



Solution Talk in Wartime

Art – Kateryna Dobroer

“Everything was
forever, until it
was no more”



Things under **my** control

What are your old and new daily rituals?
How are they helpful?
?



Does SFA need adjustment?

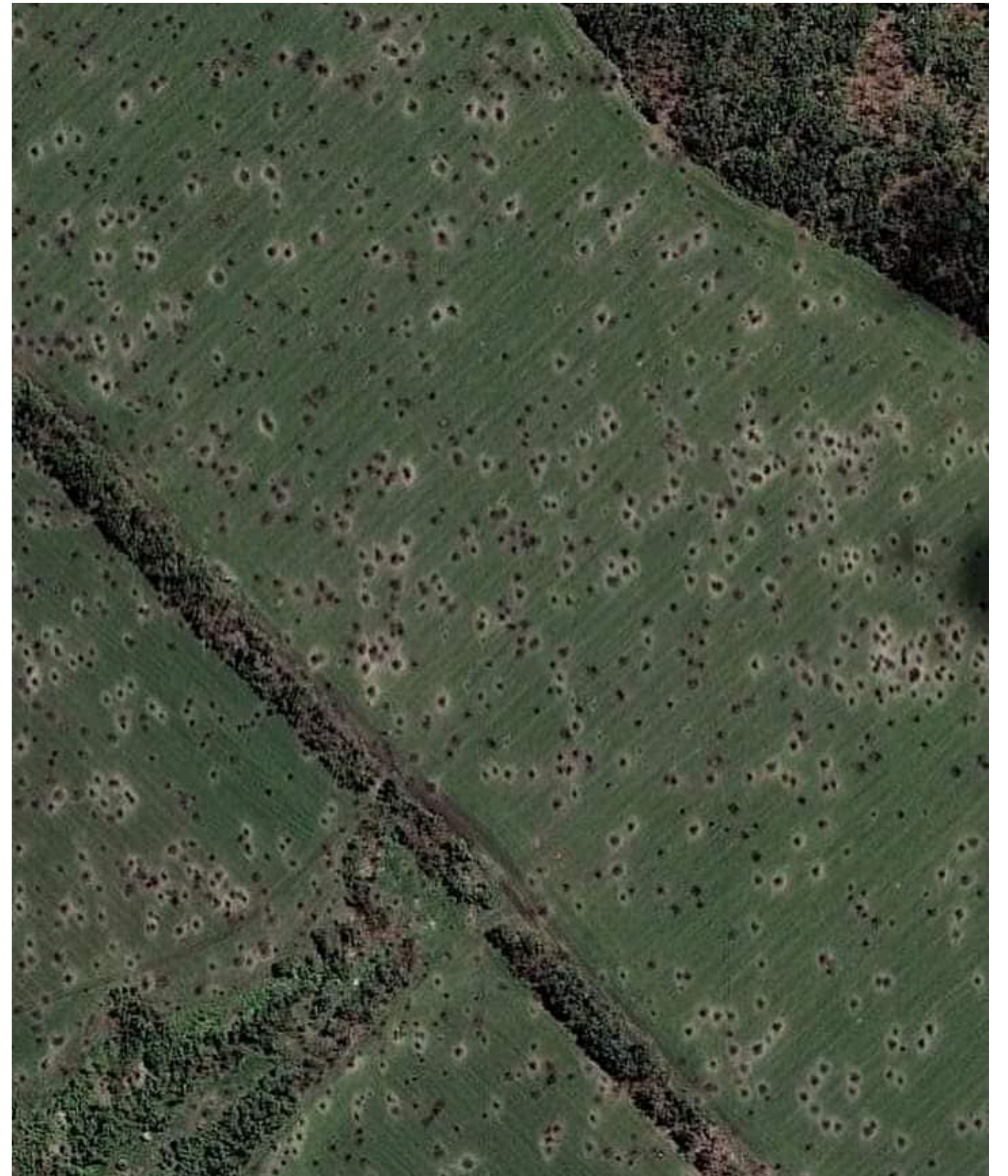
Eine Lösung hätte ich, aber die past nicht
zum Problem

