

**Intact
Academy**

TA08:

Heros Journey Train the Trainer

ICF CEU accredited. EMCC accredited within senior practitioner program

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Purpose

The purpose of these workshops is to gain further insight into your personal and professional journey, and to use what you have learned to coach others in their journey.

Target Group

This program is for anyone who wants to develop their knowledge and skills to work at the psychodynamic level with their own life story and to guide others in changing their story.

Ultimate Result

By the end of the program participants will have:

- Understand the concept of life script and the importance of storytelling
- Have explored and experienced their own heroes' journey
- Have a clear idea where they are stuck, what their next step is and what is necessary to take that step
- Know how to use the heroes' journey to coach others

The workshop is relevant for both personal and leadership development.

The Program

The program consists of two two-day workshops. At the beginners' level you will learn how to use the heroes journey framework for your own personal and professional development. In the more advanced workshops we will focus on teaching you how to use the framework for the development of others.

The program is based on Campbell's Hero with a thousand faces, transactional analysis, group relations, system thinking and other frames of reference.

The Workshops

Workshop 1. Walking your journey: We often know what we want to change, and even how to change it, but somehow, we often do not make those fundamental changes that would improve the quality of our personal and professional lives.

Eric Berne offered us an explanation for our lack of fundamental change, through his concept of life script. One of the sources that inspired Berne to think about life script was the work of anthropologist Joseph Campbell. Campbell analyzed stories and myths from all over the world and wrote his book 'Hero with a Thousand Faces' in 1949, to develop a 12-step model of development.

In this workshop we will journey through the twelve steps of a hero's journey, discovering the mythic aspects of your leadership script formation. We will use film to illustrate each step, describing the essence of each step and the paradoxes that you will need to be overcome to progress to the next stage of development.

Workshop 2. Developing others with the heroes' journey: In this two-day workshop we will go through every step of the heroes' journey again, but this time from the perspective of the coaching leader.

For each step you will:

- Understand the importance of each step in-depth
- Pay attention to cultural differences in each step
- Know what to look for in others to understand where they are in their journey
- Understand the fundamental paradoxes that keep people stuck in a step
- Learn how to coach people to take a next step

You will get supervision while you coach others, to learn profound coaching skills needed to help people pursue their own journey.

Group Coaching

Coaching offers a safe environment to reflect on personal and professional performance and options. The aim of coaching is to optimize individual and team performance through personal and professional development.

We normally offer three additional groupcoaching sessions during the heroes' journey process,. The goal is to integrate the learning during the first workshop. This can be extended with three more sessions, to integrate the learning from the second workshop.

Planning and Costs

The program is given online via Zoom or on location.

The program is in English, with the possibility of different translations.

For actual dates please go to the website: www.intactacademy.com

Costs are aligned with the NUMBEO index per country. Intact Academy is a state recognized CRBKO institution, and thus programs are offered VAT free.

Registration

Register through email:

<https://intactacademy.com/planning/>

When registering for Intact Academy programs you also commit to adhering to the ITAA and ICF ethical code and the Intact Academy registration conditions.



Program Director



Drs Sari van Poelje is an international team coach and expert on agility and innovation. Sari has been the director of Intact Academy since 1992, training coaches and consultants all over the world. She works as a consultant in Agile Business Innovation with multinationals, family businesses and startups to help them innovate their business more quickly than their products, so that they can accelerate their time to market. Sari has 35 years' experience of coaching and consulting with managers and directors and has been a director in various multinationals for 23 years.

She is a licensed teaching and supervising transactional analyst, PCM trainer, NOBCO-EMCC accredited master coach, master systemic team coach. She has published numerous articles and books on leadership, coaching and organizational change.

