

MICRO TOOLS SF IN FIVE MINUTES

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REAL LIFE

- **LIMITED TIME**
- **RAPID CHANGES**
- **UNPREDICTABLE**
- **EASY TO GET LOST**

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SOLUTION FOCUSED MICRO TOOLS

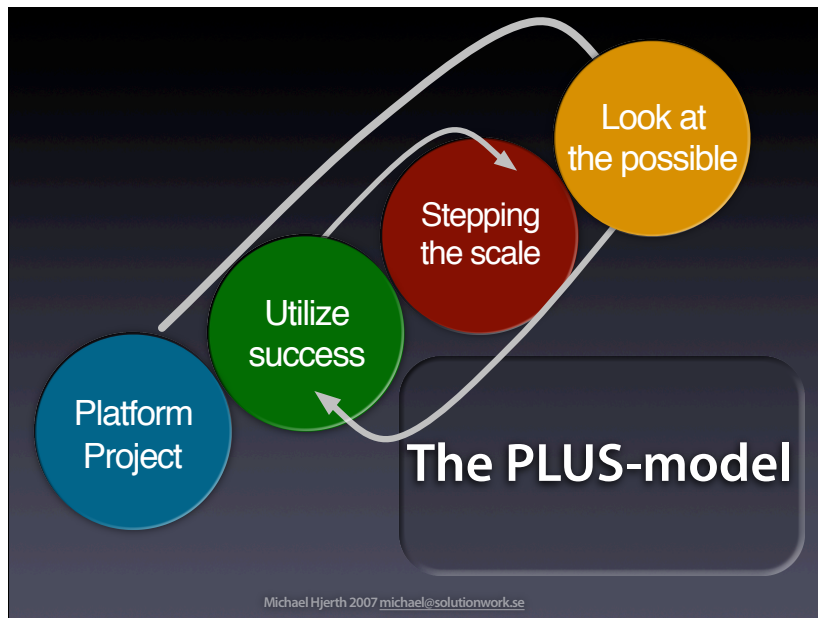
- **5 MINUTES**
- **PORTABLE**
- **EXTENDABLE**

