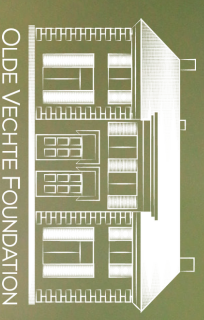


PRACTICING COACHING



29th March -
4th April 2019
Ommen,
the Netherlands



OLDE VECHTE FOUNDATION

WHY PRACTICE COACHING...

FLIRTING WITH COACHING FOR A
WHILE AND WOULD LIKE TO
FINALLY GET A HOLD OF IT?

We offer you a hands on coaching experience that will enable you to detect your skills as a coach and boost your growth as a coachee in only 7 days.

See for yourself how it looks like:



[CLICK
HERE](#)

and

[CLICK
HERE](#)

PRACTICING COACHING

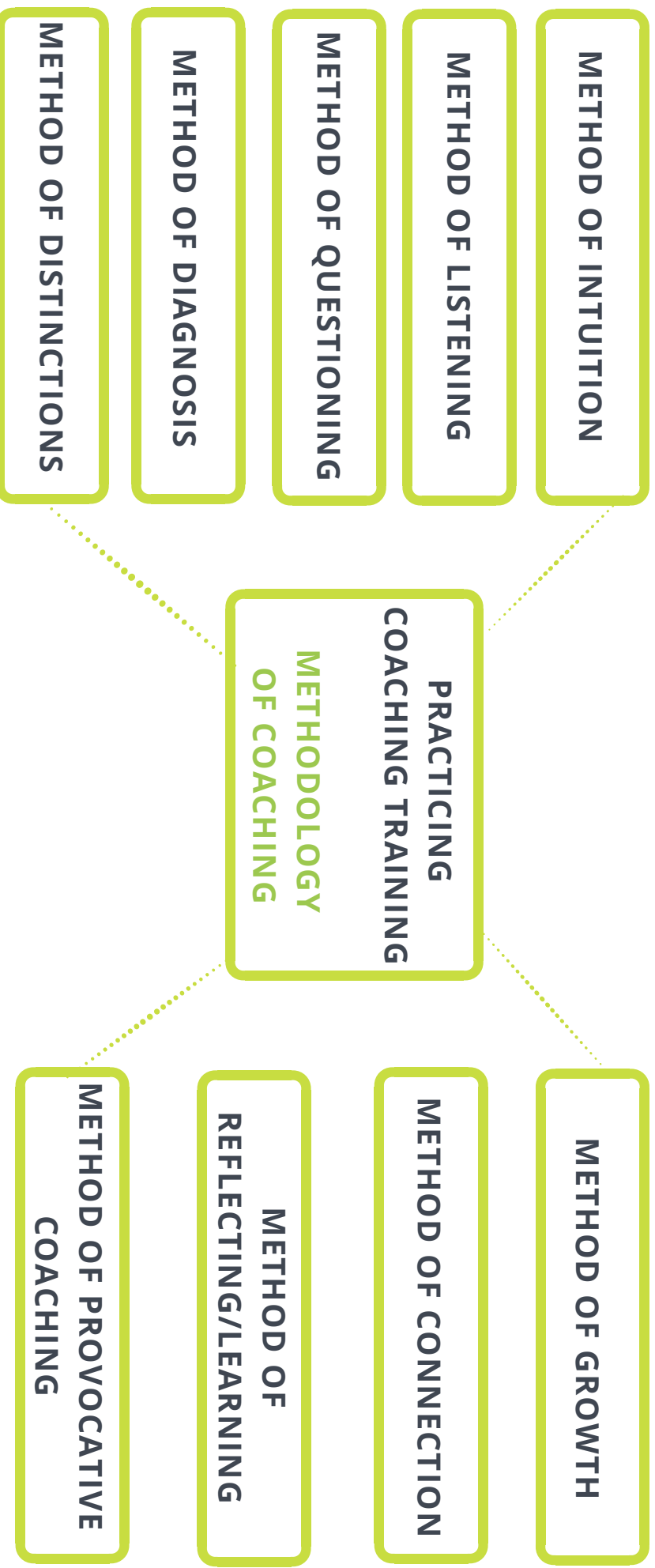
If you are searching for a training that will boost your people skills in an engaging way and are bored with courses that give you only textbook theory you can google yourself, you may just find something worth investing time in.

And if you are also curious what coaching can do for you as a coachee as well as a coach, this is definitely the training for you.

PRACTICING COACHING IS A UNIQUELY DESIGNED TRAINING THAT HAS BEEN TESTED FOR MORE THAN 20 TIMES WITH AN INTERNATIONAL GROUP, AND IT WORKS! WHY? BECAUSE IT IS A JOURNEY OF CONSTANT PRACTICE THAT INVOLVES REAL LIFE SITUATIONS IN ORDER TO GRASP AND TO EMBODY THE METHODOLOGY OF COACHING.

HOW IS IT DESIGNED?

WE MAKE SURE TO GIVE YOU THE BEST.