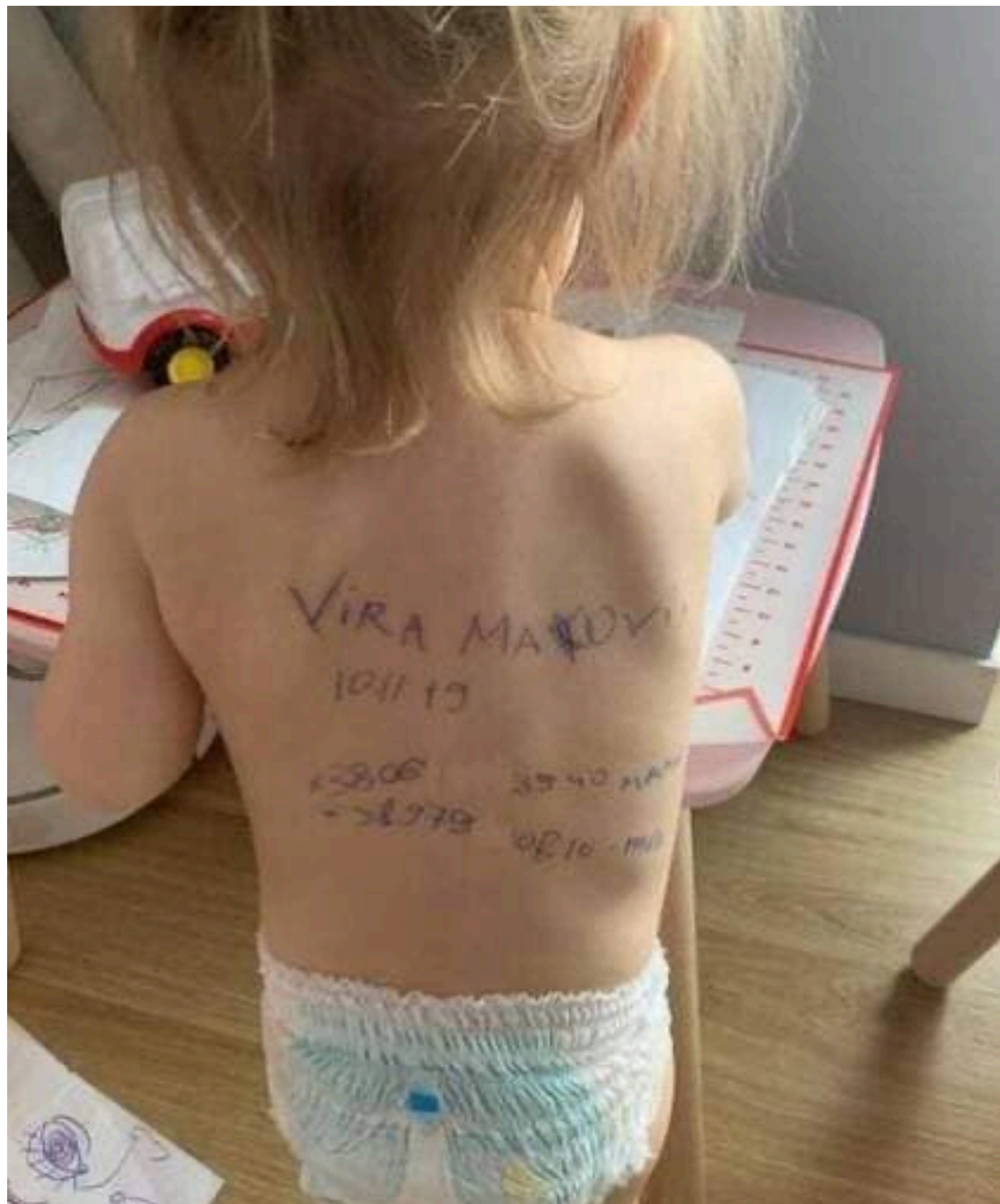
I would have a solution, but it doesn't fit to
the problem



What do you want **INSTEAD?**

How do you want to feel instead?
What is your best hope now?
?

