



The Possibilities Lab

The Possibilities Lab specialises in Solution Focused approaches in therapy & clinical areas (*Solution Focused Brief Therapy*), organisations (*Solution Focused in Organisations*) and in educational settings but is not limited to these. The Solution Focused approach can be successfully applied in any situation or setting where people want change but are not sure how to go about it.

UPCOMING WORKSHOPS:

'An Introduction to Solution Focused Approaches'

Wed 3rd Mar 9:00am – 4:00pm AEST – [Online Workshop](#)

Wed 31st Mar 9:00am – 4:00pm NZ – [Online Workshop through GROW NZ](#)

Wed 7th Apr 9:00am – 4:00pm AEST – [Online Workshop](#)

'Consolidation of Solution Focused Knowledge & Skills'

Dates TBA

'Conversations that Create Hope – The Solution Focused approach to suicide prevention'

Part 1-18 Mar, Part 2-25 Mar. [Online, hosted by FBS in the U.K. £50](#)

The Possibilities Lab offers an extensive array of services including **workshops**, **training**, **one on one coaching**, **clinical supervision**, **advice**, **consultation** and **general presentations** on mental health, and suicide prevention and intervention.

We work with small and large groups, online, on-site or in a comfortable off-site facility chosen by us.

Let us know your needs and we will tailor training to specifically benefit your organisation.

CORE WORKSHOPS:

- Introduction to Solution Focused Approaches
- Consolidation of Solution Focused Knowledge and Skills
- Advanced Solution Focus

TAILORED WORKSHOP EXAMPLES:

- Using Solution Focused Approaches in Specific Clinical Areas
- Using Solution Focused Approaches in Business, Organisations and Teams
- Using Solution Focused Approaches in Sport
- Using Solution Focused Approaches in Suicide Prevention
- Using Solution Focused Approaches in Conflict and Violence Prevention

For more information please contact us or visit:

Facebook [@thepossibilitieslab](#)

Twitter [@Possible_Lab](#)

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