



Solutions Focused Storytelling Workshop

13-14 April 2019

Multi Kulti Center (5 Chernomen Str., Sofia) ([map](#))

Trainers: Dr A. Biba Rebolj (UK / Slovenia), Evgeni Mitev (Bulgaria)

13 April 2019	
Observing, Feeling, Listening, Telling	
9.30-10.00	Welcome coffee and free drugs (joke)
10.00-11.30	Emotional greeting and presenting the trainers Principle: "experience first, thinking afterwards" <ul style="list-style-type: none"> • Beginning of the journey – Evgeni Mitev: SightFeeling Session (blindfolded walk), practicing facing the Unknown • Circle sharing and debriefing • Conceptualization, what happened, why is that? • Attitudes, approaches, examples and case studies
11.30-12.00	Tea and coffee break
12.00-13.30	From problems to solutions in the stories we tell – difference between problem solving and solution finding <ul style="list-style-type: none"> • Exploring the nature of the relationship between problem solving and solution finding and how that impact storytelling • Exercises in Solution Focused Storytelling using concrete life situations • From theory to practice: learning from video – showcasing a real client with multiple complex problems and the impact of Solution Focused Storytelling • Debriefing, questions
13.30-14.30	Lunch break
14.30-16.00	Solution oriented approach and practice <ul style="list-style-type: none"> • Solution focused principles for storytelling • Solution focused mindset in storytelling • Difference that makes a difference – where to vs. where from and what that means for keeping the process brief, simple and efficient? • Exercises in small groups: exploring the principles through practicing storytelling focused on solutions
16.00-16.30	Tea and coffee break with stories
16.30-18.00	The problem is a kind of solution, examples <ul style="list-style-type: none"> • Turning problems to solutions. How to form and ask short and simple powerful questions. Street Wisdom session (intuitive walk) • Street Wisdom Method explanation • Gathering stories and observing the community • Sharing

14 April 2019	
Telling, Listening, Feeling, Practicing	
9.30-10.00	Welcome coffee
10.00-11.30	Putting principles to practice: <ul style="list-style-type: none"> • Microanalysis in how the change happens in Solution Focused Storytelling: learning from more videos of real clients • Practice trios: more practice to establish the direction in storytelling that leads to solutions
11.30-12.00	Tea and Coffee Break with Stories
12.00-13.30	Back to work <ul style="list-style-type: none"> • Practice trios and mastering Solution Focused Storytelling – second round

	<ul style="list-style-type: none"> • Harvesting: questions • Learning what happens in a follow up/long term storytelling
13.30-14.30	Lunch break
14.30-15.30	What do I take? How do I apply it? How to adjust Solution Focused Storytelling to my line of work? Signs of future progress Closing

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