

Peer reviewed papers

Better Decision Making with Solution Focused Coaching

Mark McKergow, sfwork

Abstract

This paper reviews different options for helping people faced with a difficult decision. This can be a particularly challenging context, where the standard solution focused (SF) approach of leaping into the future may not be instantly effective. Ten options for using SF methods to work with decision and dilemma situations are identified. Readers will not be short of possibilities when working with clients facing tough choices.

Introduction

When I am coaching managers or entrepreneurs, or even doing demonstration coaching sessions as part of trainings, one kind of question often appears as the topic. "I need to make a decision".

This kind of situation has many forms. It might be "I'm facing a dilemma", if there are two starkly different options. It might be "I need to choose between these options". And following on from this starter is "I don't feel ready, I don't know what to do, I'm feeling stuck".

In my early days of solution focused (SF) work, I might have been tempted to try to jump forward to a 'better future' after the decision; use a Future Perfect or miracle question in the normal way – jumping forward to explore life after the

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Table of Contents Sample Of Peer Review Paper

1. Understanding the eBook Sample Of Peer Review Paper
 - The Rise of Digital Reading Sample Of Peer Review Paper
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Of Peer Review Paper
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Of Peer Review Paper
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Of Peer Review Paper
 - Personalized Recommendations
 - Sample Of Peer Review Paper User Reviews and Ratings
 - Sample Of Peer Review Paper and Bestseller Lists

5. Accessing Sample Of Peer Review Paper Free and Paid eBooks
 - Sample Of Peer Review Paper Public Domain eBooks
 - Sample Of Peer Review Paper eBook Subscription Services
 - Sample Of Peer Review Paper Budget-Friendly Options
6. Navigating Sample Of Peer Review Paper eBook Formats
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 - Adjustable Fonts and Text Sizes of Sample Of Peer Review Paper
 - Highlighting and Note-Taking Sample Of Peer Review Paper
 - Interactive Elements Sample Of Peer Review Paper
8. Staying Engaged with Sample Of Peer Review Paper
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Of Peer Review Paper
9. Balancing eBooks and Physical Books Sample Of Peer Review Paper
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Of Peer Review Paper
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Of Peer Review Paper
 - Setting Reading Goals Sample Of Peer Review Paper
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Of Peer Review Paper
 - Fact-Checking eBook Content of Sample Of Peer Review Paper
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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