Leader In You Workshop.

3D Coaching. See. Feel. Create.

Points Of YouTM Method Practitioner Certificate

Introduction.

Unique workshop that combines philosophic wisdom, advanced coaching Points Of YouTM Method tools, power of images, metaphors, words and intuitive art.

Inspired by Osho, Deepak Chopra, Ekchart Tolle, Dr. Wayne W. Dyers teaching, 3D Coaching workshop is a great opportunity to get in touch with yourself, to discover who ‘YOU ARE’ today, come face to face with who ‘YOU COULD’ be and who ‘YOU’RE MEANT’ to be.

Going through Authenticity, Integrity, Vision and Personal Stories to your personal Leadership and Influence on your environment. Based on phototherapy, powerful questions and philosophy workshop brings us to 3D experience of coaching; SEE. FEEL. CREATE. which means: Discover what you see in your reality. Recognise your values, thoughts and emotional patterns. Create a will to make a difference. When we work for ourselves we are better for our environment (family, friends, clients)

Learn how to create open and authentic conversation within a team, organization you work, how to build awareness of impact and personal responsibility in your workplace. Find out how to get results through human oriented leadership.

Advanced technique workshop is intended for coaches, psychologists, therapists, team leaders and workshop instructors as well as other professionals who are ready to expand their point of view on their workshop, discover the impact they have on other people in personal and professional life. To learn how to make a difference as a coach, therapist and team leader. To expand a choice of tools and introduce an intuitive catalyst into their work processes.

This highly interactive workshop will broaden your professional point of view while teaching you how to use Points of YouTM tools to build self-awareness of coach and coachee, create breakthroughs in the ways your clients think, communicate, respond, and act in varied work/life situations.

Objectives:

Learn and experience how to use Points of YouTM method in self-coaching, individual coaching process and team coaching.

Enrich and upgrade your professional skills .

Discover your real power and values and how you impact yourself and others.

Learn about the power of image and phototherapy elements.

Learn about the power of metaphor and stories.

Discover new points of view of yourself, your environment, and your self-awareness, self-leadership.

ICF Core Competencies will be addressed:

Coaching Presence

Active Listening

Powerful Questioning

Direct Communication

Creating Awareness

Building Trust and Intimacy with the Coachee

Designing Actions

Planning and Goal Settings

Target group:

Coaches, Trainers, Therapists, HR managers, Team Leaders, Teachers, Social Workers. Everyone who is interested in self-development.

Number of Participants 10-14 people

Supplies:

Points Of You tools: The Coaching Game, Punctum, paper, colour markers, flipcharts, empty cards, pictures of participants, speaker, music source, projector and screen.

Location: comfortable room with windows and nice view. Set up with candles, mats, fresh fruits, water and tissues.

Time: 4 days, 2 weekends.

**Day 1. (9:00 – 17:00)**

**Individual and self-coaching. Building Self-awareness and Self-leadership.**

9:00 – 11:00

**Stage 1. ‘Open your heart’ session.**

- Introduction, opening session, contraction. (90)

*3 questions, 3 cards.*

Each participant will choose three face up cards which reflect the following questions:

*What I would like to tell about myself to the group?*

*What I would like to give from myself to participants?*

*What I need in order to feel safe during 4 days of training?*

- Experience Pausing (15)

*Close your eyes, make yourself comfortable and listen to the music. Open you heart and feel what you have inside.*

*How are you today? Where are you right now? Where are your thoughts?*

Short discussion and experience sharing.

- Introduction about Points of YouTM Method (15)

*Presentation about creators, method, tools.*

11:00 -11:15 Coffee Break

11:15 – 13:30

**Stage 2. ‘Discover your Authenticity and Integrity’ session.**

* First connection with picture. How the picture works? (15)

*Card choosing options. Face up, face down. How do we look at the picture?*

* Learn about the power of stories. Why metaphors are so powerful? (based on Joseph Campbell) (15)
* Encounter Authenticity and Integrity (90)

*Every participant chooses one card his/her way and discovers it.*

*Working in pairs A&B. POY Encounter scenario.*

*Three questions:*

1. *What do you bring to the World?*
2. *What are you resisting that you already are?*
3. *What do you want to allow to come into your life? (Joker – the most powerful card of the game)*

* Reflection on Encounter (15)

*Closing discussion about authenticity and integrity.*

*Presentation: “who you are not” regarding moods and emotions, thoughts and wishes, body, job, occupation or business card.*

13:30 – 14:00 Lunch Break.

