



Academy of Constellations

People need to develop Self-Leadership to become masters of their own lives and improve performance, satisfaction and both personal and collective well-being.

Constellations are the innovative methodology that can make it happen.



Self-Leadership is the key to better performance, fulfilment and well-being.

Self-leadership is the goal for those who wish to maximize the expression of their potential – improving performance, satisfaction and personal well-being – and have a positive impact on their environment.

The benefits of developing Self-leadership are both on individual and collective, because it positively influences the environment in which we operate and the organizational culture.

Self-Leadership helps us to live with greater awareness and harmony both in the internal system – every part of ourselves that makes us who we are – and in the external system – our relationships and our projects in the world.

Self-Leadership enables us to:

- Have greater awareness of all parts of our inner world that define who we are.
- Develop and integrate our resources to express our talents.
- Transform internal conflicts, obstacles, and automatic behaviors that limit the expression of vital energy and prevent us from moving in the desired direction.
- Bring harmony to our inner world so that all parts can work together for our good.
- Guide our parts to be masters of our lives rather than being led by those parts, which often repeat old patterns that are no longer useful. Like a conductor leads the orchestra to play beautiful music, we can lead our inner parts to fully express ourselves in life.

The Academy of Constellations provides - to those who already have basic coaching skills - knowledge, skills and tools to develop clients' Self-Leadership with a transformative approach, in order to support them in overcoming unwanted automatic behaviors and becoming fully masters of their own life.

To achieve this, we have integrated two methodologies:

- The model and transformation process of Internal Family Systems (IFS), created by Richard Schwartz in the 1980s.
- Constellations, which are the "technology" we use to carry out the experiential exercises that lead to the desired results.



What are Constellations?

You might have heard or experienced Family Constellations: well... forget about it! Keep in mind that when we talk about Constellations, we're not referring to Family Constellations, but we consider Constellations in a broader sense, to use them in different contexts beyond family therapy.

Constellation is a technical term used in the human sciences to identify a system as a set of elements in relationship to one another.

So, we can use the word Constellation to refer to: a working team, a relationship, an organization, the key elements of a project, the choices for a decision, or the parts of our inner world.

Constellations are a methodology for guiding clients – in individual, team, and group coaching – through experiential exercises to quickly increase the level of awareness of the current situation, foster inner alignment and open up the way to change.

When using Constellations in a coaching session, we create a spatial representation of the key elements of a topic presented by the client.

In one-on-one coaching, we create this representation using objects on a table or placeholders on the floor, while in team or group coaching it's possible to use people who are physically present.

In individual coaching, the Client can embody and explore each element, by tapping not only into cognitive reflections but also into emotions and physical sensations.

Whatever the topic presented by the Client, Constellations are highly effective for developing Self-Leadership by increasing self-awareness and promoting a better inner and outer harmony.

Constellations are a language

Constellations are a methodology or a "language" which is independent from the context or application. As a metaphor, think of the English language: it can be used for many applications, you can write poetry, fiction, science, history, etc.

One language, many applications!

It is clear that each application requires, in addition to the basic language, additional "technical jargon", along with specific skills, but the language remains the same.

At the Academy of Constellations, we teach the basic Constellations language, which is the same across any application, and the models and skillset needed to use Constellations in coaching.



Stand out in a crowded market by adopting 3D Systemic Coaching

The initial training you attended has taught you the basics you need to work as a professional Coach.

Nevertheless, today's coaching market is increasingly competitive. So, like many other Coaches, you may have four main priorities for your professional growth and success:

1. Stand out in an increasingly crowded market by offering something special and unique.
2. Develop your coaching toolkit to have a greater impact in your work.
3. Continue your self-development journey to add depth to your coaching.
4. Earn ICF approved CCEUs (Continuing Coach Education Units) to renew your accreditation.

Constellations are a powerful and innovative method that answers these needs. The main benefits of using Constellations in coaching are:

They are a new methodology compared to conventional approaches based on verbal dialogue. They work with a spatial representation of the topic presented by the Client. That's why we talk about 3D-Coaching, because 3D stands for three-dimensional.

It's a systemic coaching methodology, not only a theoretical framework, which provides practical tools for coaching;

- They allow you to work with all of the senses – visual, auditory and kinaesthetic – at the same time, so that the Client is exposed to a vivid and intense experience;
- They provide a truly holistic approach to coaching, as they work simultaneously across the mental, emotional and somatic planes, fostering clarity and inner alignment;
- They provide impactful and lasting results more easily and more rapidly than by using conversational methods;
- They can be integrated seamlessly alongside existing coaching approaches;

Moreover, you will join an international learning community of experienced coaches, who you can learn from and who support each other.

Constellations are a breakthrough in coaching, they are “the technology” for developing self-leadership: don't miss it!

