

Nome dell'organizzazione:	Manimal Academy
Titolo del programma:	Dog & Coaching Program
Tipologia del programma	<p>Livello 1 <input type="checkbox"/></p> <p>Livello 2 <input type="checkbox"/></p> <p>Livello 3 <input type="checkbox"/></p> <p>AATC <input type="checkbox"/></p> <p>CCE x indicare quantità e tipologia Total: 9 - Core: 6 Resource Development: 3</p>
Codice ICF Global identificativo del programma	9614357
Durata del programma in ore	9
Descrizione del programma (min 1500 max 2500 spazi esclusi)	<p>Dog & Coaching Program is a 1 day and a half training for Coaches, Managers, Individuals to create effective relationship during a coaching process or when leading team in an organization or when interacting with others. The program trains relational abilities and stimulate reflections on the elements which enable the capacity of creating connections with the other. The training is based on an experiential approach, called MANIMAL, using the power of the relation between humans and dogs to explore and train the abilities during sessions. The program alternates exercises with the dog with mindfulness meditation practices, group dialogues, peer coaching supervised sessions, structured 1:1 dialogs, practices and tools to improve consciousness, self-mastery, motivation, empathy and social skills. The goal of this program is to go beyond words, to co-create a relationship with a partner, focusing on ICF core competencies.</p> <p>Participants will learn: how a mindful breathing space can be used as a method to practically step out autopilot, develop a present moment awareness and notice thoughts and feelings; how to develop the ability to collect information through senses; how to use awareness and intention (the capacity to be "At Choice") to develop awareness of self (being grounded and centered) and awareness of others (connecting with others); how to reduce unworkable strategies and how to identify workable strategy embracing the process of acceptance; how to merge physical awareness with habitual pattern recognition to also develop awareness of the context.</p> <p>Dog & Coaching Program offers a path of growth and transformation preparing participants to integrate learnings into their everyday practices and life. Exercises can be done with owner's or instructor's dog, depending on the location and based on instructors evaluation.</p>

Lingua del programma	Italiano
Località di svolgimento del programma	Definita di volta in volta
Date del programma	
Data iniziale di approvazione del programma	April 1, 2023
Data di scadenza di approvazione del programma	May 31, 2025
Link al programma sul sito di ICF Global	https://apps.coachingfederation.org/eweb/DynamicPage.aspx?webcode=ESS
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