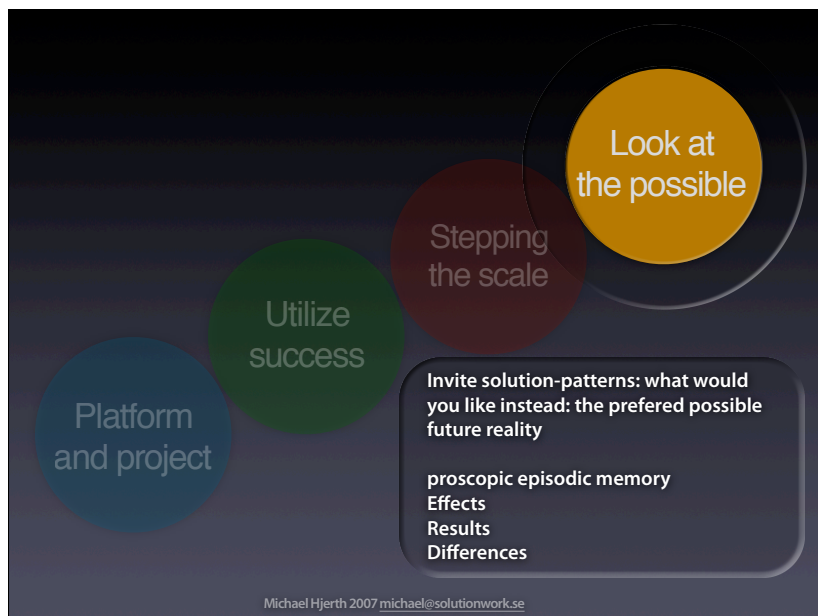
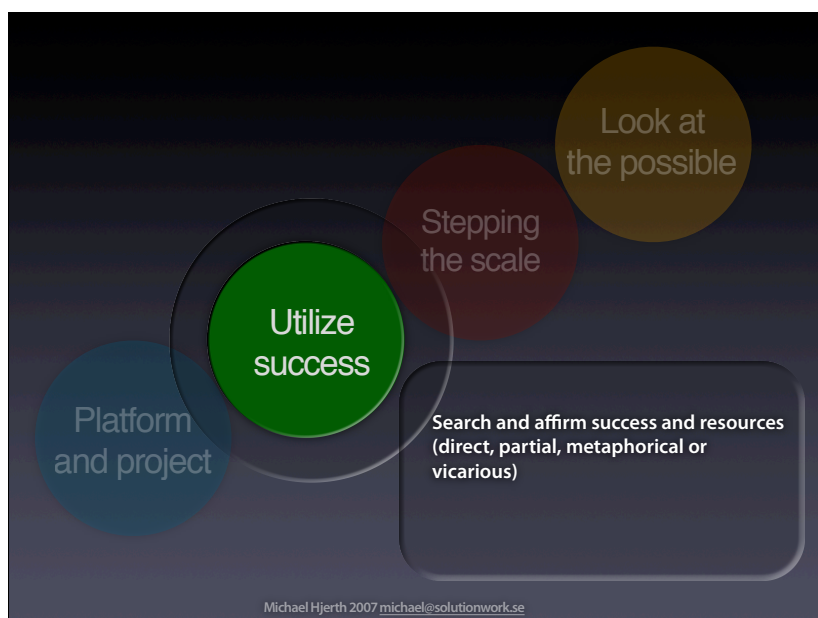
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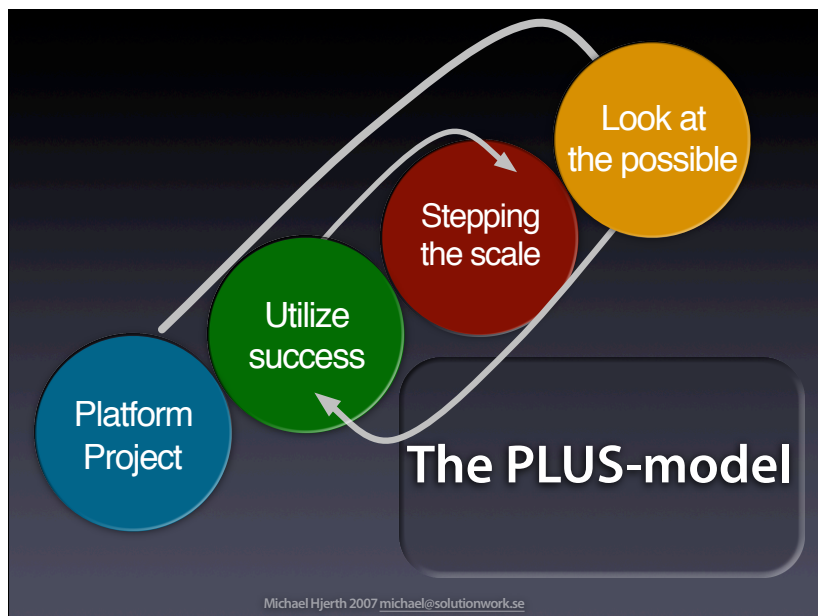
THE RULES

- FITS A SPECIFIC SITUATION
- USES THE WHOLE OR PARTS OF PLUS MODEL (A STRUCTURE FOR SF)
- 5 MINUTE LIMIT
- 4-8 QUESTIONS
- ENDS WITH FIRST ACTION
- SHOULD BE SELF CONTAINED AND SELF INSTRUCTING

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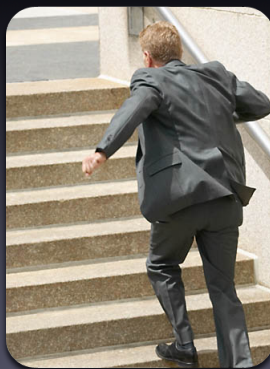


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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard writing template.

