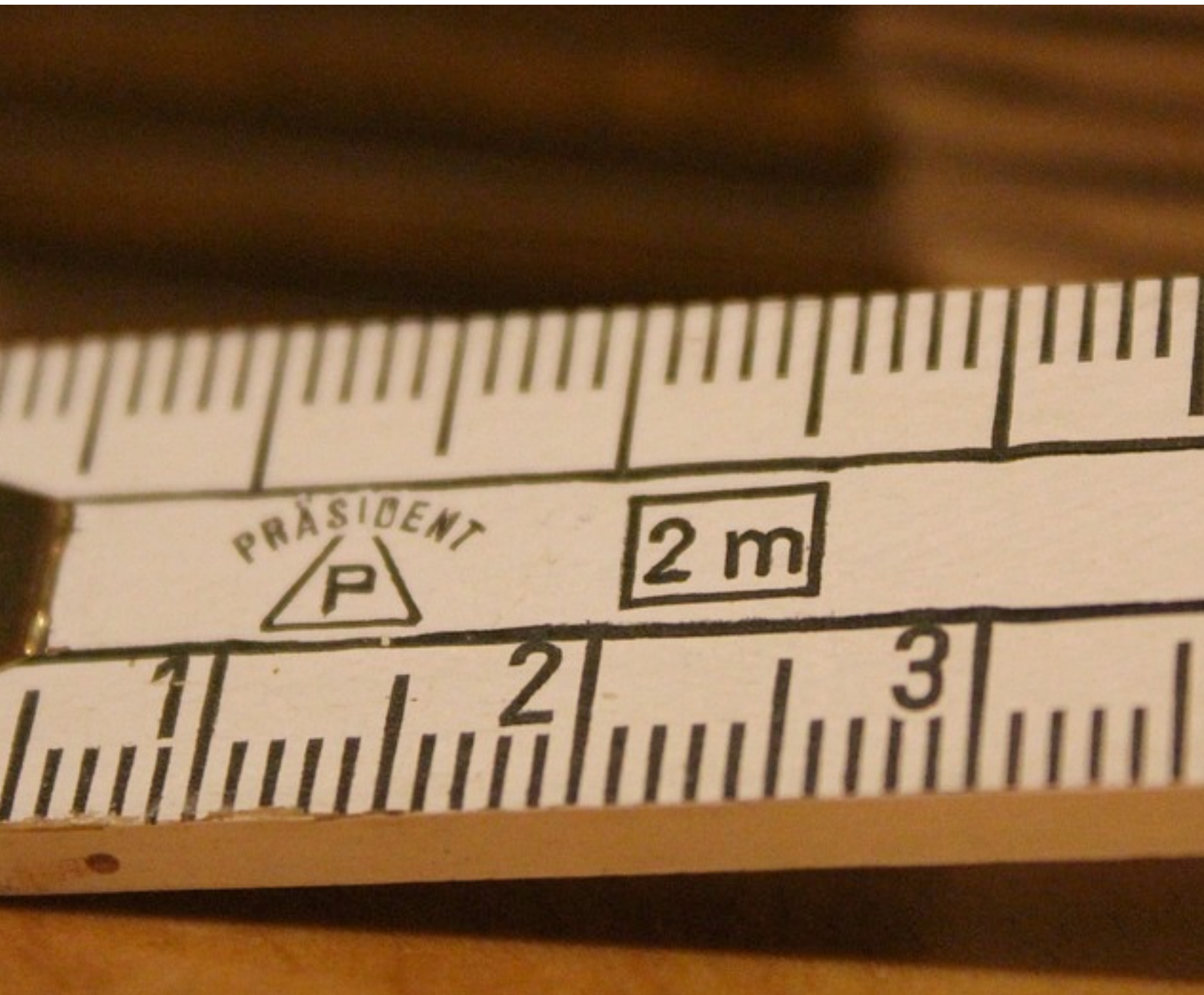


REDUCING THE DISTANCE

SHARING AND NETWORKING WITH SOLUTION FOCUS

Marco Matera



REDUCING THE DISTANCE

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REDUCING THE DISTANCE

The focused approach to solutions invites us to look at what works, the advantages that this brings.

So I asked myself what I can do useful for myself and for others as the first few days of cloistering had made me a little apathetic.

The result was this: peer exchange groups, using the solution focus paradigm.



IS YOUR WORK STOPPED AND DO YOU NEED TO STAY AT HOME?

We can use this time to share our skills, network, test ideas or work on our projects.

