

Lip-Focus



The Lip-Focus programme was developed in Swedish schools to provide teachers with accessible and simple tools for addressing everyday issues that often come up when managing pupils' behaviour. Lip translates as Solution-focused education and Focus stands for Feedback and coaching to develop the school. Lip-Focus demonstrates how to improve teaching and learning by integrating coaching into classroom management. There are 4 main elements that are essential to the programme. Trained solution-focused coaches use all these elements in collaboration with the teacher. Both teachers and students benefit from solution focused coaching in the classroom.

- ✓ Solution-focused observation
- ✓ Giving positive feedback to pupils
- ✓ Setting goals
- ✓ Scaling

Solution-focused Education is a proactive way of working and thinking to help educational professionals promote and reinforce positive behaviour in the classroom. In today's society, language is one of the most important skills, and certainly one of the teachers most important, when it comes to constructing different conversations. Children's language and ways of thinking develop as a result of their social interaction. Thus optimal interaction between teacher and pupil is a pre-requisite for effective teaching and learning. Our attitudes depend on how we think, talk and reason within ourselves, as well as how we perceive our surroundings. Thinking of problems – we create problems. Thinking of possibilities – we create possibilities.

A Solution-Focused programme that:

- ✓ Highlights and reinforces the pupils' skills and resources
- ✓ Helps teachers and the pupils negotiate and set common class goals
- ✓ Encourages a positive working atmosphere in class

Evaluations from the Lip-Focus project at Lundskolan in Järfälla, Sweden 2008

The pupils said:

*"It all goes more smoothly; it's cool in class."
"It has become much quieter in class."
"The breaks have become so much better, with no fighting."
"I get through more work myself."*

The teachers said:

*"We are seeing there's better communication between them."
"The greatest benefit is that conflicts have been reduced."
"Their eyes are sparkling when they receive positive feedback."*

The head teacher said:

*"When the children come in from the breaks, there is a different calmness."
"Today, I see happy people talking about teaching."*

The Lip-Focus pack consists of a DVD and handbook. The DVD shows how a lip-coach at Lundskolan in Järfälla, Sweden, used the programme for four months during the school year 2007/2008. The recording also contains some of the evaluations. The handbook (Lip-Focus ISBN: 978-91-977651-0-7) describes in detail the different elements that are integral to the programme and how to introduce Lip-Focus in a school. The handbook consists of instructions for Lip-coaching, as well as guidance for solution-focused observations, giving feedback, setting goals and using scaling. The handbook and the DVD can be ordered together or separate. The English version of the DVD, containing sub-titles, can be ordered from www.sfe4u.org or by e-mail: kerstin@lip4u.se

The book, Solution-Focused Education, with a foreword by Ben Furman, can be ordered from www.sfe4u.org