



Key overarching aims of this training program are that participants will:

- ✓ Deepen their understanding of how the systemic constellation method is ethically applied within a coaching context;
- ✓ Develop even more resourcefulness with all of the ICF Competencies;
- ✓ Gain greater awareness of how the underlying dynamics of the systems we are a part of influence all areas of our lives;
- ✓ Expand their coaching presence through personal work and reflection on the systemic principles;
- ✓ Discover 4 key systemic principles that provide an expanded context for listening, questioning and supporting client breakthroughs;
- ✓ Build competence using flexible mapping techniques that facilitate client insights and results;
- ✓ Enhance their ability to effectively use this method in an online setting;
- ✓ Strengthen learning and integration around this method, through connection with complementary theories and research;
- ✓ Experience the power of coaching with systemic constellation through demonstrations, practice and other experiential exercises.

Coaching with Systemic Constellations - Learning Outcomes for the 9 Online Live Sessions

After Session 1 Participants will be able to:

- List and define 5 useful principles that can be applied in group work to optimize attention, learning and integration
- Explain the basic concepts that define “Solution-Focused” work within a coaching context and guide one’s attention to optimize future oriented results
- Point to the key differences between working with a client in a coaching context, as opposed to other modalities such as therapy, consulting or mentoring.
- Recognize that the focus of this program aligns with the Core Competencies defined by the International Coaching Federation.
- Provide broad definitions for the terms: a) “system” and; b) “systemic thinking”
- Provide a broad definition of the term “paradoxical thinking” and give examples of some personally relevant paradoxes.
- Explain some of the ways a paradoxical thinking approach (mindset) might support a coaching conversation.

After Session 2 Participants will be able to:

- List and define 5 important systemic principles that support a foundational understanding of coaching with systemic constellations.
- Identify the components of Dan Siegel’s “Wheel of attention” and practice with these using a simple mindfulness meditation practice
- Outline the characteristics of a strong intention, and how this relates to the ICF competency “Creating the Coaching Agreement”.
- Describe the basic steps of a coaching session that includes a systemic constellation.
- Explain the characteristics and differences between ‘associated’ and ‘dissociated’ view points.
- List and describe the steps for “mapping” in the constellation process and provide some sample questions to support the process.
- Complete coaching session following the steps of a basic mapping process that can be used for any coaching topic.

After Session 3 Participants will be able to:

- Explain how keeping one’s attention on body sensations (somatic awareness) supports presence in general, from a neuroscience perspective and from the perspective of ‘Coaching Presence’ as defined by the ICF core competencies
- Describe and model the steps of a simple mindfulness practice that supports somatic awareness
- Provide a simple definition or metaphor for: 1) the conscious and, 2) the unconscious mind; and give examples of how both are accessed
- Explain the difference between structure and content in a coaching conversation
- Formulate questions and offer reflexive statements that provide integrative support around Systemic Constellation Principle # 1: Acknowledging what is”.

After Session 4 Participants will be able to:

- List some of the best ways to observe systemic clues and indicators of the systemic flow
- Define what is meant by “representative perception”
- Explain and model the steps of a simple mindfulness exercise to expand one’s emotional intelligence
- Recognize the significance one’s family system has on the way we interact with very other system we are a part of
- Define the term “context overlap” and: 1) some of the ways a context overlap can be recognized; 2) some of the ways to support a client to move beyond them.
- Identify 3 key ethical considerations and guidelines for coaches who are working systemically
- Follow the basic steps to support a coaching client to recognize and connect to resources that “strengthen”

After Session 5 Participants will be able to:

- Give examples of types of “belonging” that can be systemically significant in supporting client “breakthroughs”
- Formulate questions and offer reflexive statements that provide integrative support around Systemic Constellation Principle # 2: “Belonging”.

After Session 6 Participants will be able to:

- List several approaches to support a client to move beyond systemic overlaps
- Give examples of types of “Orders” that can be systemically significant in supporting client “breakthroughs”
- Formulate questions and offer reflexive statements that provide integrative support around Systemic Constellation Principle # 3: “Order”.

After Session 7 Participants will be able to:

- Give examples of types of “Balance and Responsibility” that can be systemically significant in supporting client “breakthroughs”
- Formulate questions and offer reflexive statements that provide integrative support around Systemic Constellation Principle # 4: “Balance and Responsibility”.

After Session 8 Participants will be able to:

- Conduct a systemic intake with a new client to support them to gain a systemic overview that can assist in establishing avenues for positive outcomes in the coaching relationship going forward
- Recognize how one’s own systemic influences can impact the client and coaching relationship
- Identify ways to support one’s own continued growth in this area

After Session 9 Participants will be able to:

- Map a personal plan for continued practice, learning and development