



CONVERSATION

TIPS

MENU



- Agenda Matching -

Outline and agree on upcoming agenda, together.

- Highlighting Strengths -

Single out and reinforce positives.

Solution-Focused

"Problem" becomes "opportunity for solution"

-Best Hopes-

"What are your best hopes for..."

-Acknowledge Coping-

"How are you managing to cope to the extent you are?"

-Exception Questions-

"Are there times when this is less of a problem?"

-Scaling Questions-

"What could move us 1 closer to where we want to be?"

-Mindful Encouragement-

"I can see just how much you are trying"

-Co-Produced Solutions-

"Is there anything that you can think of that would help?"



Mellow

Conversations