



# Transformation course

## Overcome automatic behavioural patterns and become master of your own life!

The purpose of the Transformation course is to provide Coaches with the skills use Constellations to support your Clients in recognizing and transforming the limiting behaviours which prevent them from moving towards a higher level of performance, fulfilment or well-being.

You will learn how to foster the expression of their authentic personal leadership by helping them resolve inner conflicts, overcome obstacles and move beyond unwanted repetitive behaviours.

The course is structured as blended program to ensure learning effectiveness.

Theory and supervision are managed mostly on-line, while the workshop in presence is mostly dedicated to practice.

The participation to the Foundation course is a prerequisite for attending the Transformation course.

### Course overview

The course consists of five modules:

M1 – Review of the constellation foundations and how to deal emotions, (webinar, 3h)

M2 – The model of our inner world, personality and identification of inner conflicts, (webinar, 3h)

M3 – Transforming limiting behaviours with Constellations (workshop in person, 4 days)

- Develop self-leadership
- Resolve inner conflicts
- How to deal with obstacles in relationships and transform conflicts
- How to deal with obstacles in in dealing with challenges and achieving a goal
- Constellations for inner transformation

M4 – Supervision of cases presented by participants (webinar, 3h)

M5 – Supervision of cases presented by participants (webinar, 3h)





The dates of this course are:

- Module 1: 30 January 2024; online webinar (h 15:00 – 18:00)
- Module 2: 6 February 2024; online webinar (h 15:00 – 18:00)
- Module 3: 14-15-16-17 February 2024; in-person workshop (h 9:00 – 18:00)
- Module 4: 12 March 2024; online webinar (h 15:00 – 18:00)
- Module 5: 16 April 2024; online webinar (h 15:00 – 18:00)



The venue of the in-person workshop is in downtown Milan. Close to the railway station and well connected to the airports by train and by bus.

*Spazio Pin, Viale Monte Santo 5, Milano (metro: M3 Repubblica), [www.spaziopin.it](http://www.spaziopin.it)*

Should you be travelling, please arrive the night before training starts.



The investment for the training is 2400 € (+22% VAT if applicable).

Fee do not include lunches, tea breaks, dinners and accommodation.

*Early bird registration is until September 30th 2023: 15% discount, 2040 € (+22% vat if applicable)*

Payment: 50% registration date and 50% by three weeks before the start of the training

Should you need to work out a payment plan, please contact us.



To make a booking, please complete the on line registration form on [www.systemalive.com](http://www.systemalive.com) in the Academy of Constellations section.

Once your registration application is received, we will invoice you for payment, which is due upon receipt of invoice.

Your booking will be confirmed on receipt of payment.

The course will be held if there are a minimum of 6 participants registered three weeks before the start of program.

Our cancellation policy:

- until 60 days before the first day of training, your fee will be reimbursed in full (except 100 € for admin costs).
- after 60 days before the first day of training, 100% of the total fee will be charged, however you may attend a future training or indicate a replacement.

Should you miss any of the modules, unfortunately we cannot reimburse you, but you will be able to attend the same module in the future at no extra cost.

The certificate will be provided to participants who have attended all modules.



For any question you might have, please email us at [mail@systemalive.com](mailto:mail@systemalive.com).