

Pack 1- Problem Solving

The world is full of problems, and some of them look pretty challenging, to say the least.

A problem:

- ✓ is the difference between what *is*, and what *might or should be*
- ✓ is an assignment/task/obstacle that someone
 - ✓ wants or needs to solve
 - ✓ does not have a procedure for solving
- ✓ has to choose the appropriate way to find a solution

Problem Solving

It is a:

- a) Process** of changing the current situation into something better, and keeping it that way.

- b) Skill** - the ability to handle difficulties or unexpected obstacles in different situations – at work, in a group, in training, in relationship, in community etc.

To solve problems happens everywhere one travels through this life.

Problem Solving Processes

1) SARA: **S**canning the problem; **A**nalyze; **R**esolve; **A**ssess

2) ADAPT: **A**ttitude, **D**efine, **A**lternatives, **P**redict and **T**ry-out:

It is part of the “Problem Solving for Life” training program, developed at the Clinical Center for the Study of Development and Learning, University of North Carolina at Chapel Hill, designed to teach problem solving skills to adolescents and adults with a variety of disabilities.

3) DO IT! **D**efine the problem; **O**pen yourself to many possible solutions; **I**dentify the best solution; **T**ransform it into action effectively; **!** Get excited

How to improve your problem-solving skill

- ✓ be as open as possible to learn and try new things
- ✓ seek out opportunities to problem solve
 - ✓ do practice problems
 - ✓ observe how others problem solve
 - ✓ simplify things
- ✓ focus on the solution, not on the problem

Community Problem Solving as a foundation for social business

“Social enterprises are business created to further a social purpose in a financially sustainable way.” (*NESST Organization*)

A social business solves a problem which affects a group of people in community!

Community problems in areas as:

- ✓ Recycling
- ✓ Education
- ✓ Health



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**“Incredible Practitioners to empower adults
with disABILITIES through
Education, Employment & Social Entrepreneurship”**

