

SPECIALISATION FOR ADVANCED PROFESSIONAL
COACHES AND MANAGERS

BLOOM



TRAINING &
COACHING
SQUARE

the human side of change and leadership

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START BLOOMING AS AN EXECUTIVE COACH

ACTP TRAINING PROGRAMME: BLOOM

The Bloom© coaching programme is aimed at advanced professional coaches and managers who want to coach executives and future-proof leaders in the VUCA world (Volatile, Uncertain, Chaotic and Ambiguous). This is a revolutionary and pioneering programme, unique on the market, that can be continuously and flexibly adapted to the challenges that characterise our changing world. BLOOM focuses on your growth as a person and as a coach. 'Becoming who you are' is the guiding thread: from static being to dynamically evolving – even if you already know a great deal.

FOR WHOM?

For professional coaches or manager-coaches passionate about overcoming 'barriers' and ensuring that both life and work are meaningful. For those who are ambitious and coaches and/or managers and want to be seen as professional and credible. For those who want to lend shape to their first or second career at every level of development: being – thinking – doing – feeling – having. For professional coaches and/or managers who would like to be able to coach with comfort at identity level in both a professional and a personal context.

WHAT TO EXPECT?

COACHING AT IDENTITY LEVEL

After BLOOM, you feel comfortable with 'not knowing' – you can cope with the unforeseeable entanglements of these changing times. You have a rich store of methods, insights, procedures, research moments and topics, explorations and confrontations, feedback, interventions and life coaching experience. You will be able to coach with greater comfort in the following areas:

You will be able to coach with confidence in areas such as:

- I don't like my life as it is now
- Why do I keep on running into the same pitfalls all my life?
- What is the sense of my life? How can I make the best of things?
- I want to be more in balance in my life.
- It feels like I'm heading for burn-out, CVS, depression, etc.
- What is my mission in life?
- I want to restore my self confidence
- I want to live in line with my values
- I don't know how to change things that have dominated my life until now
- I want to take control of my life!
- I want to survive this identity crisis ...
- I want to know what drives me, what makes me do things as I do, etc.

To make sure you can guide your clients working from your comfort zone, it is important for you to be aware of your own strengths, pitfalls, survival strategies, drivers and mission. During this course, we will work together on your image of self-realisation, supporting you as you become the professional coach you want to be.



WHAT WILL YOU GET FROM THIS PROGRAMME?

We support you in your efforts to become a challenging coach who intends to enable a 'shift', an unprecedented effect coach without restrictions. This programme gives you:

- A high professional standard as coach
- More successful coaching results, including at senior and executive management level
- Greater impact and sustainable, long-term results
- The latest modern theoretical background and insights that will allow you to better understand the effects of transition processes and influence the process more consciously together with the client
- A deep awareness of your own drivers, your mission, your patterns and your identity beliefs as a coach
- Greater self-regulation and self-leadership
- The ability to recognise therapeutic questions and psychopathological issues and to refer to other professionals with confidence.
- The ability to coach from a role model position
- More enjoyment of your coaching as you are in a co-creative 'flow' together with your client
- Self-confidence and the wish to be able to help with any coaching questions whatsoever
- A lifelong learning process, actively seeing feedback...



BLOOM TAKES YOU ON A JOURNEY AND A QUEST. BLOOM WILL NOT LEAVE YOU UNTOUCHED. IT IS INTIMATE, SAFE AND CHALLENGING AT THE SAME TIME. YOU WILL ASK YOURSELF OVERWHELMING QUESTIONS AND OFTEN DISCOVER THE RIGHT ANSWERS YOURSELF. YOU ARE SUPPORTED BY PEERS, BY TEACHERS, AND ARE CONSTANTLY PUT IN MOTION. EACH TIME YOU KNOW HOW TO PUSH BACK YOUR OWN BOUNDARIES, WITHOUT GETTING INJURED. FOR ME, BLOOM HAS BEEN AN ADVENTURE. I DID EVERYTHING IN MY POWER AND CAME BACK AS A FULLER PERSON, WITH SPIRIT AND SOUL, AND WITH THE COURAGE TO OFFER MY SKILLS AND MY PRESENCE TO OTHER PEOPLE AS A COACH AND AS A PERSON...