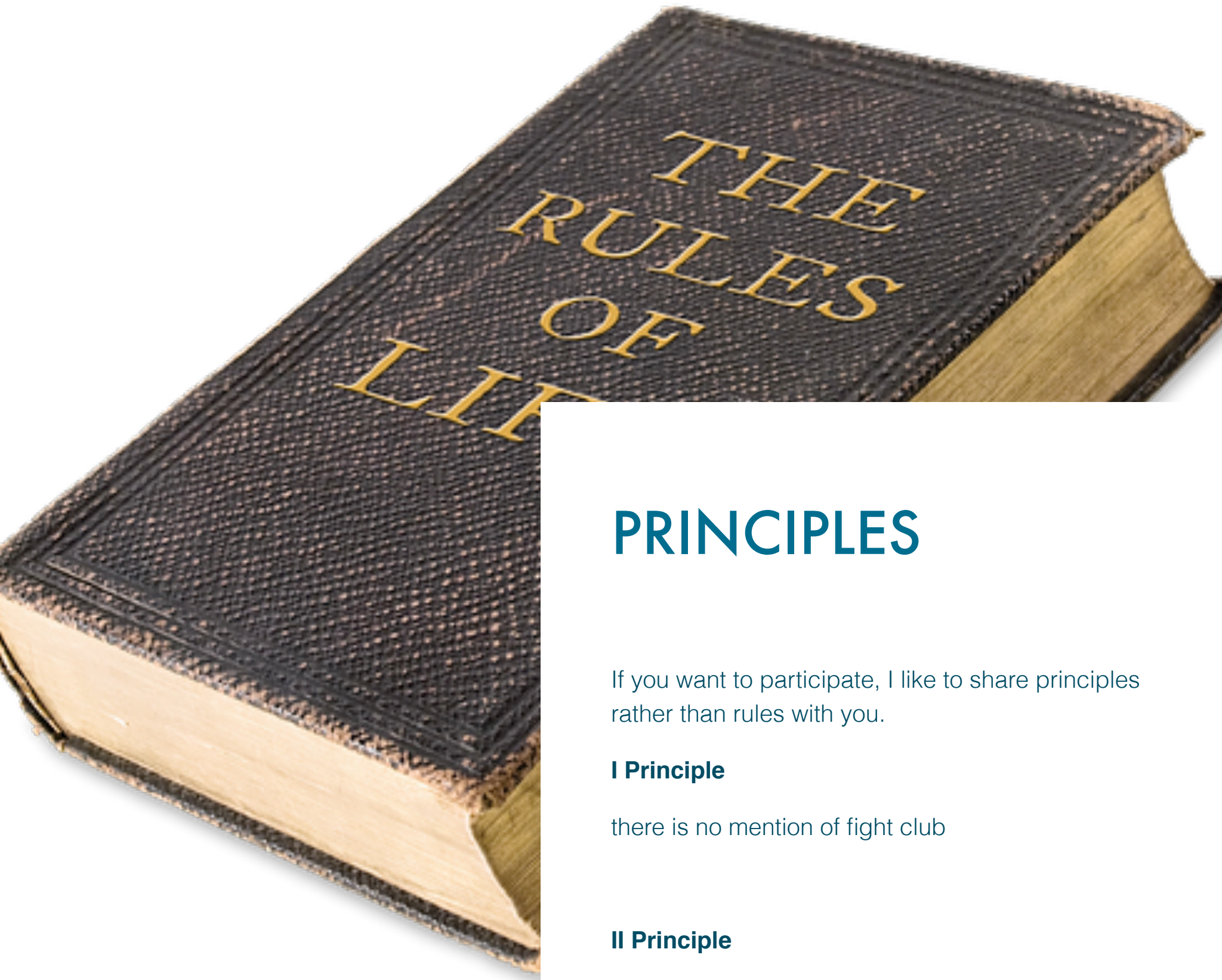
We will be in a group in a virtual room on zoom, where we can meet and reduce distances, where we can get to know each other better and bring home something useful.

If you want to share your project to receive feedback by the group, with the solution focus approach, you don't need to go into detail and your idea can be kept confidential.

What will you need?

- an internet connection
- a computer, tablet or smartphone
- the desire to share

See you on Zoom ...



PRINCIPLES

If you want to participate, I like to share principles rather than rules with you.

