Training and Coaching with Constellations 2027

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
- Who is in our system of the week?
- Introduction to systemic work, spatial work and constellations
- First hands-on experience in three different roles

Day 2 – The awareness
- Intergenerational patterns: making a genogram
- How imprints from the past shape your present
- Growing from content to context

Day 3 – The work
- Constellations in the organisation- and work context
- Facilitating table constellations
- Applying the 4 systemic principles to a work challenge

Day 4 – The movement
- phenomenology: learning how to interpret subtle cues
- Physical and emotional work: how to use your body as an instrument for resonance
- Quiet constellations, close to mystery

Day 5 – The gratitude
- Visualizations, purpose and meaning
- Safety, ethical code and when not to use constellations
- Space for requests and closing the learning loop