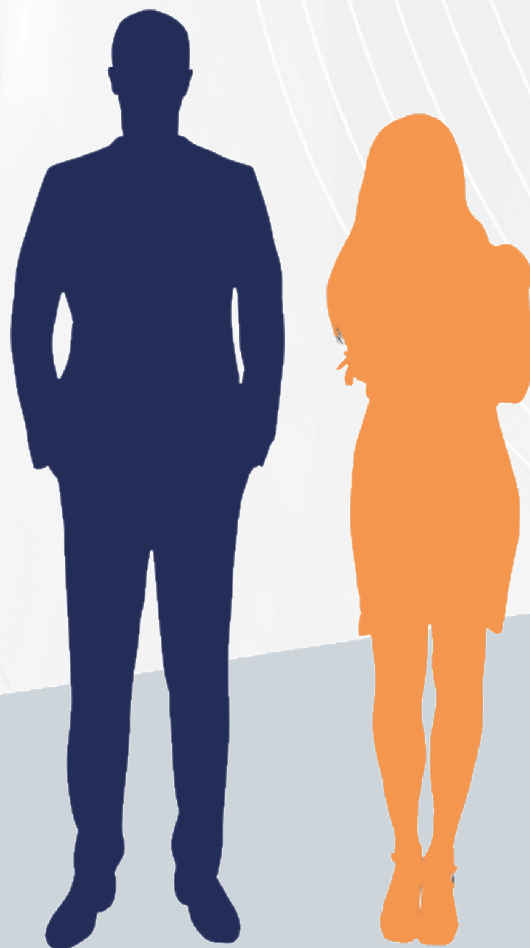


How does this training differ from other Constellation training?

This training integrates different ways of using Constellations into a single coherent methodology. This enables you to work on a broad variety of topics: organizational effectiveness, teamwork, relationships, projects, decision making and personal development.

There are four main differences between this training and any other Constellations training:

1. It is specifically designed for coaches, so there are very clear boundaries that differentiate it from Family Constellations.
2. It's based on a non-directive approach, as required in the coaching alliance, to co-create the session with our clients.
3. It's a very pragmatic approach: there are no esoteric or theoretical "trips".
4. It is based on a protocol, that makes learning much easier and quicker than the traditional modelling approach normally used in other Constellations training;
5. It is immediately applicable in your coaching practice.
6. The training follows the ICF guidelines for continuing education and provides you with CCEUs (Continuing Coach Education Units).



Overview of the training - Level 1

The purpose of this training is to provide you with the skills to use Constellations in your coaching practice.

The courses are open to Coaches and other professionals who have already acquired the basic skills needed to work with people.

It will be an important and exciting step in both your personal and professional development.

The content of the training is fully compliant with the ICF competency model.

The training is comprised of three courses: Foundation, Transformation, Groups&Teams.

Each course is a blended process to ensure learning effectiveness. Theory and supervision are managed mostly on-line, while in-person workshops are mostly dedicated to practice.

Level one: Foundation

Objectives. How to use Constellations in one-on-one Coaching, to support your Clients in recognizing and developing their personal resources and using them to support the realization of their purpose and goals. You will learn a broad variety of applications which include:

- Personal and professional development: decision making, achieve a goal, career planning, increase personal impact, develop personal leadership
- Relationships: improve communications, understanding and collaboration, get better at stakeholder or client management
- Teamwork: improve group dynamics, create a high-performance team, value diversity and practise inclusion
- Business: assess strategy or projects, organizational effectiveness, change management

Duration. The course is comprised of five modules: 4 x online webinars (3h each) and 1 x workshop in person (4 days).

ICF approved course. It provides you with 40 ICF CCEUs (Continuing Coach Education Units), of which 30 are Core Competencies and 10 are Resource Development.



Overview of the training – Level 2

After attending the Foundation course, you can join any level 2 course.

➡ Level 2a: Transformation

Objective. How to use Constellations to use Constellations to transform limiting behaviors and allow the best expression of individual potential. You will learn how to foster the expression of personal leadership by resolving inner conflicts, overcome obstacles and move beyond unwanted repetitive behaviors. To achieve this, we have integrated Constellations with the Internal Family System (IFS) model, which provides a comprehensive framework for understanding inner dynamics and a process for self-discovery, healing and transformation.

Duration. The course is comprised of five modules: 4 x online webinars (3h each) and 1 x workshop in presence (4 days).

ICF approved course. It provides you with 40 ICF CCEUs (Continuing Coach Education Units), of which 30 are Core Competencies and 10 are Resource Development.

