

Training and Coaching with Constellations 2025

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
- Introduction to systemic work, spatial work and constellations
- Finding the *real* question
- First hands-on experience

Day 2 – The awareness

- Intergenerational patterns
- Recognizing and working with transference and countertransference
- Organization versus family constellations
- Working with representation
- Working with emotional resonance

Day 3 – The work

- Two movements in organization constellations: personal and functional
- Facilitating table constellations
- Working towards insight, compassion and / or healing
- Humour and lightness in systemic work
- Physical emotional work

Day 4 – The movement

- Types of constellations and facilitation
- The upside of patterns
- Creating movement
- Creating safety and support in constellations
- When not to use constellations

Day 5 – The gratitude

- Visualizations, purpose and meaning
- Space for requests
- Closing the learning loop
- Your way of facilitating constellations
- Goodbye's and what's next