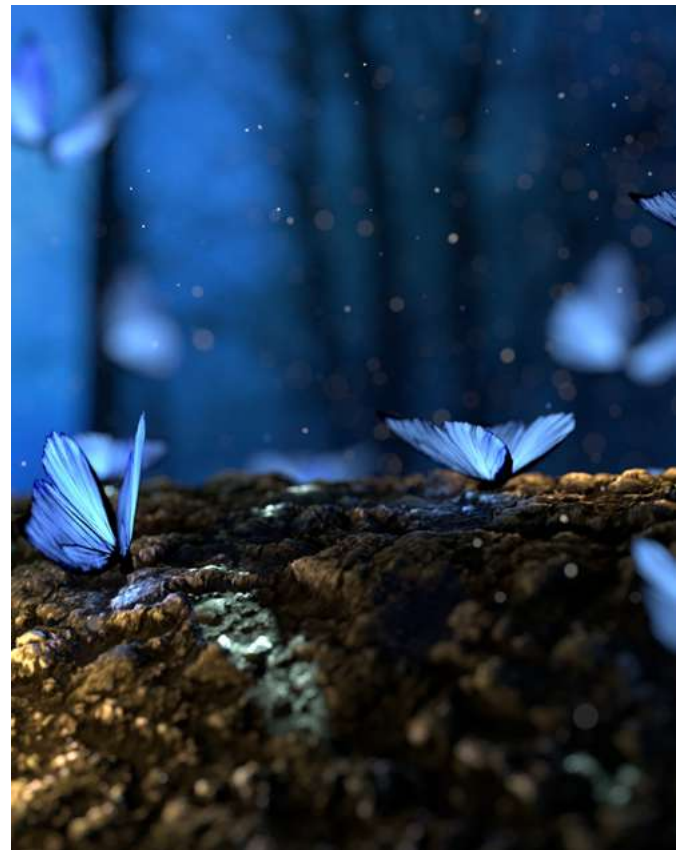
Thomas Lewinsky (Leadership Coach & Organisational Strategist)

PROGRAMME CONCEPT: A CONTINUOUS CO-CREATIVE LEARNING PROCESS

The course consists of group training days, group integration supervisions and integration days. Between the modules participants take up their responsibility to take responsibility for integrating what they have learned and applying it in their own practice. The programme is spread in order to encourage continuous learning. The results of the learning process are presented in a personal 'portfolio' file.

This continuous learning process is supported by:

- group supervisions, overseen by MCC-certified coaches. During these supervisions, you will demonstrate what you have integrated from the previous module and you will receive systematic feedback on your 8 ICF competencies and the level of integration of new methods and knowledge.
- Support: specific questions can be asked by email or by telephone
- Integration tasks: between the modules, we ask participants to try out and apply what has been covered during the previous module, either on the own process and/or on the process with clients. A reflection on the results is included in the portfolio.
- Monitoring progress: between each module, a co-creative evaluation of your progress is carried out by a buddy coach.
- Mentor Coaching: to be able to apply this high level of coaching skills and attitude, it is highly crucial that participants are coached or supervised on their own process. Coaching hours with TCS coaches are optional in this programme. We encourage each participant to choose a coach at the start of the programme who has a minimum of 2,000 hours of practise. (MCC level or similar).



APPROACH

Every topic in the Bloom course can be applied to participant's own process own process as well as with clients.

Each topic needs to be visited from three points of view:

1. comprehension and the ability to what has been said in their own words
2. methods of exploring, observing and recognising issues during a co-creative partnership with clients
3. ways to invite the clients to long-term application and integration.

As the programme developers, we reserve the right to switch programme items between modules, as and when the development progress requires.

PROGRAMME

LIFE TRANSITION PROCESSES

Transition processes

- What is transition and how do you recognise true transition with your client?
- In what way do we change during our life?
- What holds us back from changing? Conditions for successful transition
- Changing habits: what does it take?
- Exploring the Identity Model Of the World of the coachee

Phases of life and career

- Phases of life and career
- Differences for women and men
- Generation characteristics and consequences
- Using time lines as a discovery tool
- Life history analysis
- Change the experience of our history by our approach to our convictions

Self-guidance by adults

- How we make life choices
- Living and coping with the choices we make
- Appreciative coaching

SELF-REGULATION AND PSYCHOLOGICAL PATTERNS

Self regulation and balance

- Self-regulation as basis for successful transition
- Setting boundaries as a basis for further growth, including boundaries regarding parental issues
- Milestone analysis
- What is balance? How do we influence it in the long term?

