

The Bloom© coaching training program is addressing advanced professional coaches who want to coach on a high executive level.

For who?

For professional coaches who can demonstrate 200 hours of practice as a coach and have the competency level of Professional Certified Coach (ICF).

For those who want to continue their professional growth after the ROOT© and GROW© programs.

For professional coaches who would like to be able to coach with comfort at identity level, both within a professional and life context.

Coaching at identity level

Coaching at identity level is guiding the client to experience himself in a more aligned, congruent way in order to be able to “live” in a more authentic, personally balanced way. The feeling of ‘being connected’ to one self will allow the person to create the context of his life and the conditions to be happy and fulfilled.

Development topics of your clients

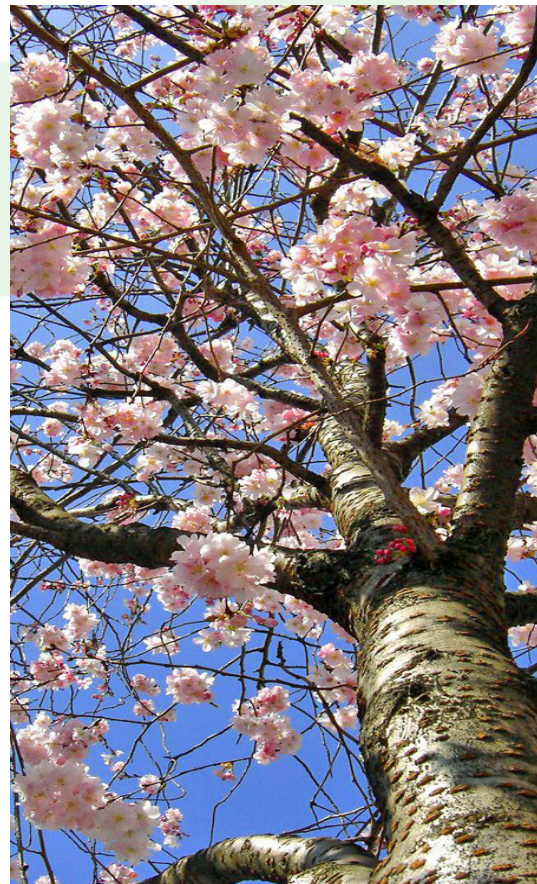
You will be able to coach with confidence related to topics such as:

- 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 to make the best of it?
- I want to be more in balance in my life.
- It feels like I'm running almost into a burn-out, CVS, depression, ...

- What is my mission of life?
- I want to re-establish 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 till now
- I want to take my life in my hands!
- I want to survive this identity crisis ...
- I want to know what drives me, doing as I am doing things, etc.

To make sure you can guide clients from your comfort zone, it is necessary that you are self conscious of your strengths, your pitfalls, your surviving strategies, your drivers, your mission.

We will work on your self-realisation ideas during this course, to support you in becoming the professional coach you want to be.



What will you get from this program?

This top level program addresses advanced coaches and it will provide you

- A high professional standard as coach
- More successful coaching results, also at executive level
- Higher impact and long term sustainable results
- The latest modern theoretical background and insights that will allow you to understand the effects of transition processes and influence the process more conscious together with the client
- A deep awareness of your own drivers, your mission, your patterns and your identity beliefs as coach.
- A higher self regulation and self leadership in your personal transition process
- Globally recognise therapeutic questions and psycho pathologic issues and be able to refer to other professionals with confidence
- To coach from a role model position
- To enjoy your coaching even more as if you are together with your client in a co-creative “flow”
- To have the self confidence and the profound fundamentals to cope with “any” coaching question
- Engage yourself in a life long learning process as a coach and actively search for feedback as food for future actions

Program concept: a continuous co-creative learning process

The program consists of 12 group training days, 4 half day group integration supervisions and 2 integration days, making up a total of 16 days. Between the blocks participants take up their responsibility to integrate what has been covered, and apply it in their own practice. The program is spread out over 18 months in order to encourage

you to continue learning. The results of the learning process are presented in a personal ‘portfolio’ file.

This 18 months continuous learning process is supported by:

- **4 group supervisions** of ½ to 1 day, supervised by MCC certified coaches. During these supervisions you will demonstrate what you have integrated of the previous module and you will get systematic feedback on your **11 ICF competencies** and the level of integration of new methods and knowledge.
- **Support:** specific questions can be asked by mail or by telephone
- **Integration tasks:** Between the blocks we ask participants to try out and apply what has been covered during the block, either on the own process and/or on the process with clients. A reflection on the results makes part of the portfolio.
- **Evolution progress monitoring:** Between each block there will be a co-creative evaluation of your progress by a buddy coach.
- **Mentor Coaching:** To be able to apply this high level of coaching skills and attitude, it is highly imperative that participants are coached or supervised on their own process. Coaching hours with TCS coaches are optional in this program. We encourage participant to choose a coach at the start of the program with a minimum of 2000 hours of practise. (MCC level or alike).

Approach

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

Each topic needs to be visited from 3 points of view:

- (1) comprehension and ability to reproduce in own words
- (2) methods to explore, observe and recognise the issues during a co-creative partnership with your clients
- (3) ways to invite the clients to long term application and integration.

Bloom© Program Line

Block 1: Life transition processes

Transition processes

- What is transition and how do you recognize 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
- Positive psychology (spinning hay into gold)

Phases of life and career

- Phases of life and career
- Differences for women and men
- Generation characteristics and consequences
- Using time lines as discovery tool
- Life history story analysis
- Change personal history

Self direction of adults

- How we make life choices and change our decision strategy
- Living and coping with the choices we made
- Appreciative coaching

Block 2: Self regulation and psychological patterns

Self regulation and balance

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

Trauma, resilience and psychological patterns

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

Block 3 Coaching towards Core Identity

Meta programs

- what are our personality drivers and how can these be recognised with your clients
- how to 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 to influence them?
- Identifying life values and enhancing 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 one self
- Influencing the state of 'self acceptance through allowing what 'is' at this moment
- Methods to appeal to our intuition

Spiritual and life questions

- What is the sense of our life?
- What is there more, beyond what we see?
- Inspiration for further life long learning

Portfolio Presentation

- 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 has been lived
- Demonstrate your self consciousness on identity level and the influences of this on your coaching practise
- The results of this integrative port folio will be presented to the full participant group and to different ICF MCC coaches.

Dates & location & investment

See our website for detailed info. The 50% KMO portefeuille subsidiaries are applicable for this program.

Info - Intake and Subscription

Send us an e-mail to info@coachingsquare.be and we will contact you for an intake session.

Coaches who have been through the ROOT-GROW program will be welcome without an intake session.

Coaches who have not been through the ROOT-GROW program are welcome as well. They are invited for a competency screening based on the 11 ICF competencies at PCC level. By taking this competency screening you will allow yourself to take a reflective start and put your developmental objectives upfront during these 2 years of growth journey. The intake session is paid separately.