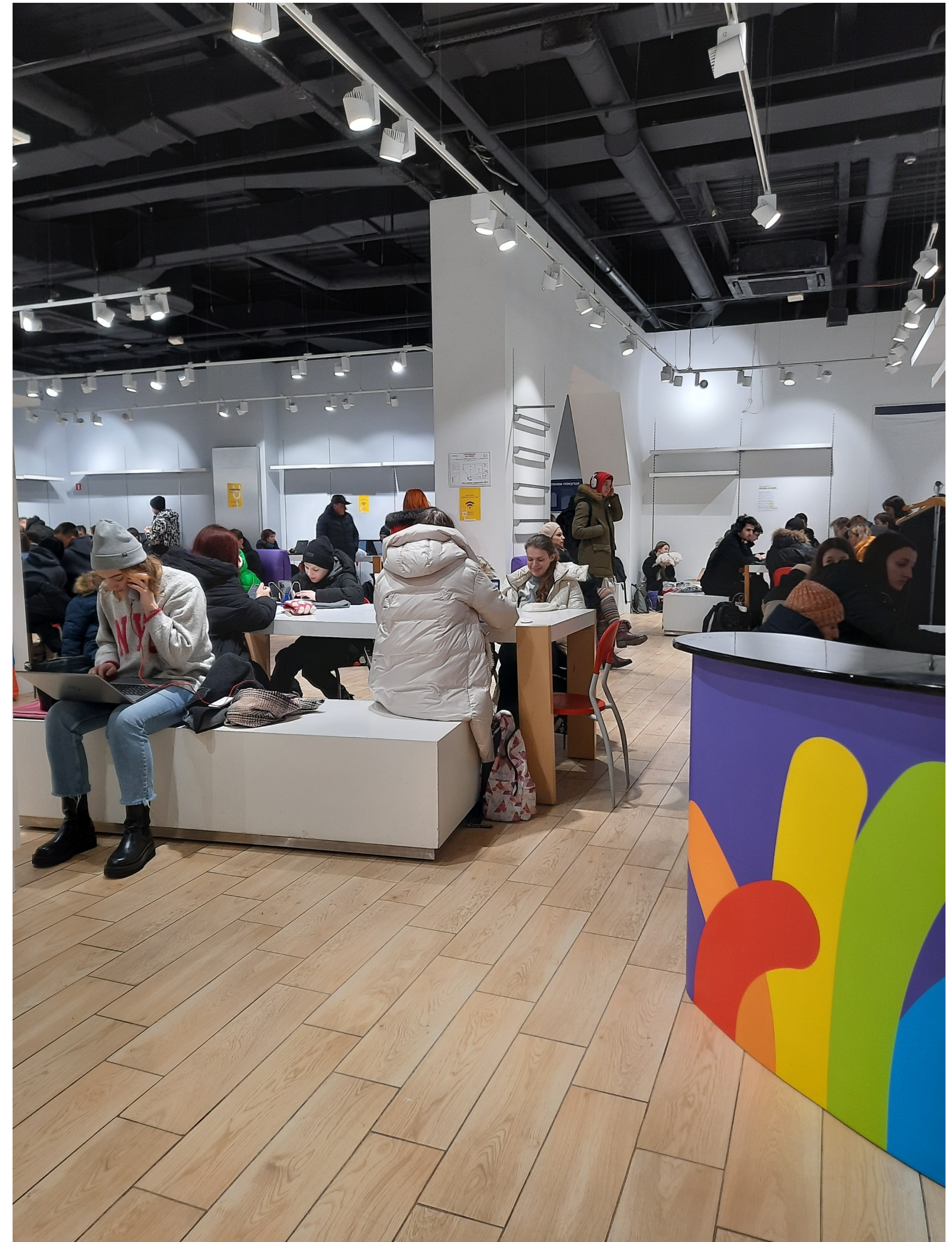




**How did you solve
similar problems
before?**

How did you do it in the past?

What helpful experience (for the future) are you
creating now?
?



On the scale from **0 to 10...**

What's YOUR scale?





