

Target group: Interested people from all disciplines, both for people who want to work as a coach on a permanent or freelance basis as well as for additional qualifications in human resources, health care, social work or consulting.

22.01.-02.02.2024

Communication and Conflict Management, Basics

- Introduction of communication methods/techniques
- Self-perception and perception of others emotions and needs
- feedback rules
- Personality and conflict theories

05.02.-16.02.2024

Consulting tools for consultants and coaches

- Basic systemic approach to coaching
- Framework and setting of the coaching, clarification of the assignment, structuring the conversation and working on goals
- Sequence of the coaching process, conclusion of the contract

19.02.-23.02.-2024

NVC - Nonviolent Communication according to Marshall B. Rosenberg

- Key distinctions of NVC and their application
- NVC and conflict management
- NVC and neurobiology

26.02.-01.03.2024

Self-control and mindfulness as a tool for consultants and coaches

- Awareness of own strengths and talents
- Stress management
- Resilience training and health promotion

04.03.-15.03.2024

NLP - Neuro-Linguistic Programming Basics

- Communication strategies
- Suggestion and motivation techniques
- Autosuggestion, dissociation, anchoring and reframing

18.03.-05.04.2024

Coaching techniques and interventions Practice

- Training in 1:1 sessions
- Interventions and constellation work
- Dissociation techniques
- Work with beliefs, goal work, vision work
- Online coaching and coaching tools

*Training days missed due to public holidays will be made up at the end of the programme.

All modules can be booked individually or in combination with other modules

Duration: 22.01.2024 till 10.04.2024

Lesson times: Monday to Friday: 8:00 a.m. to 3:00 p.m

Financial support: Employment agency, job centre, German Pension Insurance, transfer companies, Professional Development Service, Education Bonus, etc.

The "Maßnahmenummer" (Agentur für Arbeit, Jobcenter) that applies to you is listed individually on your offer and can be requested at any time at the training location.

Systemic Coach

Coaches support people within a structured process to clarify directional questions in the professional and personal context and to gain competence to act. The ongoing digital transformation process of everyday and professional life presents many people with challenges that involve adaptation and change processes. Systemic coaches support you in finding a sustainable path within this changing system. In the coaching process people develop the ability to use digital competencies and at the same time to activate, preserve and use their own resources and sources of strength. The fields of application of systemic coaches are diverse. They work with individuals, teams or groups, in personnel development, business start-ups, professional activation and orientation or in the health and social sector.

Goals of the training

You will be equipped with scientifically based expert knowledge and learn to apply systemic coaching through practical exercises. You will gain clarity about your future role as a coach and prepare yourself in a self-reflective way to accompany people in change processes.

Systemic coaches ...

- support people in problem solving and change processes
- have knowledge of communication science and behavioral research
- know the social, legal and ethical framework of coaching
- work in a solution- and resource-oriented way
- include the environment of the person when looking at problems
- see clients as experts for their own solutions
- act self-reflectively and empathically
- have a wide range of coaching methods and visualization techniques at their disposal and apply them in a situation-appropriate manner
- work systemically to allow new perspectives on structures and problems, so that thought patterns can be broken and new approaches to solutions can be found