

Transformational Coaching 2024

The courses will start every day at 10h00. The ending time is around 15h00. There will be a one-hour lunchbreak between 12h00 and 13h00. Often, there will be a homework assignment of between 1 and 2 hours to prepare for the next day.

Day 1 – The foundation

- Introduction and establishing learning goals
- Working from what is present
- Feelings, needs and beliefs
- Inspiring commitment
- Lifelines

Day 2 – Radical empathy in coaching

- Leading in vulnerability and connection
- Connecting to feelings and needs
- Awareness of how internal dialogues represent several parts of your being
- Helping your coachee to integrate several parts into a coherent life choice
- Understanding survival strategies

Day 3 – The power of vulnerability

- A systemic approach to coaching
- How old patterns help and hinder
- Working with family and organization constellations
- Exploring common humanity
- Being with what is, postponing your judgement and deep empathy

Day 4 – Purpose and meaning

- A non-dual approach to coaching
- Coaching on purpose and meaning with visualizations
- Guiding the coachee towards a place of real choice
- Realizing what truly matters in your life
- Working on resilience

Day 5 – Compassion & appreciation

- Space for requests
- Helping the coachee to appreciate more what makes them unique
- Using (self) compassion in your coaching
- Coaching way of being
- Goodbye's and what's next