Are you **safe?**

How can you feel safe?
What helps you to create safety?
?

People on move

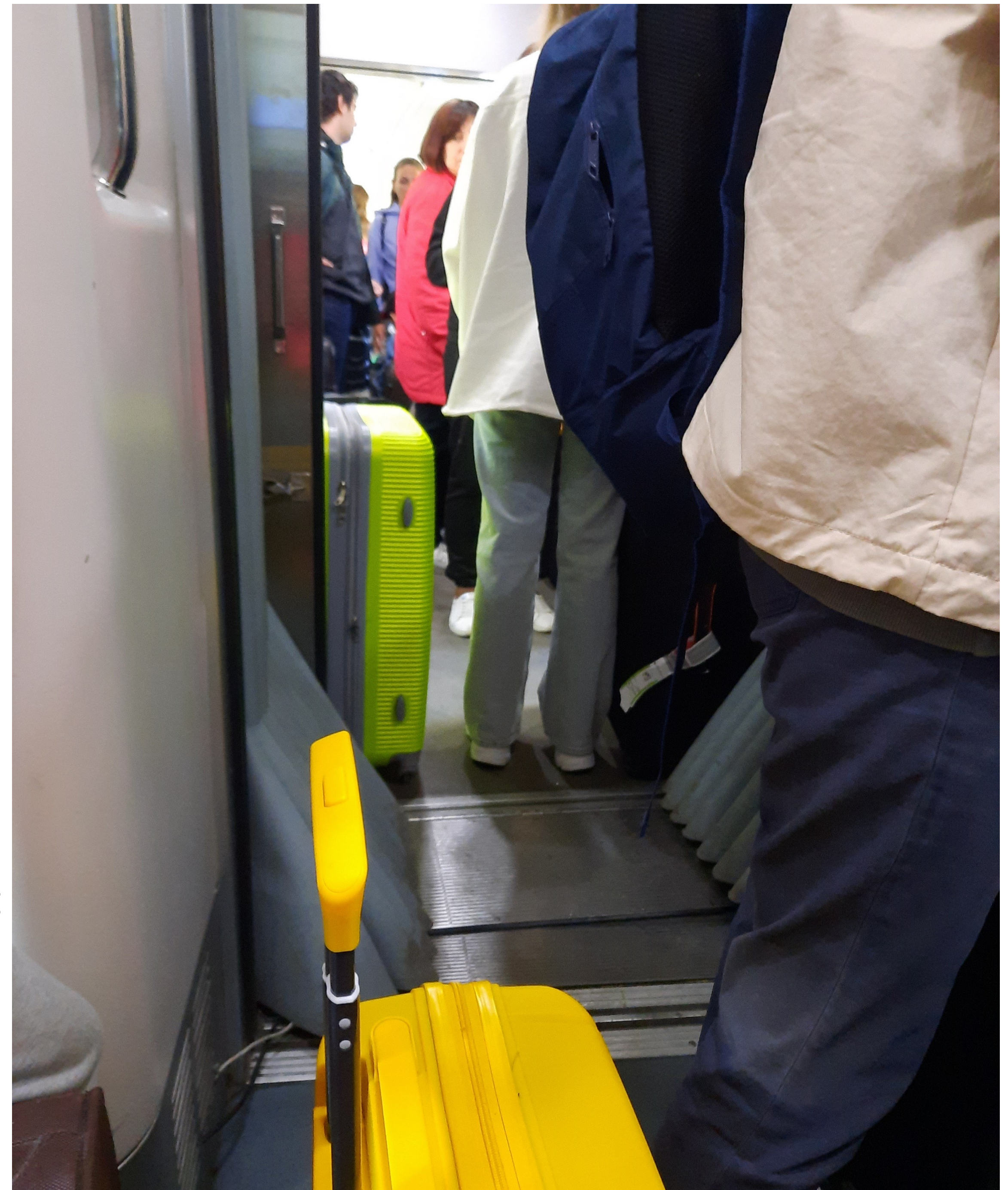
Dans un voyage, le plus long est de franchir le seuil (proverbe romain)

In a journey the longest is to cross the threshold



Hosted....

