



Module 1: The revive journey of transformation
& Module 2: Heart exploration & synchronization (part 1)

THURSDAY, MAY 2ND, 2024

09.00 AM - 05.30 PM

Session 1

• INTRO

The revive journey of transformation

- "Zeitgeist" in western spheres of influence
- The mind- and skillset for Catalysts, Coaches & Mentors
- The 5 stages of the revive journey of transformation - overview

9.00 - 10.30 AM

(90 min.)

Session 2

Heart exploration

- What is the heart, the soul, the spirit, the body?
- The science of the heart
- Back to Eden - born for relationship & oneness

10.45 - 12.15 AM

(90 min.)

lunchbreak

Session 3

Heart exploration

- Theories and models of inner parts work
- The divided heart - internal dysynchronization as coping mechanism
- The model of the "Inner stage": Managers, Firefighters & Exiles

01.15 - 02.45 PM

(90 min.)

Session 4

• "Inner Stage" - Coaching DEMO (part I: Determination of inner parts)

- Theory, Reflection, Q & A

03.00 - 05.00 PM

(120 min.)



Module 2: Heart exploration & synchronization (part 2)

FRIDAY, MAY 3RD, 2024
09.00 AM - 05.30 PM

Session 1

Feedback models (Preparation for Coaching practice in groups)

"Inner Stage" - Coaching PRACTICE (part 1 - first round)

- Feedback in small group

9.00 - 11.00 AM

(120 min.)

Session 2

"Inner Stage" - Coaching PRACTICE (part 1 - second round)

- Feedback in small group

11.15 - 12.45 AM

(90 min.)

lunchbreak

Session 3

"Inner Stage" - Coaching PRACTICE (part 1 - third round)

- Feedback in small group
- Reflection / Q&A in the large group

01.45 - 03.45 PM

(120 min.)

Session 4

"Inner Stage" - Coaching DEMO (part 2: Heart exploration & synchronization)

- Theory, Reflection, Q & A

04.00 - 05.30 PM

(90 min.)



Module 2: Heart exploration & synchronization (part 3)
& Module 3: Intervision (peer-led-group reflection)

SATURDAY, MAY 4TH, 2024
09.00 AM - 05.30 PM

Session 1

"Inner Stage" - Coaching PRACTICE (part 2 - first round)

- Feedback in small group

9.00 - 10.30 AM

(90 min.)

Session 2

"Inner Stage" - Coaching PRACTICE (part 2 - second round)

- Feedback in small group

10.45 - 12.15 AM

(90 min.)

lunchbreak

Session 3

"Inner Stage" - Coaching PRACTICE (part 3 - third round)

- Feedback in the small group
- Reflection / Q&A in the large group

01.15 - 03.15 PM

(120 min.)

Session 4

Intervision (peer-led-group reflection)

- Explanation of the model
- Practical exercise
- Forming the intervention groups à 3-4 persons

04.00- 05.30 PM

(90 min.)