

Title:

# Working with, and Achieving optimal Motivation in co-creation with Children and Families.

## **Description:**

**Introduction:** Children are often very compliant and willing to follow us adults on what we think is best for them. But, when we work this way, even with the best of our intentions, we do not really encourage them to find their own solutions, be creative in exploring problem solving and keeping their motivation. A Solution Focused approach, especially with Kids'Skills (Ben Furman), teaches them to not only find solutions in this moment, but helps them to build life skills in approaching problems for a progress focused and positive attitude. This enhances emotional intelligence in a big way.

How can we make working with children more attractive, effective and mutually pleasant? How can we help them to build a solid platform for optimal motivation? Optimal motivation for their co-operation with us, and their motivation to find their own goals and achieve them successfully?

What solution Focused approach works well for them? How can we guide them, without imposing our own ideas, to make choices that work for them and help them to find solutions on their way in life? How can we use our ground attitude and approach to influence, instead of determine, their process?

This training will combine theory and practice in a 40/60% ratio.

## **Content Training:**

### **Day 1**

- **Welcome and 'getting to know each other'**
  - o Collecting the groups personal goals for this training on a sheet
  - o Circle intake (15-20 minutes)
- **Introduction** (to the workshop theme)
  - o The five themes: Ownership, Value, Trust and Confidence, Observing and Monitoring Success, and Anticipating Setbacks.
- **Building a solid platform for motivation**
  - o Plenary 'carrousel' exercise: roll play or video session (30 minutes)
- **Adjusting** to the need of your minor client
  - o Entering into the conversation the 'right' way:
    - Using internal assessment (**Bruges model** from Luc Isebaert)
    - What questions work with 'different' client types?
  - o Plenary or group exercise: roll play (25-30 minutes). Learning to make the assessment and effectively entering into the conversation with your client.
- **Introduction** to (some of) the steps of the **Kids'Skills** program
  - o General overview Kids'Skills
  - o Step 1: a SF-question protocol for helping children find the 'right' goal
  - o Exercise in smaller groups with the protocol (35-45 minutes).
  - o Plenary sharing of the experiences within the exercise (10 minutes).
- Small break (15-minutes)
  - o Next 13 Kids'Skills steps.
- Lunch break (45 minutes)
- A little **SF-energizer** exercise (10 minutes)
  - o Continuation: Kids'Skills steps.
    - Step 7. Exercise physical scaling instrument; combining Scaling question, Miracle-question, Resources and agreeing on the next step forward.

- Demonstration (10-15 minutes)
  - Exercise in couples: Combining SF questions into one powerful intervention (45 minutes)
- Small break (15-minutes)
- **Solution Focused Language**
  - The language of solutions
    - Pitfalls of the SF approach (and how to avoid them or get past)
    - Exercise: pitfall Bingo (20 minutes)
- **Day closure**

## **Day 2**

- **Welcome and opening**  
Collecting feedback from day 1, and tracking our collective and personal goals
- Small break (15-minutes)
- **Structuring your SF session**
  - A seven-step dance
    - Simplicity and structure  
Exercise: smaller groups. (30-45 minutes)
    - And how this all will work the same with adolescents and adult clients and in organizations.
  - Working from the 'not-knowing'; taking on a beginner's attitude.
    - Exercise: (15 minutes)
  - Learning to use META-observation as an important tool.
    - Exercise: (10 minutes)
  - Exercise: (case history) or video session. Working in smaller groups (30 minutes)
- Lunch break (45 minutes)
- **Final assignment (short break somewhere in the middle)**
  - Exercise: SF conversation with a child client (actor) in practice (total time 2-3 hours)  
Exercise in smaller groups
    - Preparation 20 minutes
    - Depending on number of groups small group presentations (10-15 minutes per group)
    - Feedback
- **10-20 minutes Q&A** (ideas/themes/questions) participants want to have addressed for example engaging parents.
- **Evaluation and feedback**
  - Closure: Thanking hosts and participants and receiving your certificates