- Observer's syndrome
 - Delayed life syndrome
 - Self-guilt
 - I'm not a refugee!
-
- You are where you are supposed to be.
 - Out of everything you were doing before the war, what can you continue doing now? What else is possible?



Re-framing myself



I'm vulnerable



Victoria Spashchenko

#war_thoughts



<https://qr.page/g/4SGQWcNGGRR>

You are what you **accept you are**

You are a professional / an expert that you and people believe you are.
Accept a role and perform your best.



Being present...

The Book of intentions and answered prayers



SF Light



The power of a
single question



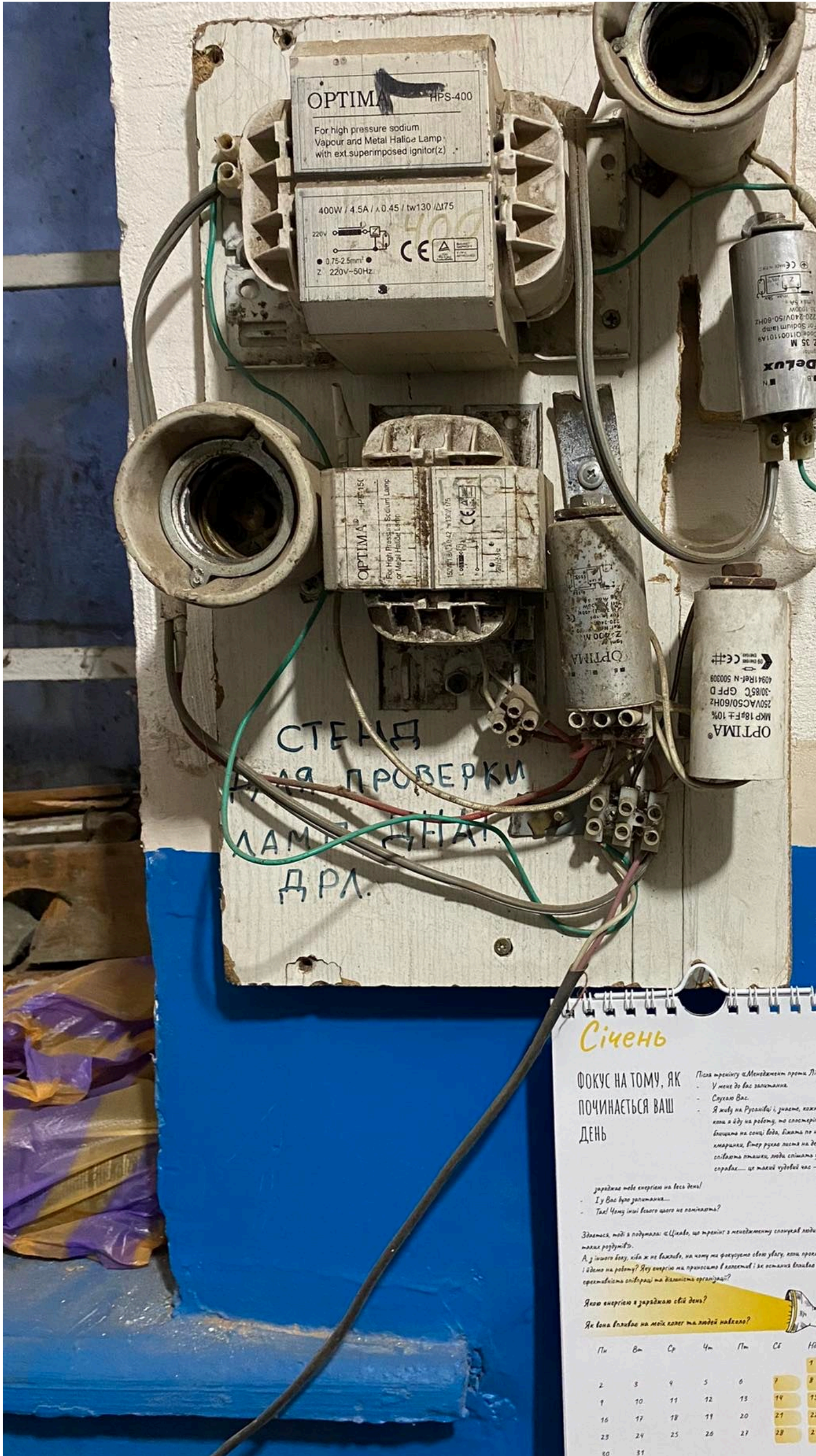
The background is a solid yellow color with a repeating pattern of white question marks of varying sizes scattered across it. A white rectangular box is centered on the page, containing the text.