TRAINING IS OPEN FOR EVERYONE

TEAM LEADERS
MANAGERS
HR EXPERTS
EDUCATORS
TRAINERS
TEACHERS
YOUTH WORKERS
PEOPLE WORKING WITH
PEOPLE IN DIFFERENT
CONTEXTS



It is intended
for all of you who already are
accomplished coaches willing to
add another layer of interpretation
to their practice and also for you
who do not have a day of coaching
practice behind. How is this
possible? Because of our unique
approach.

OUR APPROACH IS UNIQUE

Inception training

We like to play and what you can expect is a training within a training. You will parallelly be immersed in different levels of learning: you as a professional/coach, you as an individual/coachee, you as a peer supervisor. Through reflection groups, supervision groups, coaching sessions and assignment experiments.

Embodied approach

Communication is 93% non verbal and this is the reason why all the models we offer in the training are approached both in verbal and non verbal level. The non verbal behavior of a coach concerns posture, movement, voice and breathing. Every part of the training is colored with embodied exercises so you explore and develop an effective embodied coaching behavior.

Sandwich Method

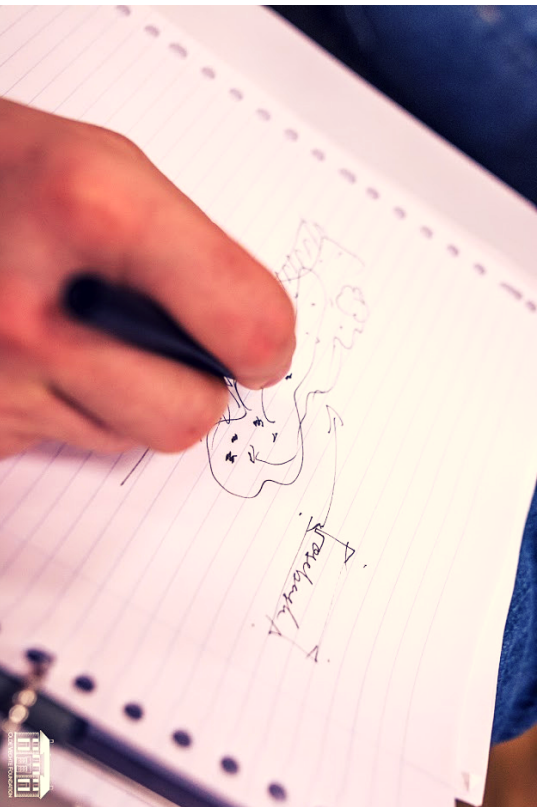
We are clever and take care that we deliver the training first to your process body memory and once the body has it, it naturally comes up in your rational reasoning as well as practice. This means we serve tasty and digestable sandwiches that look like this: body work - theory - coaching practice.

We offer everything, you choose

A variety of tools, techniques and methods will be presented. From the core ones to innovative and digital ones. A technique becomes a skill through practice so, you will have this opportunity and will be able to choose which one you will add to your personal method and identity as a coach.

WHAT WILL YOU GAIN AS A PARTICIPANT?

- Find your strong points in coaching, work with them
- Develop your own personalized coaching method
- Understand how the human brain works
- Discover the three basic ways you can make intervention



- Practice in depth conversation, questioning and observation skills
- Develop an effective embodied coaching behavior
- Learn how to diagnose your coachee, how to start, execute and close a coaching session

WHAT WILL YOU GAIN AS A PARTICIPANT?



- Detect and handle resistance
- Identify your own obstacles and learn how to turn them into stepping stones
- Explore the opportunity to coach and be coached
- Boost your growth in reflection groups

- Advance your coaching method while working with peer coaches
- Enjoy the privilege in working with a supervisor
- Full book on the Methodology of Coaching and all the Video/audio materials used for future reference



WHAT DO WE CONSULT?

Embodied

approach: Richard Strozzi Heckler, Wendy Palmer, Stuart Heller, Paul Linden

Coaching:

Flaherty, Coaching evoking excellence in others.
Starr, The Coaching Manual
Whitmore, J. Coaching for Performance
Parsloe, Leedham: Coaching and Mentoring
Starr, Julie The Coaching Manual

NLP (Neuro-

Linguistic Programming)

Bandler, Grinder, The Structure of Magic vol 1&2
Dilts, R.

Experiential

learning methods:
Kegan R., Lahey L. Immunity to change.
David A. Kolb, Experiential Learning

Ontological

coaching:

Brothers, C. Language and the Pursuit of Happiness Sieler A., Coaching to the Human Soul vol I-III

Methodical work

Winkelaar, P. (2001). Methodisch werken De Galan, K. Trainingen ontwerpen

Provocative coaching: Provocative

Therapy, Farrelly Frank

Gestalt: Pearls, F. Gestalt Therapy Verbatim

Alternative approach: Tolle, E. The Power of Now

Neuroscience: Eagleman, D., The Brain.

