

**Systemic
Constellations
for Coaches**

**Advanced
Training**

Lago Maggiore, Italy 2018

This training aims to provide a higher level of *Mastery* in using Systemic Constellations in coaching. It builds on what you have learnt in the Discovery Training. You will further develop your skills to work more in depth on personal development topics, as well as broadening your ability to apply Systemic Constellations in any coaching context.

Goals of the training

The main learning areas cover:

- Manage personal *transformational change* with Constellations
- Deal with emotions in the context of Systemic Constellations
- Constellations using *objects on tabletops*
- Constellations using *people as representatives*
- Constellations in *Group and Team coaching*

The Path towards Wholeness

We all aspire to more *happiness* in life and we pursue this deep longing in many different ways ... sometimes without being aware of it!

In the Advanced training you will learn how to work with *inner parts* and use the power of Constellations to develop your coaching skills to offer a higher level of *transformational impact*.

While the Discovery training mainly focused on *outside* systems – goals, projects, relationships, teams, organizations - the Advanced Training goes more in depth into the *inner* world, on how to become more whole by harmonizing our different internal aspects.

In everyday life, we are often drained by inner conflicts and waste our energy instead of using it to fulfill our needs and aspirations. We experience emotional blackmail, unnecessary

compensations, severe self-judgments, inner obstacles or repetitive and unwanted behaviors.

When our inner parts are *aligned* and cooperate to support our well-being, we are more complete human beings. We can use our strength, give and receive love and enjoy life in a natural way. The more we integrate our inner world, the more we become grounded as *mature adults*; we live more *in the flow*; we have better *relationships*; we make *better choices* and we are able to more fully *express our power* and realize what is important to us.

This training will be an *important step* in your journey moving from doubt and conflict towards wholeness. It is an intense process as you experiment with yourself before practicing with your clients. By becoming a more *integrated human being* and a better *role model*, you can support your clients much more effectively.

Apply Constellations to any coaching context

In the Discovery Training you have learnt the core Constellation process and how to apply it to a variety of topics in one-on-one sessions using paper signposts on the floor.

In the Advanced training you will learn how to use objects or post-it notes on a tabletop, to add another option for using Constellations in one-on-one coaching, either face-to-face or remotely.

Then you will learn how to benefit from the power of Constellations in team or group coaching. You will discover how to use the people who are physically present as elements - or representatives - in the Constellation.

In this way you complete your Systemic Constellations for Coaches learning path and you will be able to use Constellations on any coaching topic and in any coaching context.

Overview of the Training

The program consists of six days split into two three-day modules, with the following content:

Module 1

- Review of the core Constellation process
- Constellations on tabletops using figures or post-its
- The path to wholeness: how to make friends with ourselves
- Archetypal energies as resources
- Managing emotions in the context of Constellations
- Working on inner parts with Constellations to transform conflicts and compensations

Module 2

- Overcoming limiting attitudes towards achieving a goal
- Transforming relationship patterns: from conflict to mature interaction

- Using people as representatives in Constellations
- Using Constellations with intact teams and groups
- How to run a constellation Workshop


The training covers key aspects of the theory and focuses on experiential learning:

- Preparatory work
- Demonstration of cases as proposed by participants
- Group exercises
- Practice in pairs
- Fishbowl feedback sessions (one participant runs a session and receives feedback from the facilitator)
- Practice between modules (check-in and support in participant pairs)
- (Optional) individual Supervision



The training follows the ICF guidelines for continuing education and provides you with 43 ICF approved CCEUs (Continuing Coach Education Units), of which 33 are Core Competencies and 10 Resource Development.

Those who complete the Advanced Training will be listed as Practitioners of Systemic Constellations for Coaches on the SystemAlive web site.



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Timing

The schedule for the two modules is:

- Module 1: **6-7-8 September 2018**
- Module 2: **8-9-10 November 2018**

Workshop time: **Thu-Fri 9:00/18:00, Sat 8:30/16:30**

Venue

For this training we have chosen a hotel overlooking beautiful Lago Maggiore, With a lovely private park and a pool.

Hotel Villa Carlotta

Via Mazzini 121/125, 28832 Belgirate (VB) – Lago Maggiore

www.villacarlottalagomaggiore.it

The hotel is 40 km from Milano Malpensa Airport and can be easily reached by taxi or bus.

Should you be travelling:

- We have arranged preferred rates at 90 € per night/single room including breakfast, for those who choose to stay in the Hotel.
 - Please arrive the night before training starts.

Pricing

The investment for the training is 1800 € (+22% VAT if applicable).

Fee includes training, venue, lunches and tea breaks (excludes dinners and accommodation).

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

Booking and cancellation policy

To make a booking, please [click here](#) to complete the on-line registration form on www.systemalive.com in the Systemic Constellations Academy section.

Once your registration application is received, we will invoice you for payment, which is due upon receipt of the invoice. Your booking will be confirmed upon receipt of payment.

The workshop will only be held if we reach a minimum of six participants.

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 in any location 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 any location in the future at no extra cost.

Enquiries

If you have any questions, please email us at events@systemalive.com

or call us on **+39 02 3655 0163**.



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systemic coaching transforms

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