**Do people really need to understand SFA to
apply it?**

Introducing another perspective



No step **is small**... Do!



Січень

ФОКУС НА ТОМУ, ЯК ПОЧИНАЄТЬСЯ ВАШ ДЕНЬ

Після пролегу «Мисливцям проти Літеринга»:
- У мене до вас запитання
- Сьогодні Вас.
- Я живу на Рухайлівці і, уявіть, кожного ранку, коли я їду на роботу, не контролюю, як виглядає моя голова. Вона не тільки хвилюється, вона рухає пальці на доріжці, слухає співаючі, навіть співають у сиротині... це майже чудовий час - раптом Ви зрозуміли мене краще, ніж всі інші!

І у Вас був розуміння...
- Так! Чому інші вважали щось не зрозумілим?

Здається, май в підручнику «Січень» це триває з невідомою кількістю людей до майже розриву.
А у якого білу, кві ж не бачили, на яку ми фігуруємо сім улюблених, коли провідимо і діємо на роботу? Яку енергію ми транслюємо в людину? Як виглядає Ваше настрій і як виглядає Ваша організація?

Якою енергією в уявленні свій день?
Як вона виглядає на місяці, а саме на кожному тижні?

Пн	Вт	Ср	Чт	Пт	Сб	Нд
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

The image features a bright yellow background filled with a repeating pattern of white question marks. A white rectangular frame is centered on the page, containing the text "SF Ukraine?".

SF Ukraine?

We have created our **Future Perfect**

Thinking forward – “If When we win....”

Musical theatre in Kyiv: “The war will end.
Ukraine will win”



We know **what we want** to achieve





We build on **Strengths**

- Personal responsibility for freedom and independence
- Spiritual strength
- United effort
- Self-organization and self-coordination
- Inventiveness and resourcefulness
- Persistence
- Resilience



Every step **matters**



We know the answers to the question:

“How do we know that we are moving in the right direction?”



