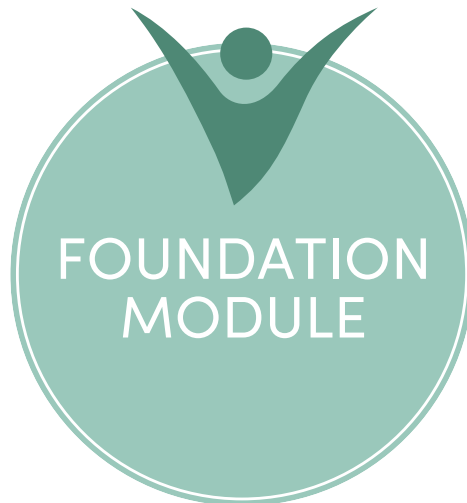




GESTALT COACH TRAINING

FOUNDATION
— AND —
ADVANCED
MODULE

PROGRAMME
OVERVIEW



GESTALT COACH TRAINING PROGRAMME FOUNDATION MODULE

PROGRAMME OVERVIEW

PURPOSE

To provide opportunities to increase your knowledge, understanding and skills of Gestalt coaching so as to enhance your ability and confidence in using a coaching approach to facilitate change and purposeful action.

AGENDA DAYS 1-3

DAY 1 SETTING THE FOUNDATION

BUILDING THE LEARNING COMMUNITY

SETTING THE FOUNDATIONS

- Overview of the Programme
- Working Together Agreement
- Learning Outcomes

COACHING SKILLS IN CONTEXT

- Nature of Coaching
- Embodying a Coaching Mindset (Coaching Ethics)
- Using Coaching Skills as a Manager / Leader

INTRODUCING GESTALT

CO-CREATING THE RELATIONSHIP

- Coaching Presence & Attending Skills
- Skills Practice

INTEGRATING THE LEARNING



DAY 2 CONTRACTING & COMMUNICATING EFFECTIVELY

ESTABLISHING THE BOUNDARIES

- ✧ Contracting – Establishing the Agreement (Coaching Ethics)
- ✧ Choosing What to Attend To –Figure/Ground
- ✧ Skills Practice

COMMUNICATING EFFECTIVELY

- ✧ Co-inquiry & Powerful Questioning
- ✧ Skills Practice
- ✧ Direct Communication

COACHING SKILLS PRACTICE

INTEGRATING THE LEARNING

DAY 3 DEVELOPING A GESTALT COACHING MINDSET

CREATING INSIGHT

- ✧ Contact & Use of Self
- ✧ Phenomenology – Working With 'What Is'
- ✧ Gestalt Cycle of Experience

ARCHITECTURE OF A COACHING SESSION

- ✧ Unit of Work

COACHING SKILLS PRACTICE

REFLECTION ON LEARNING



AGENDA DAYS 4-6

DAY 4 FACILITATING CLIENT GROWTH

- ✧ Connecting Toether
- ✧ Building on Capabilities
- ✧ The Optimistic Stance
- ✧ Facilitating Change
 - Paradoxical Theory of Change
 - Working with Resistance – a Gestalt Perspective
- ✧ Coaching Skills Practice
- ✧ Integrating the Learning

DAY 5 TRANSFORMING LEARNING & INSIGHT INTO ACTION

- ✧ Designing Actions
 - Gestalt Experiments
- ✧ Coaching Skills Practice
- ✧ Goal Setting & Planning
 - Developmental Goals
- ✧ Facilitating Commitment to Action
- ✧ Coach Accreditation
- ✧ Integrating the learning



DAY 6 ETHICAL PRACTICE & INTEGRATING LEARNING

- ✧ Ethical Practice (Coaching Ethics)
 - ICF Ethical Guidelines & Professional Standards
 - Ethical Dilemmas
- ✧ Adopting a Coaching Approach in My Role (Coaching Ethics)
- ✧ Reflection on Closure
- ✧ Coaching Skills Practice
- ✧ Integrating Learning
- ✧ Celebrating Success & Closure





GESTALT COACH TRAINING PROGRAMME

ADVANCED MODULE

PROGRAMME OVERVIEW

PURPOSE

To deepen your knowledge, understanding and skills of Gestalt coaching and strengthen your ability and confidence in using a coaching approach to facilitate change and purposeful action.

DAY 1 - COACHING WITH PRESENCE & AUTHENTICITY —

- ✧ Setting the Foundations
- ✧ The Embodied Coach
- ✧ Core Coaching Skills
 - Tuning into Our Body's Intelligence
 - Self-as-instrument
 - Embodied Listening and Questioning
- ✧ Quality of Presence
 - Interruptions to Flow of Experience and Contact
 - Reflection on Presence
- ✧ The Embodied Coaching Relationship – Skills Practice
- ✧ Integrating the Learning

DAY 2 - FROM AWARENESS TO ACTION —

- ✧ Power of Awareness
- ✧ Gestalt Experiments – Going Deeper
- ✧ Attending to Metaphor
- ✧ Identifying and Enabling Life Affirming Actions
 - Energy/ Mobilization
 - Action as Risk Taking
 - Recognising Progress and Achievement
- ✧ Coaching Skills Practice
- ✧ Integrating the Learning



DAY 3 - FACING OUR COACHING CHALLENGES

- ✧ Structure vs the Emergent Flow
- ✧ Identifying the 'Real' Goal
 - Getting Beyond the Presenting Issue
 - Working with Clients who have:
 - 'Figure Frenzy'
 - No Apparent Issue
 - No Energy for their 'Goal'
- ✧ Working through Emotionally Charged Issues (Coaching Ethics)
 - Working with Emotions
 - Coaching Boundaries & Ethical Issues in Emotionally Charged Situations
- ✧ Coaching Skills Practice
- ✧ Reflection on Learning
- ✧ Putting the Learning into Practice
- ✧ Evaluation
- ✧ Celebrating Success & Closure

POST-COURSE WORK - PUTTING THE LEARNING INTO PRACTICE

- ✧ Short written case study that showcases putting the learning into practice and evidences key ICF competencies

