

## BRIEF SOLUTIONS



CAN'T SEE THE WOOD FOR THE TREES?

**YOU NEED TO GET FOCUSED, FAST**

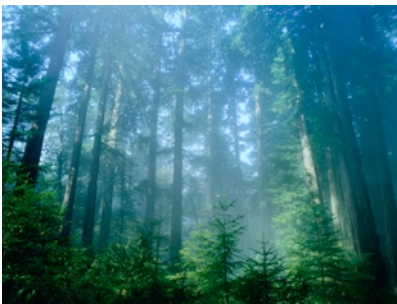
# Brief Solutions

## Laser Coaching

Otherwise known as brief coaching, this is a highly effective and radical tool for producing sustainable and lasting solutions to daunting challenges in as little as a single session. If you feel as though you are 'stuck', this is a new methodology for getting you 'unstuck'. The first trick lies in not jumping into problem solving. We do not need to labour over what went wrong, who did what to whom, or why the system is loaded against us. There are much more positive and proactive strategies for getting to where you want to go.

## Trial Offer

I know of no other coaching or consultancy provider, in Australia, who has tried this methodology, although it has been successfully used in Europe. As I am piloting this methodology, I am not expecting any financial remuneration. Therefore, I will settle for a cup of coffee on our first or any subsequent meetings, your feedback on how successful the process is, and, if you are happy to do so, a recommendation. This will be the foundation of our coaching agreement. Yes, you will be a guinea pig, but I assure you, the only thing it may cost you is the time you choose to put into it.



## About Sue Hanley

Sue has over 30 years' experience working in the field of adult learning and development, for most of which she held executive leadership positions. In adult learning she holds a Diploma in Teaching (Adults) from the University of Technology, and a Post Graduate Certificate in Educational Studies (Multicultural Education) from the University of New England. She holds a Masters degree in management and leisure studies from the University of Technology, where she researched the relationship between work and play. Sue has been directly involved in coaching since 2005, and she holds a Masters in Organisational Coaching from the University of Sydney. Throughout her career Sue has worked within an action learning paradigm whereby theory informs practice, and practice informs theory.

Sue is President of the NSW Branch Leadership Team of the International Coaching Federation (ICF). This pilot study will contribute to her credentialling with the ICF.

## The Brief Solutions Program

We will establish the program initially by email, and you will undertake the free University of Pennsylvania's Character Strengths Inventory. We will debrief on this inventory by telephone. We will then meet for a one-on-one coaching session where we will power through a solutions-focussed future scenario for resolving whatever challenge you bring to the table. There will be three email follow ups, including a review of your experience of this program.

If you would like to participate in this pilot, please email me on [suehanley2010@gmail.com](mailto:suehanley2010@gmail.com) or telephone me on 0401435523 or 93806405.