



PLAYFIGHT ACADEMY

2025 EDITION

In a fast-paced world where we are always "connected", we often feel lonely, stressed and disconnected. Playfight offers a space to explore, connect and grow.

This document is for those who want to learn the art of Playfight facilitation. For those who want to learn how to lead safe and transformative sessions. It is a path for those who want to make a difference in the lives of others. Happy reading!



Matteo Tangi Lineage

WHAT IS PLAYFIGHT?

Playfight is a bold and exciting personal growth practice that integrates body, mind and emotions. A combination of play, confrontation and mindfulness that invites people to feel their own strength while embracing their own and others' vulnerabilities.

A way to *feel strong, vital, and fully yourself.*

"We use conscious competition as a catalyst to transform conflict into connection."

If used consciously, competition can transform people, leading them to recognize their habitual patterns and develop healthier behaviors, thanks to the support of a facilitator.

Each individual has a unique relationship with power; we teach how to manage this important and delicate relationship, encouraging conscious responses to integrate into daily life.

Maintaining a safe space requires attention and skill. It is important to observe, intervene, support and help the participant integrate the insights of the playfight into daily life.

BE A FACILITATOR

Adults are no longer used to playing the fight game, so the presence of a professional facilitator is essential to support participants in...

- observe your own conditioning
- develop self-awareness
- overcome personal challenges
- develop emotional resilience
- embrace vulnerability
- have self-confidence
- set the boundaries
- respect others

L'ACADEMY

The Academy provides a solid foundation for learning Playfight and developing personal talents. The Tribe is the community of facilitators, a rich wealth of skills and experiences from which to draw and obtain support.

THE ROOTS

Playfighting is an innate behavior in animals, useful for physical, cognitive and relational development, as well as being fun. In 2016, Matteo Tangi created a method that integrates play-fighting with therapy, developing a framework based on 4 rituals to help people transform internal conflicts, find self-connection and discover themselves.

"Who invented Playfight?" - the answer is Nature.



THE INITIATOR

Matteo Tangi is a coach and therapist with over ten years of experience. Through his teachings, he has inspired thousands of individuals to find their way to wellness and personal fulfillment.



THE 3 PROGRAMS

The Academy is structured around three consecutive training programs that pave the way for an enriching professional path.

The first step is to participate in a Playfight Immersion, where you can experience in depth the transformative power of Playfight.



The Facilitator Program offers comprehensive, certified training to learn how to deliver safe and enriching Playfight sessions.



The path to becoming a Playfight Coach and offering individual sessions, supporting people in their journey of growth.



The program that allows you to become a trainer, to offer immersive retreats and trainings for new facilitators!

PLAYFIGHT ACADEMY

FACILITATOR

PROGRAM IN SHORT



The Facilitator Program is a one-year program designed to give you the tools to become a professional facilitator.

Divided into 2 parts, each designed to help you master the art of facilitation and grow as a human being.



PART 1

Where to learn the key aspects of Playfight and develop fundamental facilitation skills

IN PRESENCE

4-Day
Facilitator
Training

Offer
3 Private
Sessions

Offer 5
Public
Sessions

PRACTICE

ON LINE

5 Basic Mentorship Calls

Online Training:
Basic Facilitation Skills

PART 2

Where to develop your unique qualities and learn to facilitate more complex situations.

IN PRESENCE

8-Day
Advanced
Training

Offer 3
advanced
sessions

Practice
evaluation

PRACTICE

ON LINE

5 Advanced Mentorship Calls

Online Training:
Advanced Facilitation Skills



After completing both parts you will be able to receive the Playfight Facilitator Certificate!

PLAYFIGHT ACADEMY

FACILITATOR

PROGRAM

PART 1

1 EXPERIENCE

The secret of Playfight lies in the integration of body, mind and emotions. This secret can only be understood in person. That is why the prerequisite of the Facilitator Program is to have participated in a Playfight Immersion.



Playfight Immersion

The Immersion is a 4-day residential event that allows you to explore the full potential of the practice and discover the transformative power of Intentional Playfights, the therapeutic practice of our method.

2 TRAINING

To support you in developing the skills you need, we have prepared two complementary training elements for you.



Facilitation Manual

This is a complete guide that contains all the information you need to understand Playfight facilitation. You will receive the PDF as soon as you sign up for the Program.

