

Transformational Coaching

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
- Connecting to feelings and needs

Day 2 – Narrative Transformational Coaching

- Working with lifelines
- Reflecting on your personal narrative
- Appreciating your qualities and resilience
- Connecting to your past
- Empowerment

Day 3 – The power of vulnerability

- Leading in vulnerability and connection
- Parts work
- Helping your coachee to integrate several parts into a coherent life choice
- Exploring common humanity
- Being with what is, postponing your judgement and deep empathy

Day 4 – Family history and systemic coaching

- A systemic approach to coaching
- How old patterns help and hinder
- Working with family and organization constellations
- Realizing what truly matters in your life
- Working on resilience

Day 5 – Meaning & appreciation

- Coaching on purpose and meaning with visualizations
- Space for requests
- Helping the coachee to appreciate more what makes them unique
- Coaching way of being
- Goodbye's and what's next