

# Conversations Inviting Change (CIC)

## The Seven Cs

Conversations, Curiosity, Context, Complexity, Creativity, Challenge (*with caution*), Care

## The Four Rules

1. only ask questions – short, open and single
2. make your question follow on from the previous response & follow language
3. try not to make assumptions
4. try not to give advice

## Some Useful Questions for Supervision

- What do you want to get out of this conversation?
- Have you dealt with a similar situation before?
- What can you bring from a previous situation that might be useful here?
- What's preventing you from addressing this problem?
- What would X say about you?
- What would they say if they were a fly on the wall?
- What's the worst that could happen?
- What would be your plan of action?
- What happens if nothing changes?
- What would be the ideal outcome?
- Is there a question you'd like me to ask you?
- What would you like to change?
- What is the priority for you (complex problem)
- Who else could help with this?
- Where are you now?
- What can you take from this situation that you might use in the future?

## Further Information

Narrative-Based Practice in Health & Social Care: Conversations inviting Change  
by John Launer (2018)

<http://www.conversationsinvitingchange.com>