## An exploratory workshop at SOL conference 2011, Balatonfüred, Hungary

"Joint insights and reflections on the concept of resistance and ideas on how to approach this.

How do we benefit from a Solution Focused approach in a world where resistances seems to be ghosts "popping up" without obvious meaning for a helpful process?

*How do we discover these ghosts and their* treasures so that we can step aside and let them be forward moving forces?"

1. The invisible (ghost) scale – establishing context



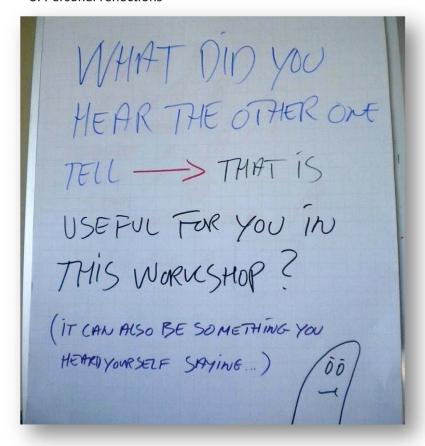
2. Sharing experience – what's already clear?

1. DON'T TELL ANYBODY WHERE YOU ARE ON THE SCALE!

LANDSCAPE OF Sol's

- 2. Find THE PERSON STAMOING CLOSEST TO YOU
- 3. TELL A STORY THAT I LLU STRATES WHERE YOU ARE ON THE SCALE

## 3. Personal reflections





4. The toilet-paper exercise – training presence

## 5. Sharing personal insights from workshop