14:00 – 15:30

**Stage 3. - ‘Observation and building awareness’ session**

* Exploring how we integrate with others, how we reach for what we want. About asking, giving, sharing and receiving. (30)

*Participants follow short instruction, but they are not informed about being observed process.*

*There are 65 cards in the room. You can ask for your card from another participant, you can give your card to someone who you think needs it, or you can get your card from the floor. Reach for what you desire!*

*How did you get your card? Did you ask for it? Did you give to someone? Share, how does it reflect the way you act in real life?*

*Open discussion about asking, sharing, giving and receiving.*

**- ‘Gifts sharing’ session. (60)**

- Building awareness of how we listen and observe other people. Discovering impact of attention.

*Short group discussion:*

*Do you like to receive presents in you life? How do you ensure that the present you are giving is the right one?*

*All participants stand in a circle close to each other. Each participant chooses one or few persons to whom he would like to give his present. It has to be something he thinks this person really needs at this moment.*

*Start with a words: Dear…. I choose you, because…*

*The reason I would like to give you this present is .….*

*Ask receiving person: How do you feel about receiving this present? How does your body feel about it?*

*Once participants receive their gifts, following question will be asked:*

*How does the gift you’ve just received relate to what you would like to allow coming into your life?*

15:30 – 15:45 Coffee Break

15:45 – 17:00

**Stage 4. ‘Meant to be you’ session.**

* Get to your Iron Triangle of False Personality. Get to real you (60)

*Learn about Ego, Ambitions, Emotions and the way they affect your personality.*

*Imagine that you get rid of your false personality and choose the situation when you acted not in a ‘Real YOU’ way.*

*Working in pairs. First A, then B. Working on questions trio:*

*What would the real you do?*

*How would it change your attitude and behaviours?*

*Would you be pursuing the goals and dreams you are pursuing now?*

* Closure (15)

*Each participant will choose one card that reflects an answer to a question: ‘What am I taking with me today and how will I use it?’*

**Day 2. (9:00 – 17:00)**

9:00 – 11:00

**Stage 1. ‘Good morning’ session.**

* Warm up. Find out how you would like to make a difference.

*What was the ECHO after yesterday’s session? (45)*

*Choose one card that says something about what you would like to give to others today? Show this card to participants and ask them what they think it is? (45)*

- Pausing. Listen to your heart. How are you today? (30)

*Is there any difference between how you felt yesterday and how you feel today?*

11:00 – 11:15 Coffee break

11:15 – 13:00

**Stage 2. Self-Leadership session**. (I)

- Learn about impact of self-leadership on results we get in our life.

*Open discussion about Self –Leadership. (30)*

*Make your own self-leadership poster (35)*

*Choose 4 cards that reflect you now, you in the future, your strengths, your weaknesses. Use your creativity and imagination and give yourself a symbol.* *Each participant can invite others to look at his poster.*

- Presentation 5 series of POY Method: Just Be, Difficulties, Journey, Doing, Opportunities (40)

13:00 – 13-45 Lunch Break

13:45 – 15:45

**Stage 3. Self-Leadership session (II)**

- Building first experience with POY tool in individual coaching session.

*Choose someone who you feel is somehow your soul mate.*

*Connect to your ‘Meant to be’ session. Discover what needs to be improved in Self Leadership. Work in pairs, A and B. 1 hour for A as a coach, then switch the roles.*

*What is the real issue?*

*What holds me back?*

*What helps me move forward?*

*What am I afraid of?*

*What opportunities are ahead of me?*

Summarise session with an action plan.

*What will you do next day? Next week? Next month?* (120)

15:45 – 16:00 Coffee break.

16:00 – 17:00

**Stage 4. Closure of part I**

*Randomly choose one word and one question card from Punctum and answer the question, which summarises your two days workshop experience.* (60)

**Day 3. 9:00 – 17:00**

**Team coaching. Building trust and awareness.**

9:00 – 11:00

**Stage 1. Good Morning session**

- Warm up.

*Share the ECHO from last week’s session (20)*

*Choose the card from Punctum, which says something about your best teamwork experience. Share (30)*

- Pause. Get to yourself – How are you today? What colour is your energy? *Observe your mind, feelings and body.* (20)

- Learn about your inner energy. *How your mind, emotions, habits, attitude influence your teamwork. Alignment between what you do, how you feel, how you perform. What do you bring to the team? (50)*

*Each participant will get 4 empty cards with words “today I observed you on……… you did really great☺” The task will be to – by the end the day - give out these cards to 4 persons which each participant chooses.*

11:00 – 11:15 Coffee break

11:15 – 13:00

**Stage 2. ‘Work as a team’ session.**

- All participants work as a team. (45)

*As a team member, participant works on team’s name, slogan, movement and goal to be presented by the end of the day. Everyone should be happy with the outcome.*

*Discussion about teamwork. How did you feel during this exercise? What was easy, what was difficult?*

- Building trust and strength of a team. (60)

