



TAO8 HEROES' JOURNEY

TRAINER:
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Knowledge
is of no value
unless you put it
into practice.

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THE PURPOSE

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

THE GOALS

By the end of the program the participants will:

- 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

This program is for experienced leaders, coaches, consultants, trainers and others, who want to deepen their understanding and skills of existential coaching. The program is based on transactional analysis, group relations, system thinking and other frames of reference.

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.

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.

Executive 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 individual leadership-coaching sessions during the heroes' journey process, usually virtually. 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.

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.

PLANNING

The program will be given every year in May-July. The program is in English.

COST

The costs are Euro 450 for individuals and Euro 650 for participants whose organisations are paying.

REGISTRATION

More information? **www.intactacademy.com**

Register through: **www.intactacademy/planning/**



YOUR TRAINER

Drs Sari van Poelje is an international team coach and expert on agility and innovation. Sari has been the director of Intact Academy for 35 years, training coaches and consultants all over the world. She works as a consultant in Team Agility 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 33 years' experience of coaching and consulting with managers and directors and has been a director in 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.