➡ Level 2b: Groups&Teams

Objective. How to use Constellations in learning groups, Group coaching and Team coaching, using people as elements of the representation. You will learn how to use Constellations in:

- training workshops, by using Constellation exercises which incorporate elements of Constellations in an easier and quicker way
- group coaching, where each participant works on his/her own theme with the support of the group
- team coaching, to support an intact team in becoming a high-performance team
- open enrolment workshops, where a Coach can work with a group of private clients who bring their own themes

Duration. The course is comprised of three modules: 2 x online webinars (3h each) and 1 x workshop in person (4 days).

ICF approved course. It provides you with 34 ICF CCEUs (Continuing Coach Education Units), of which 25 are Core Competencies and 9 are Resource Development.



Meet the trainer: Francesco Pimpinelli

Francesco has founded The Academy of Constellations in 2013 and teaches this method internationally.

He is a Professional Certified Coach with ICF and a Professional Certified Counselor, with extensive expertise in many methods of personal development.

In his personal and professional journey, he has always been an innovator, curious to explore, eager to learn, committed to clear communication and results oriented.

Today, he has integrated into this work what he has studied and experienced firsthand in personal growth, in a pragmatic and accessible way.

He has been working professionally as a Coach and Constellations practitioner for more than twenty years, developing extensive experience in utilizing this method in the business context.

He has studied Constellations with several teachers including the creator of the method, Bert Hellinger, as well as its main developers: Insa Sparrer, Mattias Varga Von Kiebed, Bertold Ulsamer and Gunthard Weber.

He has been working in the corporate business world for over sixteen years, as a manager and management consultant, for large international organisations. Then in 2001, at the age of forty, he changed his professional focus in order to dedicate himself to working with people, allowing space to develop what he felt was his vocation.

Francesco currently works as a Coach in Europe across different industries, with leadership teams, senior and C-level executives, and supports them in improving performance, leading change, fostering innovation and reaching their business goals.



Previous Delegate's Comments



“Francesco has built a program with a very good rhythm of input, experiential elements, group work and reflection. This makes it very easy to understand and apply the material right after the modules. He has found a very nice way of making us participate in his rich experience of constellation work with an ever-present, pragmatic focus.”

Rolf Pfeiffer, Germany

“This training changed my whole perspective as a coach and I feel I have a new and exciting toolbox that I can offer my clients.”

Patrick Stichelmans, Belgium

“In the increasingly complex and interconnected world we live in, this training helped me gain the understanding and competence – both personal and professional – that I find essential to high-level coaching.”

Daniele Bevilacqua, Italy

“The uniqueness of this program is the excitement of discovery, practice of skills, and attainment of enlightenment about oneself and others. A challenging and supportive space managed with great expertise.”

Angela Stafford, United Kingdom

“As a coach, Constellations enable me to show clients the essence of the issues they face, and to work from that essence towards a practical, sustainable solution.”

Pat Roberts, South Africa

“Working with Constellations helps me in guiding my clients to realize transformational change for themselves, their team or their organization. The approach developed by Francesco and the way he trains gives you confidence in using this systemic and holistic approach.”

Nelke Galema, the Netherlands

“Using Constellations has created a breakthrough in my practice as a coach both with individuals and teams.”

Helene Blot, France

“As a manager, Constellations have provided me with a practical tool that helps me offer better support and guidance to my staff, giving them the chance to work on the goals we thought were the most challenging.”

Pierangela Greco, Switzerland

“This training has added an exceptional tool to my coaching toolbox. The knowledge around Constellations and its practical value that I have started applying in my coaching practice is invaluable, my clients are shifting in a quicker, new way.”

Joanna Bown, United Kingdom

“Francesco shows how to use Constellations elements responsibly in the business context. He uses a structured and results-focused approach. The delivery is disciplined and sensitive. An excellent use of time investment.”

Manfred Barth, Germany

“I found Constellations a surprisingly effective way to unveil the hidden dynamics in systems we live in. As if there were a space of ‘knowledge’ that knows a lot about our lives, from a part of the mind that we typically don’t access.”

Serenella Sala, Italy

“Francesco is a great guide on the journey into Constellation work!”

Mik van den Noort, Holland

“The approach is extremely practical, experiential, and uses a wealth of cases and situations drawn from real life: it immediately puts you in a position where you can use Constellations professionally.”

Andrea Baldo, Italy

“Constellations are very effective in both individual and team coaching. This training really helped me in understanding and using the method in my coaching practice.”

Claudia Salowski, Germany

“Francesco masterfully teaches a methodology which is both beautifully simple and profoundly effective. It is based on a deep body of knowledge from multiple traditions and provides teachings which are useful in a wide range of personal, team and organizational contexts.”

Anton Richman, South Africa





To get the schedule and other details of the training visit our website
www.systemalive.com



Please do not hesitate to contact us for any additional information writing to
mail@systemalive.com

