

Title: Thriving Through Transitions and Dealing with Dilemmas

Presenters: Dr Jane Tuomola and Sukanya Wignaraja

Date: 28th and 29th November 2024
2 days online via zoom, 10am to 6pm

Audience: This workshop is aimed at coaches, therapists, and other helping professionals working with clients navigating life transitions or facing a difficult decision or dilemma.

The first day of the workshop focuses on helping our clients thrive through transitions. We start by outlining common life transitions such as changing job or moving country or transitioning to a new stage of life such as marriage, becoming a parent or retiring and the impact these can have on clients. Navigating both the opportunities and losses can be a challenge, especially when there are strong emotions involved. We will demonstrate how to balance acknowledging losses with signs of progress in a culturally sensitive way. The boundaries between coaching and therapy will be explored. Specific questions that are particularly helpful for clients in transition will be shared. There will be videos and live demonstrations as well as plenty of opportunity to role play to practice your skills.

The second day of the workshop illustrates how SF techniques can aid clients in navigating dilemmas and making impactful decisions. Common questions clients bring to sessions include: "How do I know if I am doing the right thing?" "How can I be sure if this is the best way forward?" "How do I make a decision that keeps everyone happy?" Using a case study we will highlight the unique aspects of the SF approach as its emphasis is on collaboration, and the assumption that the client has inherent strengths and capabilities to navigate the decision-making process. Attendees will learn practical SF techniques applicable in decision-making scenarios. Examples include scaling questions to gauge clarity and confidence levels, exploring past resources used in decision making, and envisioning positive outcomes.

The workshop will be interactive, and include demonstrations, case examples, small group discussions and role plays.

Key Learning Objectives:

- Understand the importance of acknowledging clients' struggles while going through a transition with facilitating progress towards their desired future
- Learn to employ active listening techniques, such as the Chinese character *tīng*, to deeply understand clients' values and preferences
- Learn practical SF techniques applicable in decision-making scenarios, including coping questions, scaling questions to gauge clarity and confidence levels, exploring past successful decision making, and separating controllable factors from uncontrollable ones to facilitate effective decision-making
- Recognize how SF techniques work well in the Asian cultural context and how to adapt questions when needed to honour clients' cultural backgrounds
- Improve your SF skills and confidence in dealing with transitions and dilemmas

Biographies

Dr. Jane Tuomola has her own company in Singapore where she has been based for 11 years. She is a Clinical Psychologist specializing in adult mental health, and also works as a Life and Executive Coach and Coaching Supervisor. Her credentials include Associate Fellow of the British Psychological Society, Master Solution Focused Practitioner, Professional Certified Coach (ICF), and Senior Practitioner (EMCC). She's an Associate Trainer with the Academy of Solution Focused Training, offering courses in Solution Focused Brief Therapy, coaching and coaching supervision. With extensive cross-cultural experience from living in four countries across three continents, she aids individuals in adapting to new environments. Passionate about cross-cultural psychology, she co-edited "Solution Focused Practice in Asia" and "Solution Focused Coaching in Asia", aiming to support culturally sensitive practices in the field. One of the chapters she wrote is called Thriving Through Transitions using Solution Focused Coaching.

Sukanya Wignaraja has a Masters in Social Work from Oxford University, UK. She is a Master Solution Focused Practitioner with IASTI, and a Professional Certified Coach with ICF. Sukanya worked in the mental health field in the UK for many years across a range of settings. She was a Specialist Advisor in Social Work to the UK Foreign & Commonwealth Office. Sukanya was an Executive Coach and Senior Psychotherapist in mental health NGOs in Manila and Tokyo, where she also conducted training programmes for counsellors. Since 2017, Sukanya has been in private practice in Colombo, Sri Lanka where she works with individuals and couples and as an Executive Coach. Sukanya is an Associate Trainer with the Academy of Solution Focused Training. Sukanya was co-editor of Solution Focused Practice Around the World and Solution Focused Coaching in Asia, including writing a chapter on The Challenges of Decision Making.