

Appreciative Inquiry

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**Asset Based
Consulting**

www.assetbasedconsulting.net

Appreciative Interviewing



Appreciative interviewing (Discover)

- Can you tell a story of a time when you made a positive change to improve your own health or wellbeing?
- What do you believe is now the single most important thing that positively influences your own health and wellbeing?
- Now turning to your work; can you tell a story of how you involved others as equal partners in bringing about real and sustainable change?
- Imagine your community, your friends, your family, your colleagues and the wider community, telling stories about how you have worked together as equal partners to achieve your dreams of positive outcomes.

What would these stories be?



Appreciative Inquiry



Defining Appreciative Inquiry

Appreciative – Valuing, recognising the best in people or the world around us, affirming past and present strengths, successes and potentials

Inquiry – The act of exploration or discovery or to ask questions and be open to seeing new potentials and possibilities.



Agenda

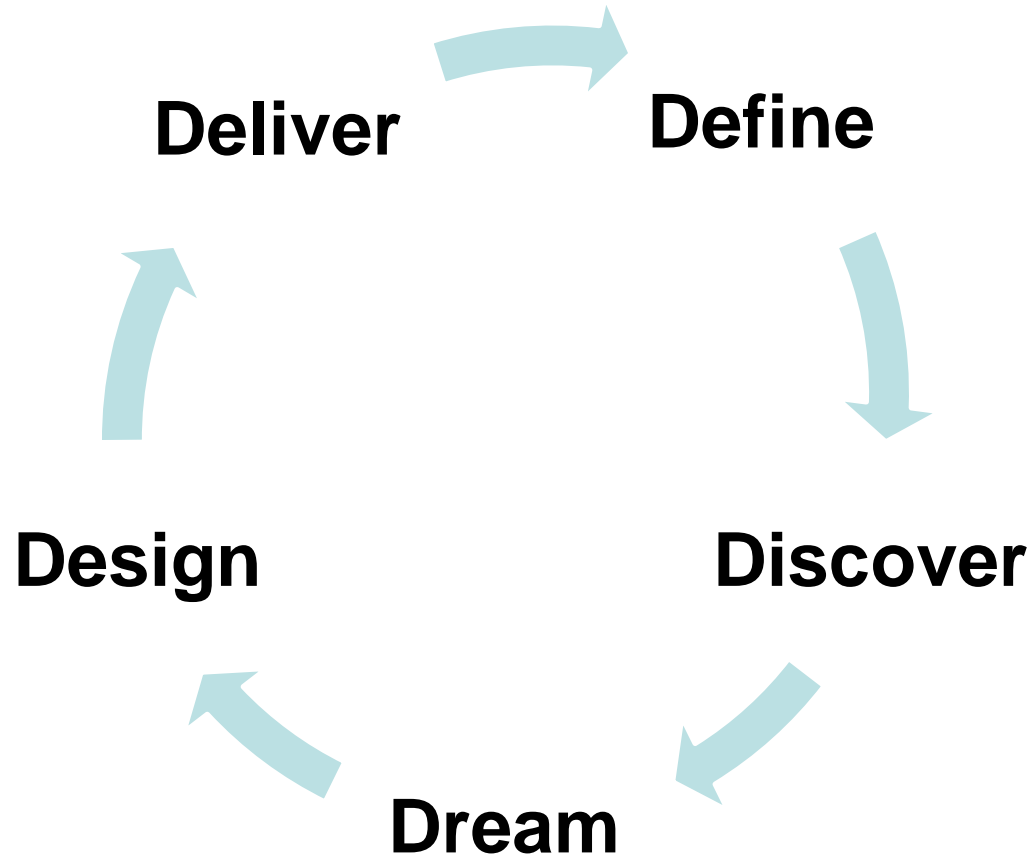
Reflection – remembering times when our culture, values and identity made us proud.

Affirmation - inquiring into those strengths and how we can use them to create the future

Action – practical planning towards the future



The appreciative cycle



...building the path as we walk it



Define

How can we ensure that voluntary and community sector services continue to make an important contribution to the health and well-being of all our communities in Northumberland?



Discover

- Happiest/earliest memories
- Appreciative interviews
- Circles of support
- Asset mapping – individuals, associations and organisations



Dream

*“What would things be like in an ideal future?
One in which voluntary and community sector
services are making an important contribution to
the health and well-being of all our communities
in Northumberland.*



Our dreams

Following your thoughts and discussions write down your dreams for:
‘an ideal future for the health and well-being of all our communities in Northumberland’
onto ‘post-it notes – one idea on each note – so use as many as you want.



Sharing your ideas

Stick your post-its onto the area provided.

Look at all the other post-it notes.

Gather the notes that are similar into themed groups.



Design

In themed groups suggest and discuss practical ways of achieving the ideal world and positive outcomes described in ‘The Dreams’



Deliver

Each themed group to design a poster illustrating and describing how voluntary and community sector services are making an important contribution to the health and well-being of all our communities in Northumberland.

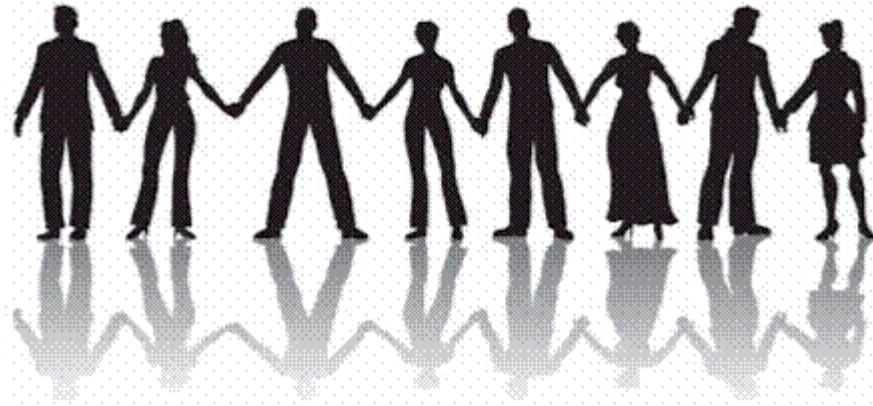


Presentations

Each group has two minutes to present their poster to the whole group.



“The asset approach is a set of values and principles and a way of thinking about the world.”



It takes everyone to build a healthy, strong and safe community.

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