PLUS-planning

**To plan
when there
is no time to
plan**

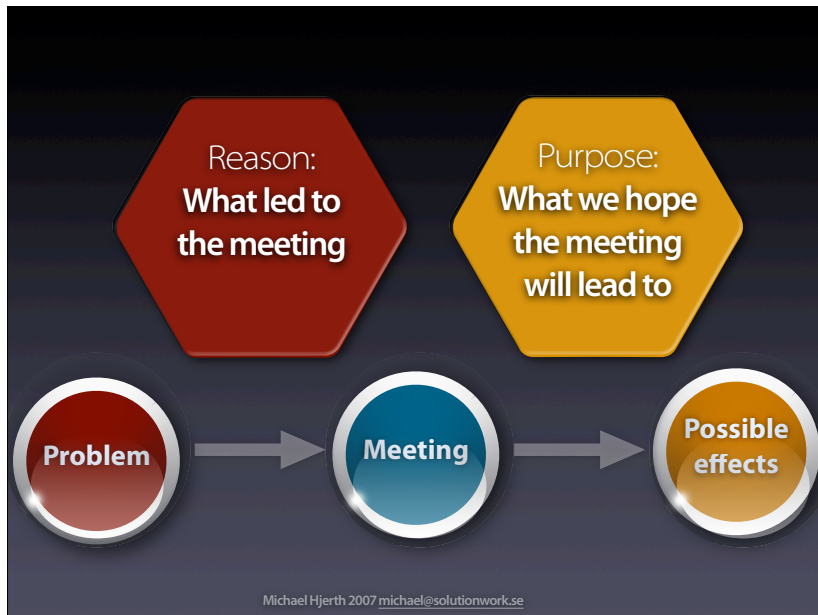
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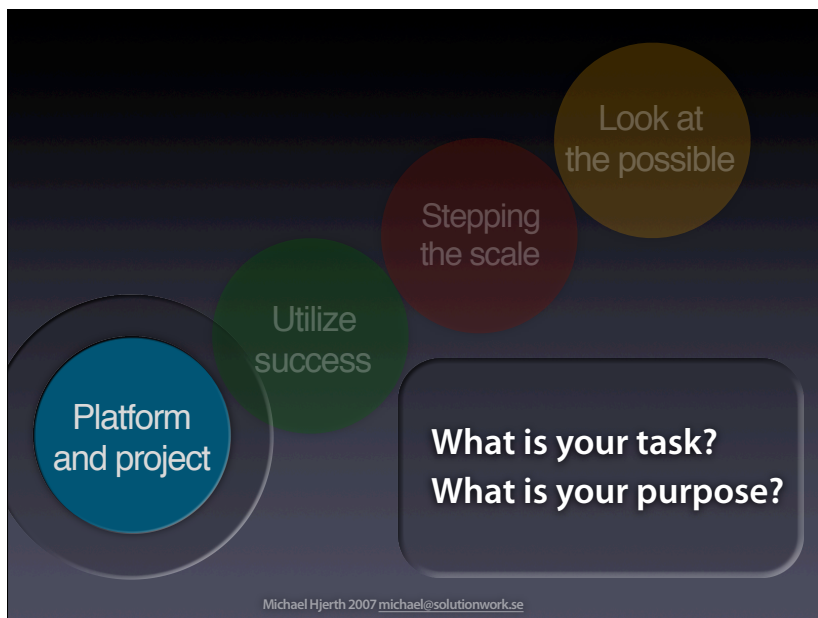
PLUS-planning

- 5-minute tool to focus on meeting or task
- Can be used individually
- Can be used as a coaching tool