*Every participant will choose three cards reflecting his leadership history.*

*Define your key moments, which impact your leadership today. Working in pairs A&B. After sharing the history, each participant will present the story he just heard to the whole team.*

13:00 – 13-45 Lunch Break

13:45 – 15:15

**Stage 3. ‘Working on Team Values’ session.**

* Working on team values. (70)

*Trainer invites everybody to a journey.*

*“We are ready to leave, we don’t know where we’re going, what will happen there and how long our journey will last”*

*Ask participants to choose one card describing what he would like to take with him on this journey, what will be useful for him and for others.*

*Each participant will explain why he chose that card and its importance to everybody. After that, the Team will create a team collage only with cards they choose.*

*Once collage is made, inform participants that we cannot afford excessive luggage and only 5 cards can remain.*

*When 5 cards are chosen, team starts working on rules they would like to have during this journey. Each card reflects the team rule. Rules are written on a flipchart and team poster is made.*

- Share and discuss*. (20)*

*15:15 – 15:30 Coffee break*

*15:30 – 17:00*

**Stage 4. ‘Working on Effectiveness and Good Energy’ session.**

- Working in two groups on Effectiveness and Good Energy in a team. (30)

*One group creates collage about Effectiveness in a team.*

*Second group makes a collage about Good Energy in a team.*

*Each group presents their work on a flipchart.*

- 4 quadrants of teamwork. (30)

*High Effectiveness, Low Good Energy*

*High Good Energy, Low Effectiveness,*

*High Effectiveness, High Good Energy,*

*Low Effectiveness, Low Good Energy.*

*Where do we feel performing best? What is my personal attitude in each quadrant? What is going on with my ego in each quadrant?*

- Team collage to sum up day 3 and cards “observed you on” sharing (30)

**Day 4. 9:00 – 17:00**

9:00 – 11:00

**Stage 1. ‘Good morning’ session.**

- Warm up**.** (30)

*Share the Echo.*

*Pausing. Experience your breath. How is your body feeling? Where is your mind right now?*

- Explore Punctum. (90)

*Choose the card from Punctum, which reflects values you would like to build on in your life.*

*Choose one word. Choose the question.*

*Create your own poster with values you would like to work on. Posters will be placed in a circle. Working in two groups (5-7 participants) each participant will choose one card from The Coaching Game and then attach it to each poster in a group circle, writing the words that best describe his approach towards these Values.*

- Share opinions and discuss the Punctum work and values.

11:00 – 11:15 Coffee break

11:15 – 13:15

**Stage 2. ‘Photo gallery’ session.** (120)

- Learn about phototherapy elements. Based on Judy Wieser theory.

*Pictures of participants one by one showing up on screen.*

*The following questions will be answered by participants:*

*What does this picture reflect?*

*What does this person want to tell us?*

*What is the story behind this picture?*

*What question would you like to ask, which can expand picture owner perspective?*

*Each participant shares his feelings after the session.*

*What was true about me, what wasn’t true?*

*How does it reflect on who I really am?*

*Is the picture I chose reflecting who I am or how I would like to be seen by others?*

13:15 – 14:00 Lunch break

14:00 – 15:30

**Stage 3. Certificates and appreciation session.** (90)

- Each participant receives Points Of You Practitioner Certificate standing in front of the group

*Participants provide feedback starting with words:*

*I’m grateful for your…*

*Thank you for your…*

*It was great to…*

15:30 – 15:45 Coffee break

15:45 – 17:00

**Stage 4. End of the Journey.** (75)

-Summarising the workshop

*Each participant chooses three cards, which reflect three questions:*

* *What did I come to the workshop with?*
* *What did I get from this workshop?*
* *What will be my next step?*

Trainer:



As a transformational Coach and business trainer I work with organizations, teams and individuals giving them the value of self-awareness, self-mastery, self-believes, self-truth, which is the first step to transformation process.

Use of the Points Of You™ tools in my workshops and trainings assists with bringing the authenticity into leadership process, which helps to reflect settled goals and to make right choices in life or business.

I deeply believe in great potential and unique power of each of my clients and my role is to help them discover it with a different perspective, in a creative way, full of joy, passion and trust of the process of change.

My vision is to make a difference in creating a better world with empowered awareness and individual responsibility for how we think, what goals we choose to achieve, how we impact our environment, how we build our relationships and the quality of our life.

I’m passionate about helping people to create better version of them, whatever environment they are in. I truly believe in power of personal transformation and its impact on receiving better quality of life and business.

My Background:

ACC Transformational Coach, certified by ICF

Points of You Certified Trainer

Certified by Team Coaching International

Founder of Leader In You, Coaching and Consulting company

Holding Diploma of Economics, Master degree in Public Relations and Business Administration, postgraduate as a Business Trainer for Corporations.

I can work in Polish, English and Russian.