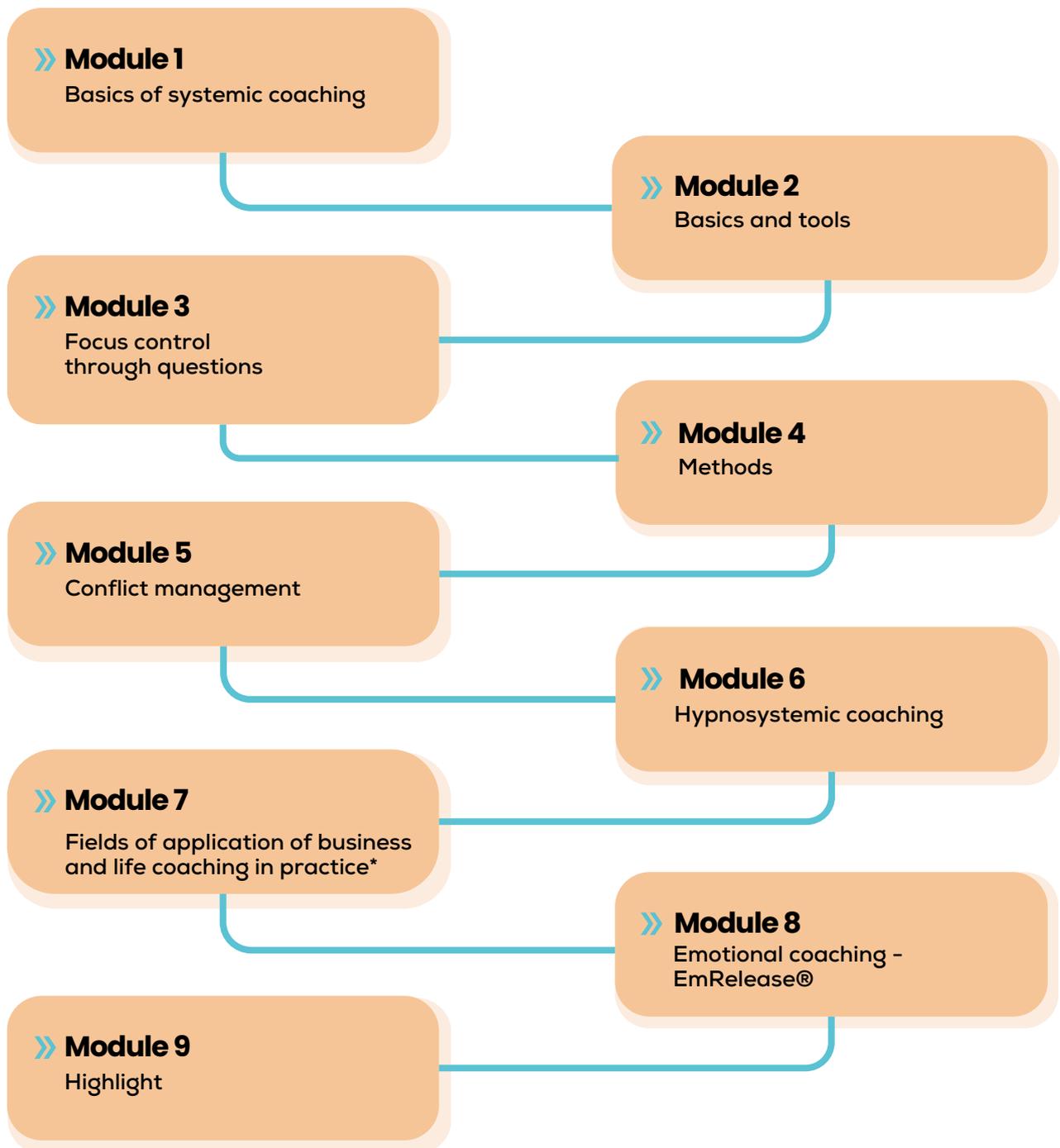




Systemic coaching training modules at a glance





INKONSTELLATION

Systemische Coaching Ausbildung

»» Module 1: Basics of systemic coaching

- Role and attitude of systemic coaches, self-reflection and mirroring
- Methodology of systemic work: positive connotation, doubling, mirroring, reframing
- Introduction to systems theory and the origins of systemic work
- The different systemic schools and their focal points
- Constructivism and attitude
- Differentiation: coaching versus therapy and counseling
- Timeline work with clients

»» Module 2: Basics and tools

- Coaching process
- Coaching house
- Contract and target agreement
- Basic understanding of the dynamics in the system
- First and second order cybernetics
- Causality versus complexity
- Resource and solution orientation
- Positive psychology and Everest goals
- Giving and receiving systemic feedback

»» Module 3: Focus control through questions

- Systemic interventions
- Questioning techniques: hypothetical, paradoxical, provocative, systemic and circular questions
- Working with scaling
- Solution-focused coaching with the miracle question
- Paradoxical intervention
- Setting up and concluding coaching processes

»» Module 4: Methods

- GROW model
- Narrative approach
- Decision coaching - tetralemma
- Working with the affect balance
- Personality typologies in coaching

»» Module 5: Conflict management

- Supporting internal, interpersonal and social conflicts as a coach
- Inner team according to Schulz von Thun
- Conflict analysis according to Riemann-Thomann
- (Unconscious) conflict styles
- Excursus: Negotiation techniques
- Non-violent communication
- Transactional analysis
- Ok-Ok model
- Harvard Business Model in conflict mediation / position vs. interests



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Systemische Coaching Ausbildung

»» Module 6: Hypnosystemic coaching

- Basics of hypnosis and special features of the different schools
- Premises of hypnosystemic coaching
- Network formation and experiential processes
- Externalization and observer position
- Problem and solution construction
- Patterns of success
- Restriction model with longing goal
- Utilization and resolution of dilemmas
- Problem-solving gymnastics/embodiment
- Side model

»» Module 7: Fields of application of business and life coaching in practice*

- Coaching in teams and groups*
- Coaching in and of organizations*
- Case work and format of colleg. Case counseling*
- Working with the Reflecting Team*
- Practical transfer and projects from the following areas*:
 - Change management
 - Organizational development
 - Team development
- Agility
- Executive coaching
- Life coaching according to participant wishes
- Profile as a coach*
- Career coaching*

* = examples

»» Module 8: Emotional coaching - EmRelease®

- Insight into the methods Brainspotting, wingwave®, EmTrace® and EMDR
- Attitude and application of the methods
- Resource coaching
- Self-coaching
- Magic Talk / Magic Words
- Special online tools

»» Module 9: Highlight

- Supervision
- Reflective team
- Case clinic
- Final coaching