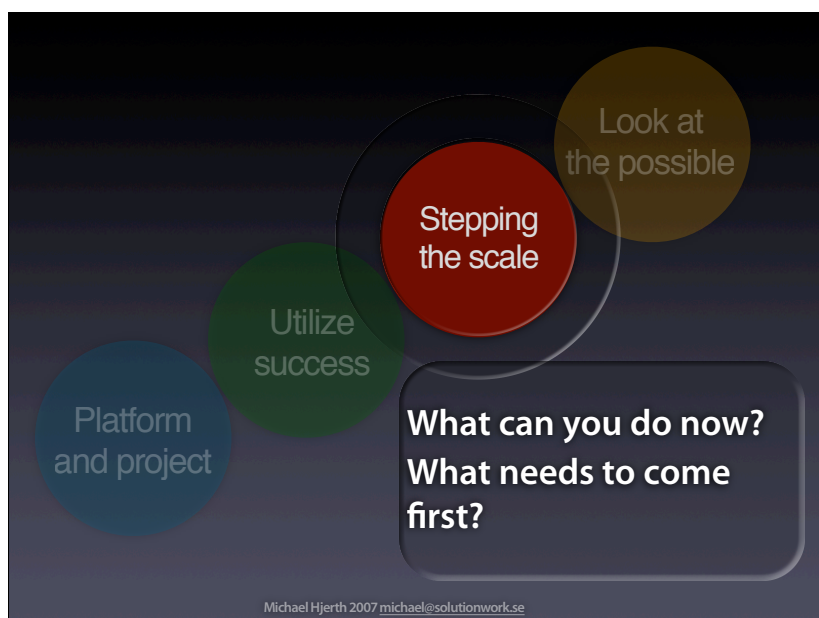
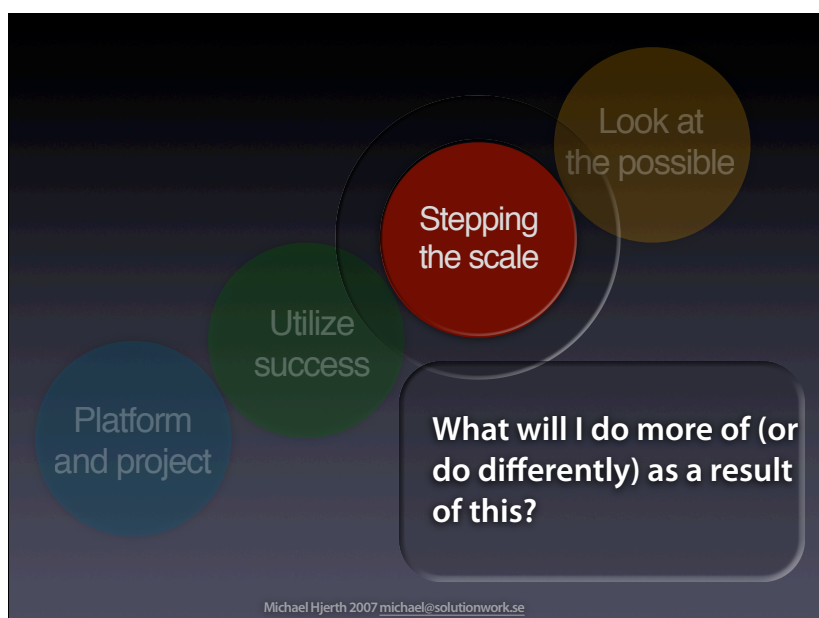
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[illegible]







[illegible][illegible]This image shows a single sheet of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. On the left side, there is a vertical black margin line. The paper appears to be part of a notebook or binder.

PLUS-planning

Platform and project	What is your task? What is the purpose?
Look at the possible	What would you like to see happen as a result? What is the least you need to see happen?
Utilize success	What have you done previously to achieve this?
Stepping the scale	What can you do now? What needs to come first?