Trauma, resilience and psychological patterns

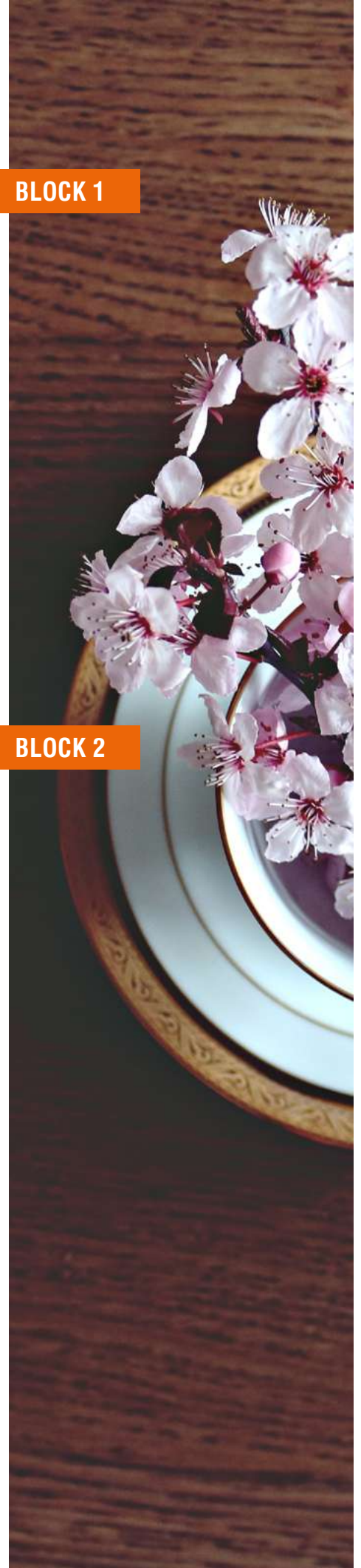
- What is (not) trauma?
- Significance of pain
- Resilience
- Using the 'flow' concept as resource
- Major psychological patterns and global recognition of them
- What are signs for referral to therapists or doctors?
- Coaching and stress, burnout, CVS, etc.
- Recognising manipulation strategies
- Challenges that we keep running into.

BLOCK 1

BLOCK 2

“WE KNOW WHAT WE ARE, BUT KNOW NOT WHAT WE MAY BE.”

William Shakespeare





“A BUTTERFLY DOES NOT COUNT IN MONTHS BUT IN MOMENTS AND IT HAS TIME ENOUGH ...”

Rabindranath Tagore

BLOCK 3

COACHING TOWARDS CORE IDENTITY

Meta programmes

- What are our personality drivers and how can these be recognised in your clients
- How can you explore these insights with the client?

Beliefs at identity level

- Identifying beliefs at identity level
- Welcoming feelings as natural phenomena during exploration
- Imprints: what are these and how can we influence them? Identifying life values and their congruence

Mission - vision

- Different processes to explicit the implicit mission
- Building mission and vision together with the client

BLOCK 4

BODY – MIND – SOUL

Neurological and systemic insights

- Latest insights and discoveries in Neuroscience
- Systemic insights and coaching attitude

Body – mind – soul

- Mindfulness: what is it and what does it bring us?
- Enhancing the ‘connection’ with yourself
- Influencing the state of self acceptance by allowing what ‘is’ at this moment
- Methods to appeal to our intuition

Spiritual and life questions

- What is the meaning of our life?
- What more is there, beyond what we see?

PORTFOLIO

- Proof of integration of your skills and attitudes related to “identity coaching” with clients
- Description of your own transition process and the learning cycle that you have experienced
- Demonstrate your self-awareness at the identity level and the impact this has on of this on your coaching practice
- The results of this integration portfolio will be presented to the entire group of participants and to various ICF MCC coaches.



CAN I TAKE THIS COURSE?

- Coaches who have successfully completed the GROW programme will be welcome without an intake session.
- Coaches who have not been through the ROOT-GROW programme are also welcome. They are invited for a competency screening based on the 8 ICF competencies at PCC level, followed by personal feedback. By going through this competency screening, you will allow yourself to make a reflective start and set out your developmental objectives for this two-year growth journey. The intake session should be paid for separately.

DATA & INVESTMENT

- Consult the dates & price on www.trainingcoachingsquare.be/en
- This course is CCEU-approved so it can and can therefore be used ACC, PCC or MCC renewal.
- The subsidies via SME portfolio (DV.0253935) or the Brussels-Capital Region are applicable (possibility of spreading them over two years.).

REGISTRATION

You can register via the registration form on www.trainingcoachingsquare.be/en where you will also find all course dates. All courses take place in TCS Skyloft, Planetendreef 14/401, 2800 Mechelen.

Want to know more?

Feel free to send an email to contact@coachingsquare.be



Location for training courses

TCS Skyloft
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