

# **Introduction to Appreciative Inquiry (AI) for Collaborative Practice**

## **Abstract**

This workshop explains the basic premises of Appreciative Inquiry, how AI can bring about social change in both small and large groups and offer an opportunity to discuss application within the collaborative community

## **Learning Objectives**

Participants will learn how:

- framing questions in an appreciative manner opens up new possibilities for solution
- creating a positive image of the future begins to create positive change in the present
- focusing on what works and holds value creates energy for positive actions

## **Agenda**

–Introductions

Introduction to the principles and perspective of AI

A. Construction of reality

How humans are affected by words, stories and conversations

- The Pygmalion effect
- The Placebo effect
- The neurological effects of words and stories

B. Questions focus the attention and begin the direction of change

- Positive questions promote positive actions
- Good feelings affect brain function

C. Professionals have choices about the direction they take a case

Inquiry experience

Debrief exercise

Discussion and Questions