



## The Symbolon Reflection training

**To increase personal effectiveness and expand existing skills**

In the **Symbolon Reflection-Training**, you will learn how to use reflection with works of art and to use them in coaching and training courses. It is an ideal introduction to the art of coaching using the Symbolon method®.

The **International Coach Federation** (ICF), the world's largest and oldest association of professional coaches, is checking and recognizing parts of the Symbolon Course yearly. You will receive the certain number of Continuing Coach Education (CCEU) with your participation.



**Target Groups:** Consultants, coaches, trainers, personnel specialists who have a professional and personal interest in personality and potential development who want to work with art works and who want to be effective in the market as specialists in the field of reflection competence. Executives, managers and project leaders who are open and ready to expand their leadership skills, experience and reorient themselves.



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# 1. Increase personal effectiveness and expand existing skills

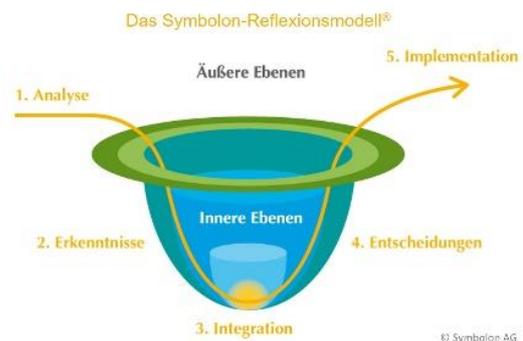
Immerse yourself in self-study! Anytime and digitally!

Your individually selected e-learning package accompanies you regardless of time and place.

You explore and develop your inner treasures and potentials with exciting immersion into reflection. Extend your coaching with the unique Symbolon Method<sup>®</sup>, which uses artwork, symbols and archetypes for reflection!

Through the extensive e-learning program with videos and all documents available for download, you can experience the theory and practice of reflection with the Symbolon Method<sup>®</sup> at your own pace. You will learn what reflectivity includes, even when someone is over- or under-reflective; how to ask reflection questions and give feedback; how to reflect patterns and learning processes. In two chapters you will shed light on how you support personality maturity and philosophical approach. You also experience how reflection can be used to master challenges, find solutions and make decisions. You go through your individual reflection exercises independently and design your own harmonious development process. In practice-oriented applications, you will learn how to assess and differentiate the different degrees of reflection maturity in order to accompany and promote each person in an ideal way.

The on-site trainings create a reflection space for intensification and peer-to-peer coaching. In the three days, with each reflection-dive the group strength increases. This will support you and all participants and will give you the most valuable clarification and strengthening. Your own experience gives your coaching and reflection skills an enormous development boost. With detailed feedback from all participants and trainers you will receive deeply enriching insights for your personal and professional future.



The certification gives highest quality assurance in the professional application. You will intensively improve your coaching skills and gain valuable support through certification to use the unique power of reflection and depth of knowledge in working with artworks. By completing this training and certification, you become a Symbolon Reflection Professional. You can profile yourself in the field of "coaching for reflection competence".

Reflection is multi-dimensional and the same applies to the different reflection accesses. Through this internationally accredited reflection training, your coaching core competencies will experience a significant expansion. With newly learned concepts and tools you can steer reflection processes and effectively direct people to their inner core issues and their source for new solutions, well-being and potential development.

## 2. Choose your Symbolon Reflection-Training package

The Symbolon reflection training consists of several packages that you can put together individually. E-learning is the basis for independently expanding your reflection ability. E-training or on-site training helps you develop your skills in the group. The Symbolon trainers ensure top training with a personal development process.

A completed training enables you to use the Symbolon Method® based on the two books "Through Self-Reflection to Success" and "Animal Potential" for your personal use. You can use the reflection processes professionally once you have acquired the license package and successfully completed the quality inspection.