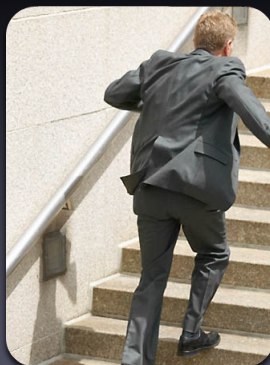


TRY IT OUT

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PLUS-evaluation

**To evaluate
when there is
no time to
evaluate**

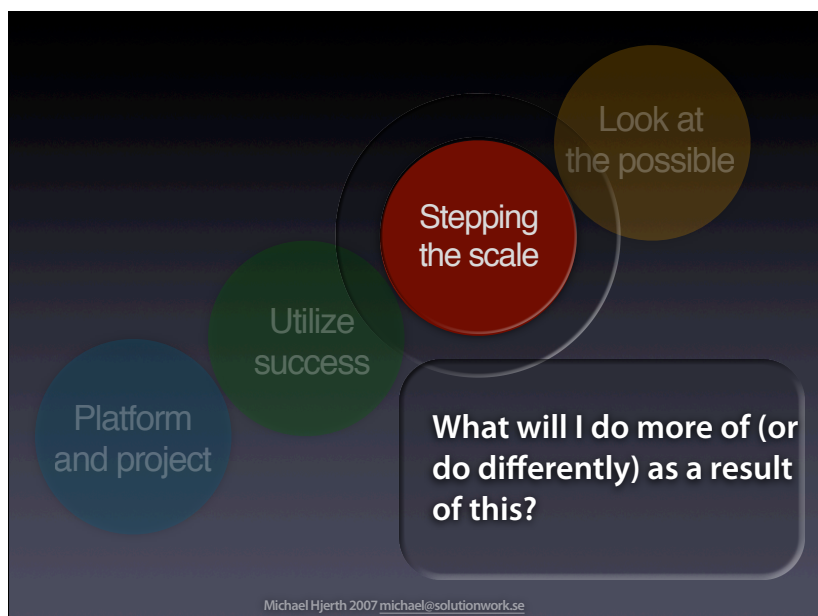
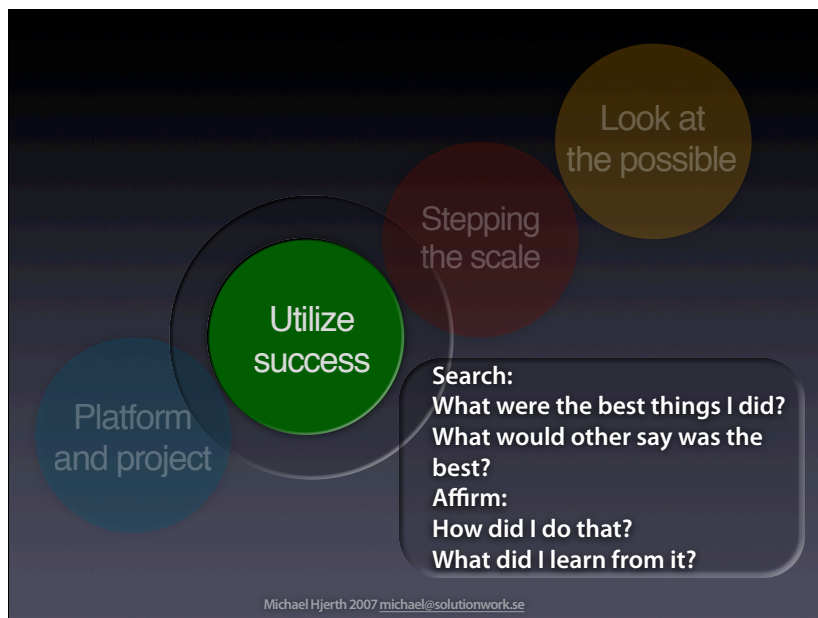


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PLUS-evaluation

- 5-minute tool to focus on meeting or task
- So small it can be used continuously
- Can be used individually
- Can be used as a coaching tool

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PLUS-planning

Utilize
success

(Search) What were the best things you did?
What would others say was the best?

(Affirm) How did you do that? What did you
learn from it?

Stepping the
scale

What will you do more of (or do differently)
as a result of this?

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TRY IT OUT

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MICRO TOOLS SO FAR

- MICRO PLANNING
- MICRO EVALUATION
- MICRO DILEMMA
- MICRO RELATIONSHIP REPAIR
- ...WATCH THIS SPACE

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MAKE YOUR OWN

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- USES THE WHOLE OR PARTS OF PLUS MODEL (A STRUCTURE FOR SF)
- 5 MINUTE LIMIT
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- ENDS WITH FIRST ACTION
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THANK YOU

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