

Nome dell'organizzazione:	Manimal Academy
Titolo del programma:	Horse & Coaching
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>Horse & Coaching Program is a 1 day and a half training for Coaches and Managers to create effective relationship during a coaching process or when leading team in an organization. The training is based on an experiential approach, called MANIMAL, using the power of the relation between humans and horses to explore and train the abilities during sessions. The program alternates exercises with the horse with guided 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. 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. Horse & Coaching Program offers a path of growth and transformation preparing participants to integrate learnings into their everyday practices and life.</p>
Lingua del programma	Italiano

Località di svolgimento del programma	Definita di volta in volta
Date del programma	
Data iniziale di approvazione del programma	September 1, 2021
Data di scadenza di approvazione del programma	December 31, 2025
Link al programma sul sito di ICF Global	https://apps.coachingfederation.org/eweb/DynamicPage.aspx?webcode=ESS
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