Nonverbal communication: Pease, A. The Definitive book of Body Language Systemic Work Whittington, J. (2012).

Systemic coaching and

constellations: An introduction to the principles, practices and application.

WHO ARE THE TRAINERS?



MARKO VLAMING

Marko started 25 years ago as a youth worker after obtaining his university degree in social and cultural work. Besides doing youth work and trainings, he uses coaching approaches in his daily work. In the last 12 years he developed into an all-round coach. Learning by experience as a method in coaching created a coaching approach that is very focused on working in the here and now. In his practice he works a lot with on-the-job coaching, supporting people to build up their life dream in the way they create fulfillment in their lives, using a wide spectrum of coaching methods and techniques that are currently available.



LENA NASIAKOU

Play is our brain's favorite way of learning. This is what guides me as a learning specialist and embodiment trainer. Driven by passion for what I do I am coming up with creative ways stimulate learning, so trainees can enjoy a dynamic learning process besides gaining a deeper understanding. For this reason, embodied methodologies come along in the trainings I deliver. Combining my studies in Adult and Primary education together with my love for body movement and theater, I perceive trainings as a playground in which I'm creating tailor-made and engaging programs for adults, teachers, trainers.

WHAT DO THEY SAY ABOUT THE TRAINING?

VASILIKI KOUTROULLI, ARTIST

I got a great introduction about the body empowerment and contact exercises which can be an asset tool for coaching sessions and I learned how to work with people in a limited amount of time and how to lead myself into the right questions.



SIMON KORNHÄUSL, CHANGE FACILITATOR

The Coaching training supported me greatly in developing my own approach as a coach. I gained a lot of clarity about my assumptions, goals and strategy. At the same time the training furthered my personal development as it helped me to become aware of many blind spots and patterns in my thinking and behavior.



GIOVANNI MARINO, STUDENT

I had a new overview on the profession of the coach, new tools to use in coaching practices, a boost of confidence in myself thanks to the real experience as coach I made during the training and clarity on my future due to the experience as coachee during the training.



ANDRII SUSLENKO, COMMUNICATIONS SPECIALIST

I have discovered several things: coaching is my passion, different coaching tools and techniques, ability to listen is very important, I am quite sensitive to other people. Coaching is a very good tool to work with goals and for diagnostics.



WHAT DO THEY SAY ABOUT HOW THEY USED THE TRAINING IN THEIR LIVES?

NORA GEORGIEVA, MARKETING EXPERT

I use the coaching techniques when I hit communication roadblocks with close people, to get unstuck without reaching an argument. Also when a friend shares a difficulty I try to take the conversation to a constructive place where my friend gets ideas on next steps without giving advice as I usually would. Also when talking to myself, I watch if I don't put myself in a victim's position and strive to gain ownership of the situation.

KIRY NOÉMI AMBRUS, TRAINER AND COACH

The training inspired me to study coaching further and deepen my knowledge in this field. The practicality and the coaching assignments that we had during the training made me realize what is the style that suits me the best.

ANDY BUGEJA, LECTURER

The skills I learned are useful to be able to listen and help others around me to find the right solution for their situation. I make sure that at least every week I spend some time with my older son to listen to his issues and help him deal with challenges. With my daughter I do some coaching while we play or tell stories. My students also benefit from the coaching skills I gained.

ILZE OZOLA, PROJECT MANAGER & JOURNALIST

I am better at listening to others without jumping to conclusions or this burning feeling of "I need to solve all your problems!"

ANNE SMEETS, STUDENT

The most relevant experience of the training that I implement in my life is giving feedback / building conversations with people, both in my professional and personal life.



HOW TO APPLY?

Olde Vechte offers an elegant all inclusive training experience. The price includes accommodation and food expenses at the site of the training. It also covers all necessary materials and a Coaching Book.

If you wish to apply, fill in the online registration form. Please note that only complete registration forms are taken into consideration.

PARTICIPATION FEE



€360 General participation fee
€460 Participation fee for people living in Austria, Belgium, Denmark, Finland, France, Germany, Iceland, Ireland, Luxembourg, Lichtenstein, the Netherlands, Norway, Sweden, Switzerland and United Kingdom

Discounts (regardless of the country you are coming from):
15% - if you are a student or you don't have a paid job
10% - if you have done an Event Wise or Basic Synergy Training
25% - if you are a student or you don't have a paid job and have completed an Event Wise or Basic Synergy Training

WHO WE ARE?

Olde Vechte Foundation is a non-profit organization, based in Ommen, the Netherlands. Since 1966 it has been functioning as a training center with a long experience in non-formal education, **coaching**, personal development, social and cultural work. The

Foundation is open to everyone and its vision is to create a world that works for each one of us out love, care and cooperation. Modern approaches of **non-formal learning** are used in all the activities of the Foundation. Kinaesthetic, auditory and visual senses are involved, bringing about **learning by experiencing** and enabling the full participation of the trainees.

The training course will take place in and around the group accommodation of **Olde Vechte Foundation**.

