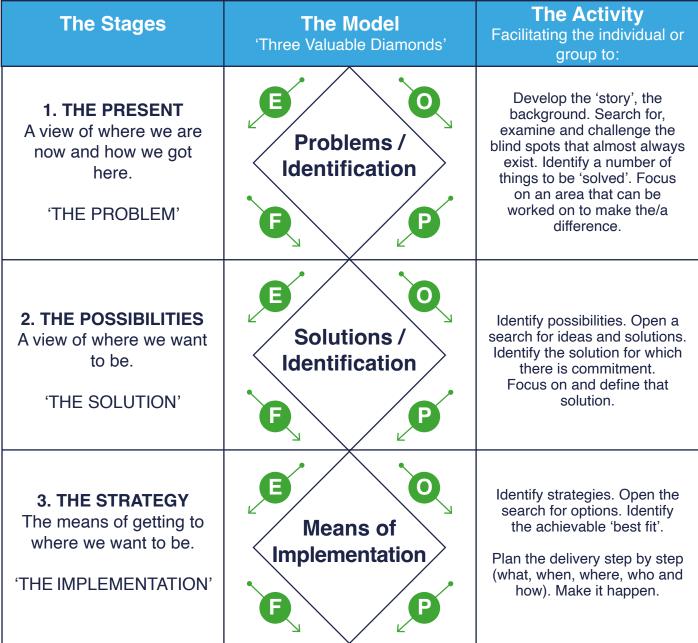
## **A Process For Problem Solving**

When dealing with complexity and confusion it can be useful to remember and apply this Client Centred Process for Problem Solving based on the Egan Model





- EXPLORE to explore the ground
  OPTIONS to discover ideas and options
  - PRIORITISE to determine the priorities

FOCUS – to focus on the priority that emerges from the range of options identified from time spent in exploration

## A Facilitator's Thought:

'At all times I am here to help YOU explore YOUR options and priorities but most of all to help YOU focus on YOUR objectives and what is important to YOU'.

The above problem-solving process has been developed from the work of Gerard Egan ('The Skilled Helper' (1990)).



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