### 3 Packages to choose from

<b>For your professional use <u>without</u> ICF recognition or license</b>	<b>Package 1</b> exclusively online with self-study	<b>Package 2</b> online and guided E-Training	<b>Package 3</b> online and on-site days
<b>A)</b> E-Learning for self-study (about 14 h.)	Euro 480.-	Euro 480.-	Euro 480.-
<b>B)</b> E-Training with Trainers (about 8 h.: 4 sessions of 2 h.)	---	Euro 460.-	---
<b>C)</b> On-site training (about 16 h., 2 to 3 days)	---	---	Euro 970.- (plus seminar flat rate)
<b>Total</b>	<b>Euro 480.-</b>	<b>Euro 940.-</b>	<b>Euro 1`450.-</b>

### License package for professional use with ICF recognition and license

<b>D)</b> Individual certification plus license package with toolbox and application with customers ICF CCEUs certificate and Symbolon certificate	<b>Euro 880.-</b>
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**E) Book Package** ("Through Self-Reflection to Success" and "Animal Potential")  
special price: Euro 50.- including posters, exercise sheets and shipping

### Individual support

We would be very happy to offer personal support and advice to you.  
Hourly rate EUR 150.-

**No VAT wil be charged:** For companies / participants from the EU countries, no VAT is charged, as it is an export good. In Liechtenstein and Switzerland, no VAT will be charged for seminars.

### A) E-Learning package for online self-study

For self-study a selection of about 14 hours of video on theory, instruction for exercises and live coaching case studies are available for 6 months. You can download extensive handouts and PowerPoint slides. The chapters are:

1. Introduction
2. Reflection = Halting & Pausing
3. Reflective ability
4. Depth of reflection
5. Art4Reflection
6. Reflection Questions
7. Finding solutions with animal reflection
8. Reflection feedback
9. Reflection of patterns
10. Reflection learning
11. Mastering challenges with the reflection of the port
12. Reflection maturity
13. Come to decisions with animal reflection
14. Reflection philosophy
15. Completion

### B) E-Training with Symbolon Trainers

You will be able to apply and deepen your E-Learning knowledge in 4 online sessions of about 2 hours in the group under the guidance of Symbolon Trainers.

### C) On-site training with Symbolon Trainers



The 2 to 3 practice days on site with Symbolon trainers include approximately 16 hours of immersion and peer-to-peer coaching. The maximum number of participants of 12 people ensures the highest quality in individual personality development and application training.

**D) License package with toolbox for commercial use**

You can acquire the license to professionally use the Symbolon reflection processes and images with customers. To do this, you will go through e-learning and one of the two trainings (e-training or on-site training) and submit training documents and two recorded coaching sessions with the Animal and Harbor art work.

After licensing, you will be a Symbolon Reflection Coach and will be able to coach with the Animal and Harbor artworks.

The toolbox of the license package contains:

- Communication and marketing material in the form of texts and images
- Toolbox for the application of the learned
- Training concepts, PowerPoint presentations and work documents



The **International Coaching Federation (ICF)** has recognized the online reflection training as a high-quality further education. With the successful completion including certification you will receive a certificate with 27 Continuing Coach Education Units (CCEU). These correspond to 27 hours, 14 of which are in "Core Competencies" and 13 in "Resource Development".





## 3. Dates

### Online Kick-Off Meetings

The online Kick-Off Meetings serve to deepen decision-making and to get to know other interested people and participants:

Tues. 16<sup>th</sup> of April 2019, 6 pm to appr. 7 pm (in German)

### Your individual start into the Symbolon Reflection Training

For the entire training including certification a timeframe of 3 to 4 months is provided. The Symbolon E-Learning platform will be accessible for 6 months from the date of purchase of an appropriate package.

The two **Symbolon Books** can be ordered at the special package price of EUR 50 including the posters: <https://www.symbolon.com/symbolon-books>

The **training dates** for the E-Trainings and on-site Trainings led by Symbolon trainers are planned as needed.

Current dates: <https://symbolon.com/reflection-training>

### Dates for on-site Trainings:

Precondition package 1 (see page 3):

E-Learning for self-study (about 14 h) for Euro 480.-

#### Vienna: Mon. 23<sup>rd</sup> to Tue. 24<sup>th</sup> of September 2019 with Christine Kranz

(for project managers)

Organisation: [www.rolandgareis.com](http://www.rolandgareis.com)

Euro 880.- plus seminar flat rate

#### Frankfurt: Thu. 17<sup>th</sup> to Sat. 19<sup>th</sup> October 2019 with Tanja Esmiol

Organisation: [www.change-ahead.de](http://www.change-ahead.de)

Euro 970.- (plus 19% VAT) plus Euro 150.- seminar flat rate

**Paying through the Symbolon AG, also in Frankfurt there will no VAT be charged:** For companies / participants from the EU countries, no VAT is charged, as it is an export good. In Liechtenstein and Switzerland, no VAT will be charged for seminars.

