

How to do Appreciative Inquiry

Facilitating positive change in organisations and groups



Appreciative Inquiry is the art of asking the right questions to inspire people to shape a positive future.

It is focused on 'growing' change for the future from the best of the present, rather than trying to achieve change by 'fixing' the problems of the past. This dynamic facilitation process creates newness and change in the moment, enabling a group to come to understand itself differently and promoting organisational learning. It works well both when you need to solve tricky problems and when you want to move your team or the whole organisation from good to great.

How to do appreciative inquiry

This highly participative and interactive workshop will take you through the core 5D Appreciative Inquiry process—define, discover, dream, design and destiny—creating a full experience of the process. You will learn how and why the magic of Appreciative Inquiry works, and practice applying it in a range of contexts.

Sarah will share her own experience of practicing in this way for the last twenty-odd years through stories and case-studies, and will offer guidance on the dos and don'ts of facilitating a successful event.

You will leave the workshop:

- Able to design, facilitate and run a 5D Appreciative Inquiry event
- Able to explain the process and the role of leadership to clients
- Aware of the key success factors for running a successful event
- Knowing how the process can be adapted to different organisational constraints
- Understanding how the 5D process can be scaled down for individual coaching and team events
- With clear guidance on further information and resources.

Who should attend?

- Organisational coaches and facilitators
- Organisational development practitioners
- Change agents and influencers
- Leaders and executives
- Human capital managers
- Anyone interested in applying positive psychology at work



Expert facilitator

Sarah Lewis is a chartered organisational psychologist and one of the leading positive psychology and appreciative inquiry practitioners in the UK. She works with organisations to achieve effective, sustainable, positive change.



An Associated Fellow of the British Psychological Society and key founder of the Association of Business Psychologists, Sarah regularly speaks at national and international conferences on positive psychology, Appreciative Inquiry and organisational change. She is author of *Positive Psychology at Work*, *Positive Psychology and Change*, and joint author of *Appreciative Inquiry for Change Management*.

“ Sarah Lewis...not only helps leaders and managers, change agents...and coaches, to see the world anew but she helps us to see change anew. **”**

DAVID COOPERRIDER, FOUNDER OF APPRECIATIVE INQUIRY

Masterclasses

Sydney 17 November

Melbourne 22 November

Course fees: \$995 + GST

Presented in association with Appreciating Change.
Ask us about in-house programs for organisations and groups.

Register now

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