



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 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.

We have integrated and adapted the IFS (Internal Family system) with the Constellations to make it usable in the context of coaching. IFS provides a comprehensive framework for understanding inner dynamics and a process for self-discovery, healing and transformation.

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 Constellation foundations. Personality: what is it? (webinar, 3h)

M2 – The IFS inner system model. The path to wholeness (webinar, 3h)

M3 – Develop performance, wholeness and well-being. Resolve inner conflicts. Managing emotions in the context of Constellations. How to overcome obstacles. Transforming excluded parts. Complex relationship patterns. Coaching practice in presence. Coaching presence (workshop in person, 4 days)

M4 – Supervision and coaching practice online (webinar, 3h)

M5 – Supervision and coaching practice online (webinar, 3h)





The dates of this course are:

- Module 1: 10 September 2024; online webinar (h 15:00 – 18:00)
- Module 2: 17 September 2024; online webinar (h 15:00 – 18:00)
- Module 3: 25-26-27-28 September 2024; in-person workshop (h 9:00–18:00, last day ends at 17:00)
- Module 4: 29 October 2024; online webinar (h 15:00 – 18:00)
- Module 5: 26 November 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

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



The investment for the training is 2.400€ (+22% VAT if applicable).

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

Early bird registration is until May 15th 2024: 15% discount, 2.040€ (+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 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.