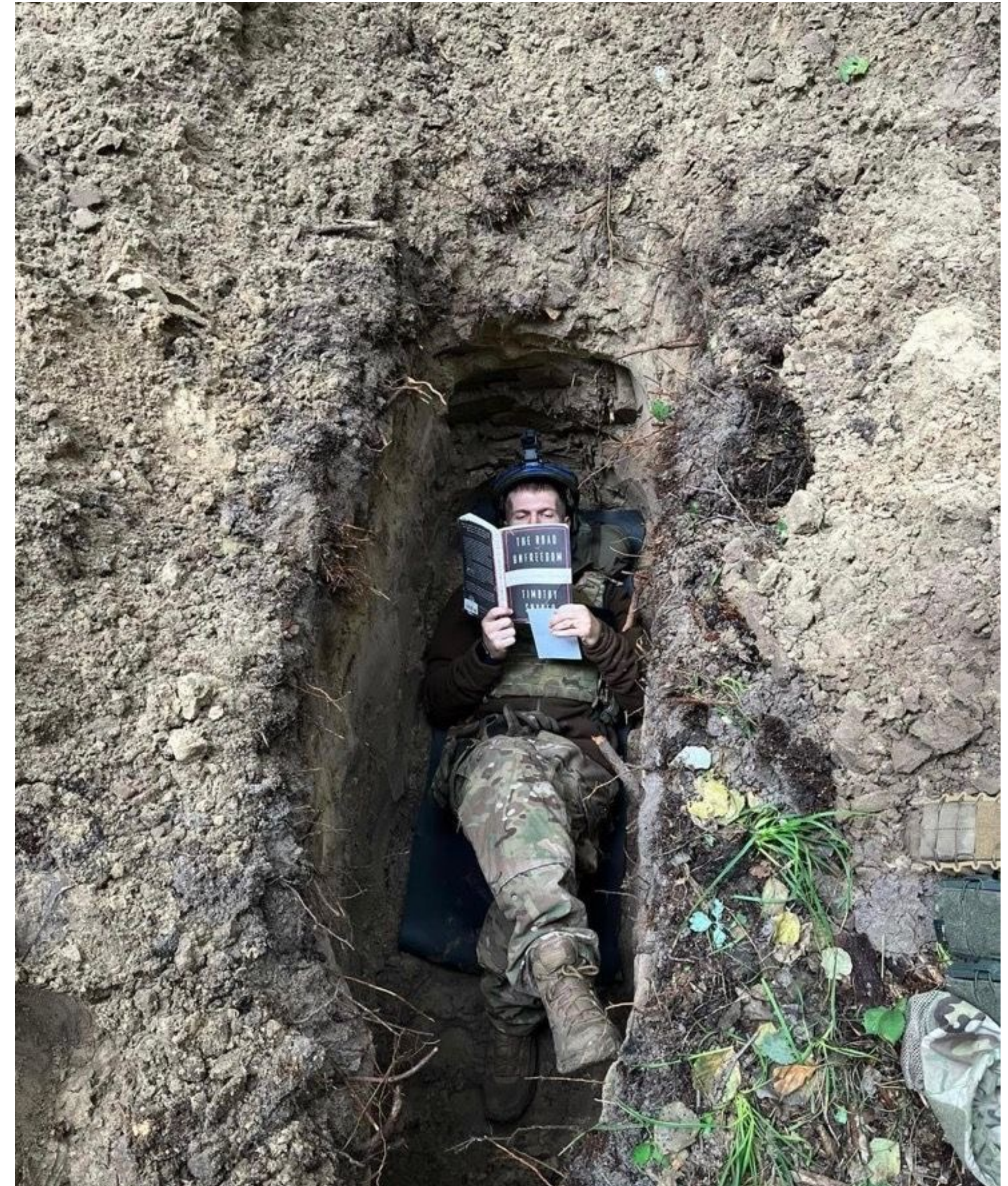
**We find helpful
exceptions**



**We even use the Dialogic Orientation
Quadrant by Haesun Moon 😊**



In Ukraine, we have
not suspended or
postponed Life!