I Principle

there is no mention of fight club

II Principle

never talk about fight club



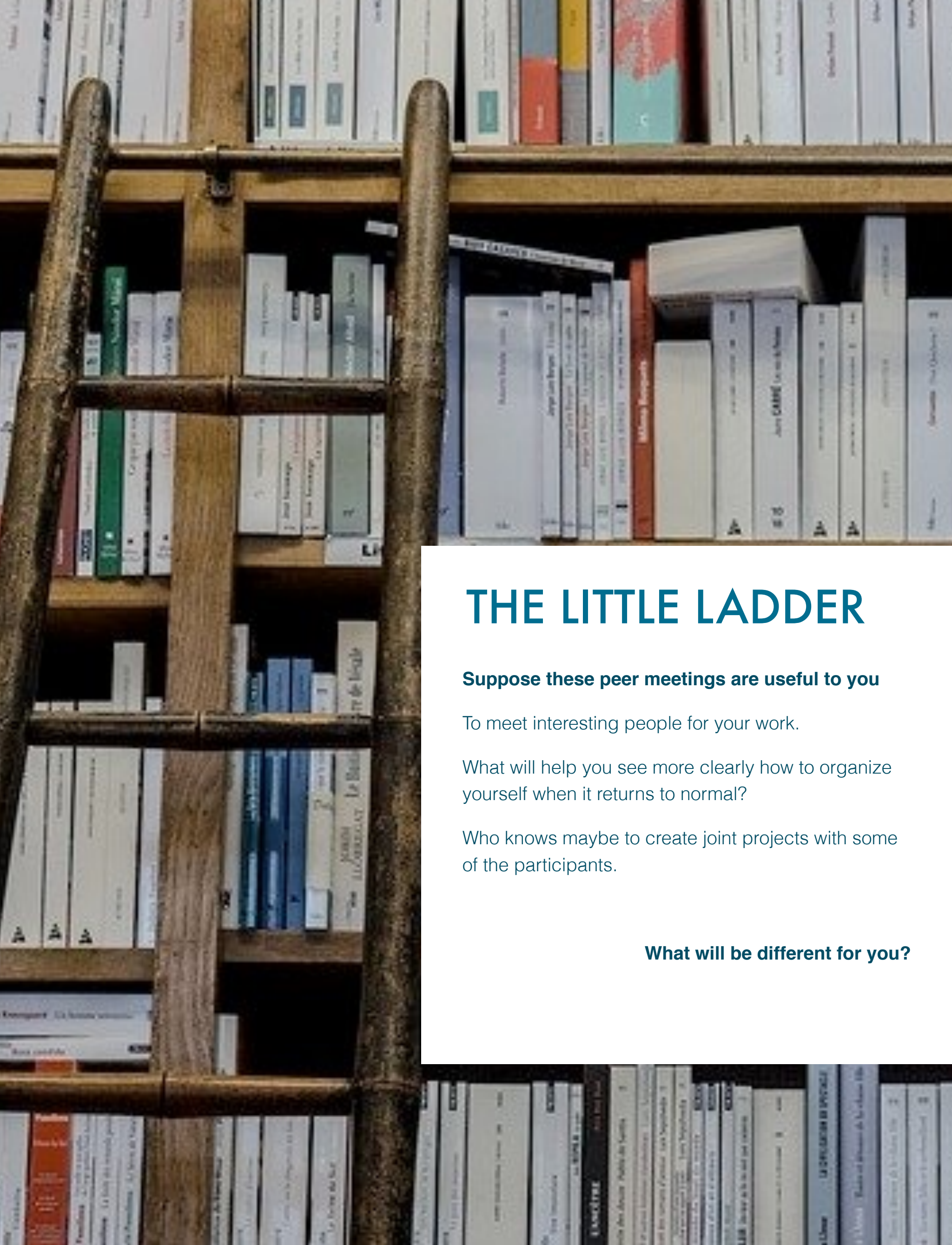
Viruses, statistics, news and the similar can be talked about many times but I'd like don't talk about it in "**Reducing the distances**".

Let's take a distance from all this for a moment, in these meetings let's deal with what we will do better when all this has passed.

If you agree to be part of the sharing group, I ask you to agree with these **principles**.

- First of all, Respect: you, the other and the group.
- Listening with a capital A means to be silent (in zoom is better to silence even the microphones if not a very annoying reverberation is generated), it means going to the core of the listened. It also means listening to those who listen to us in silence, and facilitating the sharing by being concise, open and precise.
- The complaint can be put on standby for the duration of the virtual meeting.
- You participate to share knowledge, tools. To know each other. To gift oneself, if we get rich then it will be the normal side effect of giving oneself.

If you agree with all this I propose you my lineup: the format that I thought for these meetings.



THE LITTLE LADDER

Suppose these peer meetings are useful to you

To meet interesting people for your work.

What will help you see more clearly how to organize yourself when it returns to normal?

Who knows maybe to create joint projects with some of the participants.

What will be different for you?



Scales play a specific role in Solution Focus, but I really mean the little ladder. In Italy is a word joke because in Italian means the agenda of a meeting.

We will agree on it every time and propose it like this:

- we start at the established time who is there, introducing ourselves in a limited time depending on how many we are (2-3 'seem few but if well managed there are also many) then we can always deepen
- in 5 minutes I will explain the Solution Focus paradigm which will thus act as a structure for exchanges. It will also be an opportunity for you to experience it together as a tool for dialogue.
- together we will decide a topic to deal with that may answer the question I asked you before
- we can together decide the next topic for the possible subsequent "zoom meeting"



CONNECT

You will receive a zoom link (www.zoom.us) and you can access it via PC or via tablet or smartphone if you download the free app. Each meeting has an associated number, just type that number on the **Join button**.

Obviously you will need a good network connection.

See you on Zoom

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