Facilitator Training

A 4/5 day residential course that combines theory and hands-on experience. A space to learn how to master the fundamentals of Playfight facilitation. You will learn the principles of practice and how to handle challenges that may arise in a group, all in a safe and supportive environment where mistakes are welcomed and seen as an opportunity to grow.

“ The goal of the Facilitator Program is to develop confidence and competence in facilitating Playfight at a professional level. This means providing safe and nurturing spaces where people can open up and connect to their inner strengths, while embracing their vulnerabilities.

3 PRACTICE

After the Facilitator Training you are invited to begin practicing immediately, integrating and consolidating what you have learned.



Introduction to practice

You will receive a list of questions to answer immediately after the training to begin consolidating all the information you just learned before offering your first circle.

Private practices (min. 3)

These first 3 private practices offer you the opportunity to practice facilitation in a safe context. The purpose is to collect feedback from participants and fill out the Playfight Diary: a reflection form that will help you integrate the experience and allows your mentor to follow you step by step. At least three private practices are required before moving on to public practices.

Public practices (min. 7)

These practices are designed to open space for the unexpected, for people you don't know yet. We encourage you to do 3 solo and 3 co-facilitated.



Mentorship - Part 1

Look at page 5

Online sessions and tools

To enrich your journey, we offer online sessions, focused on developing certain crucial aspects of facilitation. We will also share with you numerous online resources, such as video lessons and promotional materials that you can use for your events!

Online Community

The soul of Playfight resides in the hearts of numerous facilitators around the world. Once you sign up, you will have access to our community, where you can connect with like-minded people and a supportive environment.

4 GET SUPPORT

This is a personal but above all group journey. You will become part of the community of facilitators and you will be accompanied by a mentor who will support you throughout the journey.



PLAYFIGHT ACADEMY

FACILITATOR

PROGRAM

PART 2

GOALS

- Facilitation of advanced sessions
- Facilitation of longer sessions (½ day, 1 day, weekend)
- Facilitation in specific environments (schools, companies, etc.)

1 TRAINING

It's time to hone your skills, join the Advanced Training Immersion and Facilitator Training a second time to enhance your facilitation skills.



Advanced Training

It takes place in parallel with the Immersion and Facilitator Training and allows you to have 3 distinct roles

- **Pro-Participant:** Participating in the exercises for the second time will allow you to deepen your understanding of their benefits and observe them from the perspective of a Facilitator.
- **Assistant:** you will have a role of responsibility and support towards the participants, with the possibility of offering spaces for the different exercises.
- **Apprentice:** with daily meetings with Matteo to develop advanced facilitation skills, discuss group dynamics and answer any questions or topics you wish to explore further.

2 PRACTICE

Bring your new tools and skills to your workshops and find ways to revitalize your practice.



Advanced Practices (min. 3)

Offer advanced sessions with specific topics or longer sessions. Again, we recommend co-facilitating with different Facilitators to learn from each other.

3 SUPPORT

You will continue to receive support from your mentor and the facilitator community.



Mentorship - part 2 See page 5

Advanced online training sessions

You will be able to participate in online sessions, focused on the development of advanced sessions.

4 THE CERTIFICATION

Once you have completed all the necessary steps, you can apply for a graduation session, during which you will receive your Playfight Facilitator certification.



Practice evaluation

The journey concludes with the certification session. A session facilitated by you where your mentor will be present as a participant and at the end will give you feedback and, if appropriate, will award you the Certified Playfight Facilitator certification.

Certification is a mark of excellence that provides credibility and shows clients and colleagues that you have undergone rigorous training. In a landscape flooded with programs, our certification recognizes your dedication to making a positive impact in the world. Plus:

- + You will be listed on our website for 1 year, which publicly recognizes your professional status and gives you visibility (playfight.org/tribe)
- + Get lifetime access to all our latest study materials.

Space holding Create a safe and enriching environment for your participants.	Clear communication Learn how to use your voice, body language, and silence effectively.	Circle work Master the ancient tool of the circle as a way to create connection and safety.	Conflict transformation Help participants recognize the unexpressed needs underlying their conflicts.
Risk Management Learn to assess risk and recognize and respond appropriately.	Emotional Intelligence Embody the archetypal power of each emotion and support others.	Body reading Support your participants by observing their body/movement patterns.	And much more! Based on your interests, you can receive personalized training for specific contexts!

THE 8 ESSENTIAL SKILLS OF A PLAYFIGHT FACILITATOR

Every Playfight circle is unique. The Facilitator Program prepares you to confidently respond to what the group needs and helps you develop an exceptional experience for your participants.