We are resourceful and resilient



We practice **positive** **gossiping**

Vocabulary of Winners

Yes, we can! We are an unbreakable nation
and people of steel

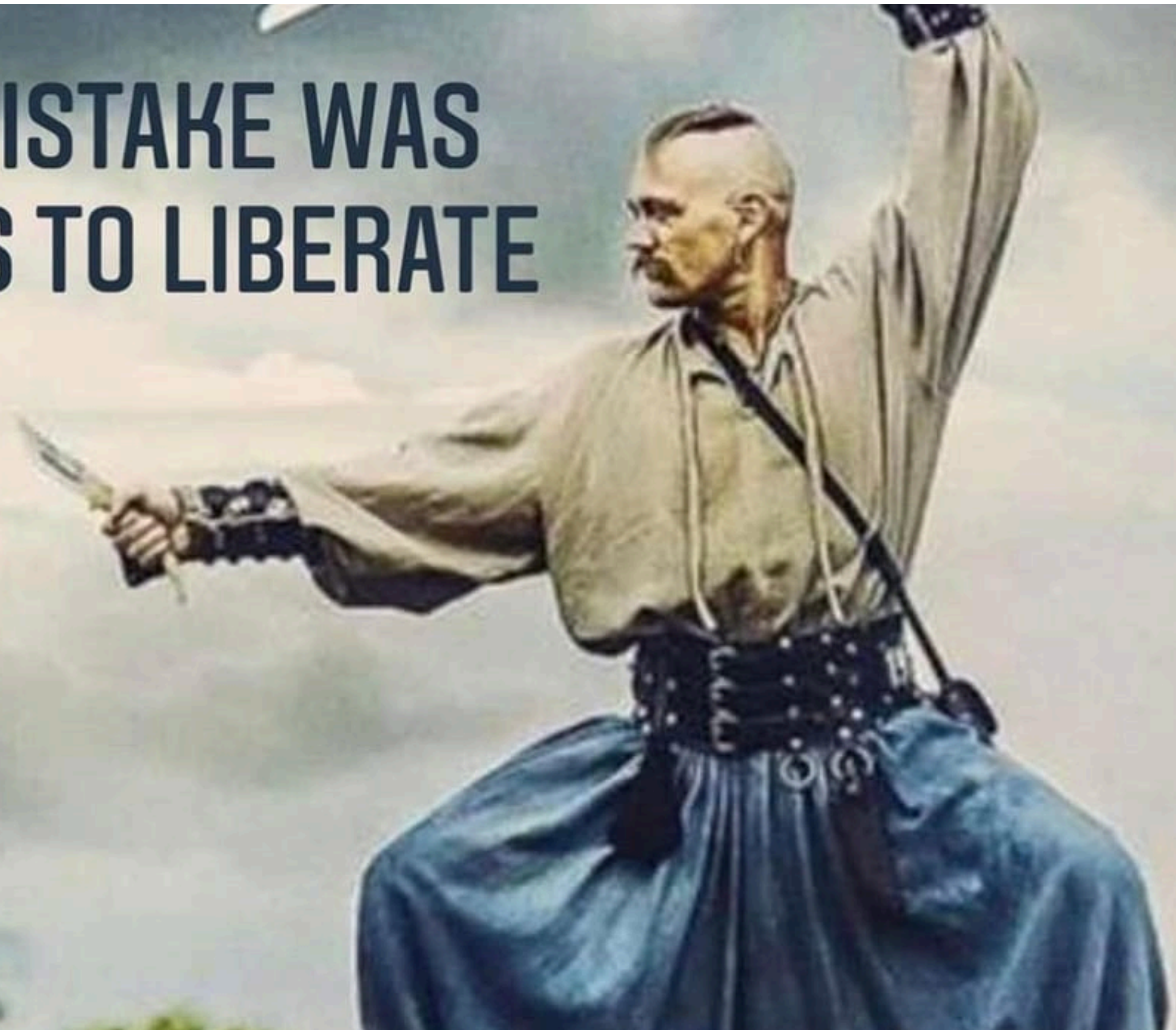
Our fight has a deep sense

We win because we are spiritually strong, united,
and invincible together, the world supports us,
and justice is on our side!

Every step brings us closer to Victory!



**PUTIN'S FATAL MISTAKE WAS
TO SEND SLAVES TO LIBERATE
FREE PEOPLE.**



Miracle question





Learn about Ukraine and stand with Ukrainians

- Ukraine in 2 minutes – <https://shorturl.at/wyQ25>
- Online course about Ukraine - <https://shorturl.at/dhvFQ>
- Ukraïner in 12 languages - <https://ukraïner.net/en/>
- Stand with Ukraine
<https://u24.gov.ua/>
<https://armysos.com.ua/en/>
- Humanitarian aid website - <https://help.gov.ua/en>
- Humanitarian and medical aid to Ukraine –
<https://help.gov.ua/en>

<http://solutiontalk.com.ua/>

Solution-Focused thinking and communication -



Practical Guide “How to Solve Problems without Discussing Them. Solution-Focused Approach for Managers, and for Others, too”





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Solution-Focused practitioner, self-appointed project-manager of “SF Ukraine”, speaker, author of the Practical Guides “How to Solve Problems Without Discussing Them. Solution-Focused Approach for Managers and for Others, too” and “WOwW-school. Working on what works. Solution-Focused Approach for Teachers, Parents and for Others, too” (in Ukrainian). Co-author of the book “Using video games in the classroom. Challenges and Solutions: All you need to know to start using video games in your classroom” with Dr.Elena V. Shliakhovchuk.

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Member of SolWorld community (<http://www.solworld.org/>)