#### Vienna: Fr. 22<sup>nd</sup> to Sun. 24<sup>th</sup> of November 2019 with Christine Kranz

Organisation: [www.symbolon.com/reflexions-training](http://www.symbolon.com/reflexions-training)

First and second day: 9 am to 6 pm; third day: 9 am to 3 pm.

Euro 970.- plus Euro 150.- seminar flat rate



## 4. Participant's comments

### **Annika Gartenmann, [www.aergon.ch](http://www.aergon.ch), Zürich (CH)**

*"The reflection training in January 2018 in Vienna was very educational and inspiring. Christine has created a family atmosphere with her affectionate and quiet presence, which has made mutual coaching easy among the participants. Coaching through reflection of individual pictures is a wonderful method for me, how to help people to become more aware of themselves with questions about a certain motive and to show them their great potential. The Sym-bolon Art4Reflection Session in the museum "Albertina" was my highlight, as Christine has selected strong images that brought a lot of unconsciousness to the surface, which we were able to discuss afterwards. It's great how open Christine shares her knowledge so that as many people as possible can benefit from the Symbolon Method®. Thanks Christine! "*

### **Gisela Sattler-Dzierza, [www.sattler-dzierza-coaching.de](http://www.sattler-dzierza-coaching.de), Nürnberg (GER)**

*"The Symbolon reflection training was very intense and enriching, for me personally as well as for my job as a coach! A truly brilliant and in-depth reflection method, in which Christine Kranz invited us to immerse ourselves, to shape, to experience and to understand. With her special mixture of professionalism, humor, clarity and subtle flair, she created an enabling framework in which the participants of very different colors felt welcome and added value for themselves and their respective profession. I like to use the two artworks in my coaching. The work with it is really very powerful, the language of the pictures a very own. It provides quick access to non-linguistic areas and allows more implicit speech about itself. This proves to be extremely helpful not only in the business context. Thank you for this wonderful reflection "instrument" with lasting effect!"*

### **Pia Gruber, [www.pia-gruber.at](http://www.pia-gruber.at), Baden (AUT)**

*"The very compact short course has illuminated the topic of reflection from the most diverse angles, the Symbolon reflection methodology including the basics on which it is based conclusively and simply explained. We were able to try out and apply many things directly ourselves and received a lot of material for the practice in a well-prepared way. The whole event was characterized by a high standard and extremely appreciative atmosphere - in the best sense of the word "family style". "*

### **Dr. Almut Hüfler, [www.abfev.de](http://www.abfev.de), Berlin (GER)**

*"The four-day intensive training provided me with a good theoretical insight as well as a solid introduction to the practice of coaching with artworks using the Symbolon methodology." As an instructor, Christine Kranz combines human generosity, attention to detail, the highest concentration of content, and linguistic precision and has created a very productive atmosphere in no time at all with this wonderful mix of carefully prepared documents that facilitate the transfer to practice in the aftermath of the training, both on a professional and a personal level these four days were one in wintery Vienna beautiful, thoroughly enriching experience - thank you!"*

## 5. The Symbolon-Team

The Symbolon Reflection Trainings are carried out by Christine Kranz in Vienna and by Tanja Esmiol in Frankfurt.



**Christine Kranz**  
Founder and CEO



**Tanja Esmiol**  
Symbolon specialist

The entire Symbolon team can be found at [www.symbolon.com/team](http://www.symbolon.com/team)

## 6. Contact and registration

### Registration

Contact us by phone or via email. We will gladly send you the registration form. Upon receipt of the registration form, the accounting takes place. With the payment of the invoice your registration is binding.

### Cancellation policy

If the participation is canceled before the activation of the e-learning account, 50% of the amount will be deducted. In case of cancellation after the activation of the e-learning entrance, the entire amount is due. E-learning access will be closed in case of cancellation. A substitute who meets the admission criteria can be provided.

### Care & Organization

We are happy to help you with further questions and support of your individual organization.

### Symbolon AG

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### Symbolon in the world wide web

[www.symbolon.com](http://www.symbolon.com)

[www.symbolon.com/blog](http://www.symbolon.com/blog)

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## 7. Picture credits

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