PLAYFIGHT ACADEMY

PRACTICAL

INFORMATIONS

PRICES

4-Day Playfight Immersion**	690€
Facilitator Program PART 1	
4-Day Facilitator Training	990€*
Mentorship Part 1	300€
Facilitator's Manual	100€
Online training sessions	200€
Marketing Materials	500€
Use of the Playfight trademark for 2 years	200€
Facilitator Program - Part 1 (Offer valid until December 2025)	2290€ 1490€*
Facilitator Program PART 2	
8-Day Advanced Training	1290€*
Mentorship Part 2	300€
Advanced Online Training	300€
Practice evaluation and release of the certificate	200€
Basic presence on the website for 1 year	200€
Facilitator Program - Part 2 (Offer valid until December 2025)	2290€ 1490€*
Full Facilitator Program (Offer valid until December 2025)	4480€ 2490€*

After completing the Facilitator Program
THE JOURNEY CONTINUES

SPECIALIZATION COURSES

Playfight Academy offers specialized courses for facilitators (such as Playfight in schools, companies, etc.) and two advanced training programs.

COACHING PROGRAM

The path to becoming a Playfight Coach and offering individual sessions, supporting individuals in their journey of growth and transformation.



TRAINING PROGRAM

The program that allows you to become a trainer, to offer immersive retreats and trainings for new facilitators!



*These prices exclude travel and accommodation

**Participation in the Playfight Immersion is required to join the Facilitator Program.

PLAYFIGHT ACADEMY

F.A.Q.

I heard that Playfight is something sensual or erotic. Is that correct?

Our approach to Playfight is non-sexual and we are committed to ensuring that every participant feels safe by providing respectful and harassment-free spaces.

Is Playfight related to Bruno Caverna?

No. Despite the similar name, our work and Caverna's are very different, with distinct focuses and purposes. However, we strongly recommend that you also check out his work.



I have no experience in facilitation. Can I still join?

Absolutely yes. The Academy courses are perfect for both those with no previous experience and those who already facilitate.

I have worked for many years as a facilitator in other disciplines, can I skip some steps?

No. Everyone is required to complete all the steps. However, having previous experience will probably help you complete them more quickly and easily.

Can I participate with a friend?

Of course! We highly recommend finding a partner to share this journey with, supporting each other and facilitating together.

How long does it take to become a Playfight facilitator?

The length of the journey depends on you and how much time and effort you invest. The ideal time frame in which to complete the Facilitator Program is 6-12 months.

**Do you have more questions?
Send us a message at playfight.academy@gmail.com**

When will I be able to appear on the website?

Once you are a certified facilitator, we will add your profile to our website. We also have a list of names of those working towards certification at the bottom of the page.

Will I be trained to manage emotional processes?

While the Facilitator Program prepares you to handle unexpected situations, on the other hand the facilitation of emotional processes is not part of this training as it is the prerogative of the training for Playfight Coaches.



I live far from other Playfight facilitators; how can I do my practice evaluation?

We can arrange for your practice to be evaluated during a major event (immersion, training or meeting) or online.

I have never offered a workshop and I don't know where to start. Can I get support on the Marketing side?

Yes, we support every facilitator in organizing successful events, offering advice, tools and promotional material.

Is there a risk of participants getting hurt?

Despite our commitment to providing safe, non-violent, and risk-free spaces, someone can still get hurt. Learning to manage injuries is part of the Program.

We recommend that you find someone to share this journey with, whether it's someone you already know or someone you'll meet during the training.

Can I propose Playfight in schools?

Yes, and since schools are complex environments that require specific preparation, we recommend doing so only after completing the Training Program.

Is Playfighting allowed with children?

Yes, and depending on the age of the children, it must be adapted accordingly. If you are interested in the topic, mention it to your mentor: he will give you advice on how to start gradually and safely.

Can I propose Playfight in companies?

Yes, and since companies are complex environments that require specific preparation, we recommend doing so only after completing the Facilitator Program.

What is the Playfight Journal and is it mandatory to fill it out?

The Playfight Diary is a digital form dedicated to documenting your experience so that your mentor can read and track your progress and so that you can reflect on your practice. Completing the diary is a requirement for your first three private practices and optional for subsequent sessions.

What is an Intentional Playfight™?

Intentional Playfight™ is a special format where participants bring into the circle a specific issue in their life that they want to work on. Intentional Playfights™ are delicate dynamics and can only be offered by Playfight Coaches.