

Solution-Focused Thinking

Are you ever 'stuck'?

- Not sure what to do?
- Seem to go round in circles?
- Lots of talk but little 'action'?

This course is positively life-changing: the tools are easy to implement, it's simple to remember and it works every time it is used properly.

Designed for people who would like to change something about their lives, whether that is work or home-life, this course will help you find out where to start, what things could be like, what skills and expertise you already have at your fingertips, and how to make progress with small steps.

This course is for you if you like:

- Practical tips and ideas
- Creative ways of thinking
- Doing more of what works, less of what doesn't work

Everyone is welcome!

All materials and resources are provided, including a take-away reminder card.

www.cleanwellbeing.com