focused method for coaching children to overcome difficulties

by Ben Furman (Kindle Edition)

★★★★☆ 4.2 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

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In addition to open-ended questions, the solution-focused method also encourages coaches to use scaling questions. Scaling questions help children assess and visualize their progress towards their goals. For example, a coach might ask a child on a scale of 1 to 10, how close they feel they are to overcoming their difficulty. This prompts the child to think about their current situation and envision what it would look like if they were closer to their desired outcome. Scaling questions serve as motivation and keep children focused on their progress.

Another important aspect of the solution-focused method is the use of compliments and positive reinforcement. Coaches should regularly acknowledge and praise the efforts and strengths of children. This boosts their self-esteem and encourages them to continue working towards their goals. By highlighting their achievements, coaches help children become more aware of their abilities and cultivate a positive mindset.

Visualization and role-play are also effective techniques employed in the solution-focused method. Children can be encouraged to visualize themselves successfully overcoming their difficulties or role-play scenarios where they handle challenging situations. These techniques help children build confidence, practice problem-solving skills, and increase their belief in their own capabilities.

One of the advantages of the solution-focused method is its versatility and applicability to various challenges that children might face. Whether it's

overcoming academic struggles, improving social skills, or dealing with emotional difficulties, the solution-focused approach can be adapted to suit the needs of each individual child.

It is important to note that the solution-focused method is not about ignoring or dismissing the problems that children may be facing. Rather, it encourages children to shift their focus from the problem itself to the steps they can take to overcome it. By emphasizing their strengths and resources, children become better equipped to face challenges and find their own solutions.

In , the solution-focused method offers a powerful approach for coaching children to overcome difficulties. By focusing on their strengths, encouraging them to think creatively, providing positive reinforcement, and utilizing visualization and role-play techniques, children can develop the skills and mindset needed to overcome any obstacles they encounter. The solution-focused method empowers children, fosters resilience, and cultivates a sense of self-efficacy that will serve them well throughout their lives.



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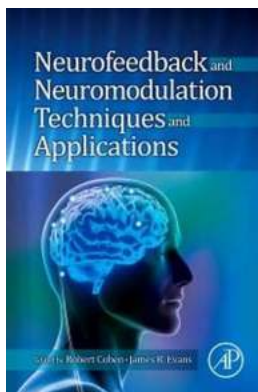


Kids'Skills is a revolutionary solution-focused method for helping children overcome all types of emotional and behavioral difficulties. The method has been developed in Finland by a team consisting of kindergartens teachers and psychotherapists. It is simple, child-friendly, easy to learn and fun to use. A perfect method for teachers, therapists, but also for parents to use at home. The author of the book, Dr. Ben Furman, is an internationally renowned psychiatrist who has been teaching Kids'Skills in many countries around the world. In the book you will read about how the method was developed, what are the psychological ideas that it is based on, and what are the steps of the method. Once you have an idea of what Kids'Skills is all about, you will be presented a wealth of cases studies from around the world of children who have successfully conquered their difficulties with Kids'Skills.



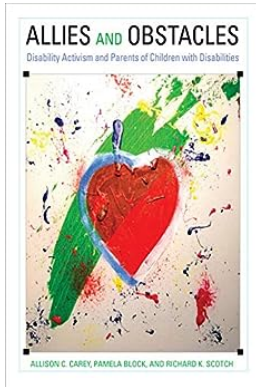
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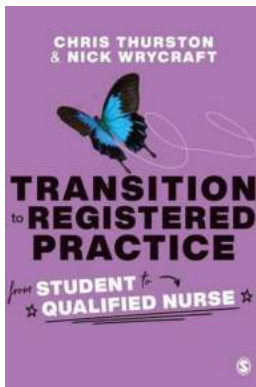
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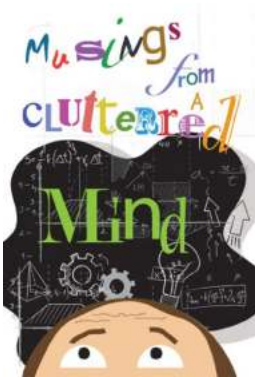
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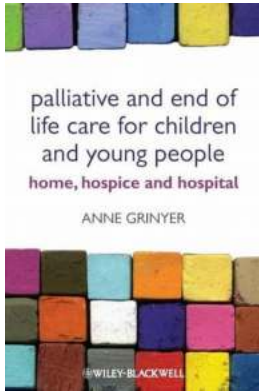
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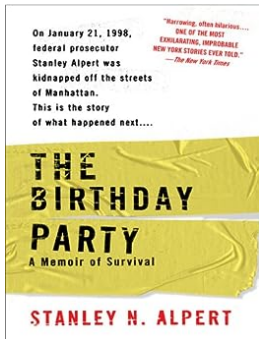
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