

# Appreciative Inquiry training resources | Appreciating People



Under the AI essentials banner, Appreciating People has developed a number of user-friendly training resources as an alternative to dense textbooks and articles. Below is a summary of their key aspects, and the courses and workshops for which they are most suitable, drawing on our own experience and that of our colleagues who have used them...

## Training resources



### **A Taste of Appreciative Inquiry – a simple guide to AI**

This 12-card pack provides a simple and practical introduction to Appreciative Inquiry. An excellent training resource for a one or two-day introduction to AI, it includes practical suggestions, helpful hints and sets an accessible pace and structure. It is a useful tool for consultants wishing to introduce AI to

potential clients and is currently being translated into Spanish, with plans for other editions.



### **AI essentials: A practical, straightforward and easy-to-use guide to Appreciative Inquiry**

This 21-card pack provides user-friendly practical information on the principles and practice of AI – including how to develop AI protocols, and use the 5D cycle and SOAR. The pack includes and expands upon A Taste of Appreciative Inquiry and provides the

core curriculum for Foundation and Advanced AI training workshops (3 to 5 days); it's also an accessible reference guide for any AI practitioner. This resource is particularly effective for people who have already started their AI journey and want to build their AI experience.

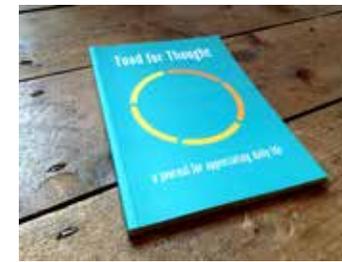


### **Creating Great Conversations – practical advice for better appreciative conversations**

This pack was designed for front line staff and community members who requested advice on conducting appreciative and strength-focused conversations. This 18-card resource provides information and a range of activities to promote active listening and quality

conversations. It is particularly useful for AI practitioners and facilitators wishing to enhance dialogue skills and co-design appreciative conversations.

## Journals and workbooks



### **Food for Thought: A journal for appreciating daily life**

This is an AI-based self development tool designed to help embed AI learning, and build the 'appreciative muscle'. It is a simple journal/workbook containing mindfulness exercises, inspirational quotes, useful guidance and a place to

record thoughts and experiences. We recommend AI trainees/ practitioners use it to enhance their learning and practice of AI. The journal is used in coaching/counselling and by individuals as a personal development tool to support wellbeing, reflection and build positivity. We have also used it as a core training resource for our successful appreciative journaling workshops.



### **How to be More Awesome – a practical journey**

'How to be More Awesome' is a journal and workbook to support wellbeing and resilience which builds upon the use of Food for Thought.

It was co-designed with young people from the Northern Schools Trust in Liverpool. Content includes a 20-day starter programme and practical

tasks to help young people build on their strengths and resilience. It is used by schools, youth projects, and young adults and is supported by the website [www.bemoreawesome.net](http://www.bemoreawesome.net) which includes guidance for facilitators and extra resources. New journals focusing on different user groups (including older people and people in business) are being planned.

Where can you purchase them? All of our publications are available via [www.appreciatingpeople.co.uk](http://www.appreciatingpeople.co.uk) and a growing network of local agents including Australia, West Coast USA, Ireland, Spain, Italy and Turkey.