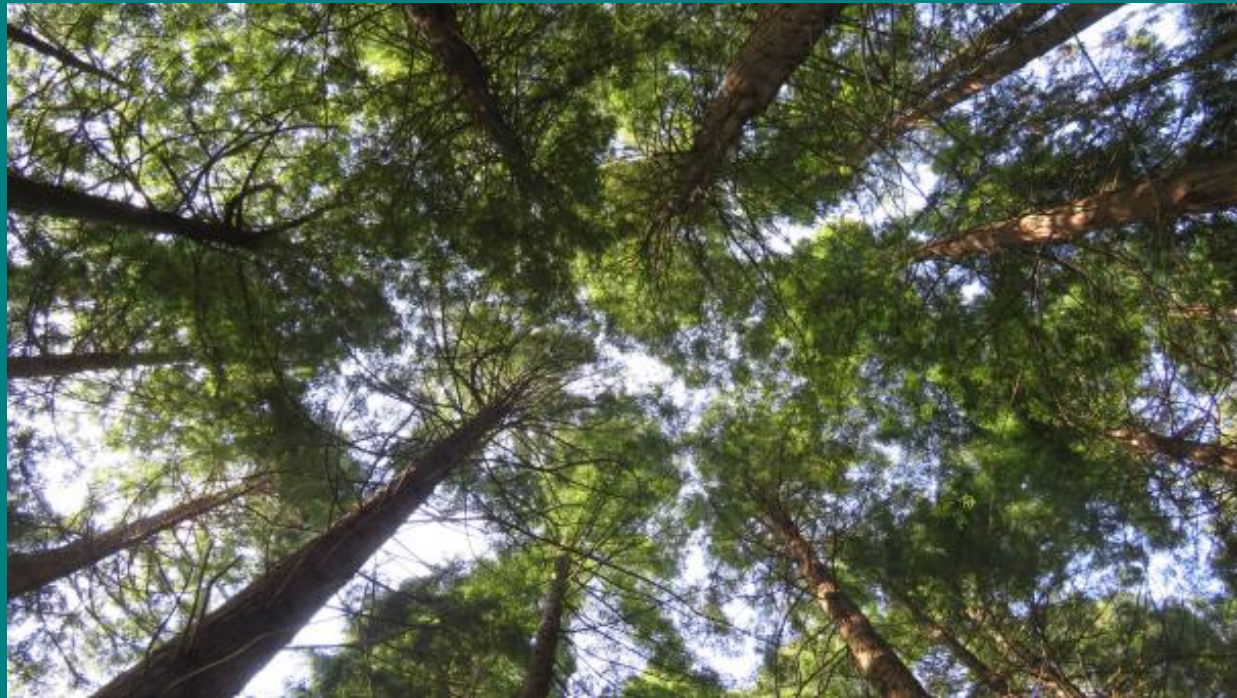


Embodied Systemic Approaches to Coaching & Facilitation (with optional ICF Accreditation)

An experiential journey combining embodied intelligence, systemic mapping & professional coaching practices

Designed & delivered by Jenny Mackewn & Colleagues



“I have completed all 3 modules of this programme.

It has been a powerful, enlivening, personal & professional learning experience.

The trainings are vibrant & practical & we form a strong connection in the group due to Jenny’s insightful facilitation & expertise in holding space”.

Karen Edwards
Independent Facilitator & Coach working internationally



Embodied Systemic Practices for Coaching & Facilitating

Thank you for your interest in our exciting programme that is active, interactive, energised & fun.

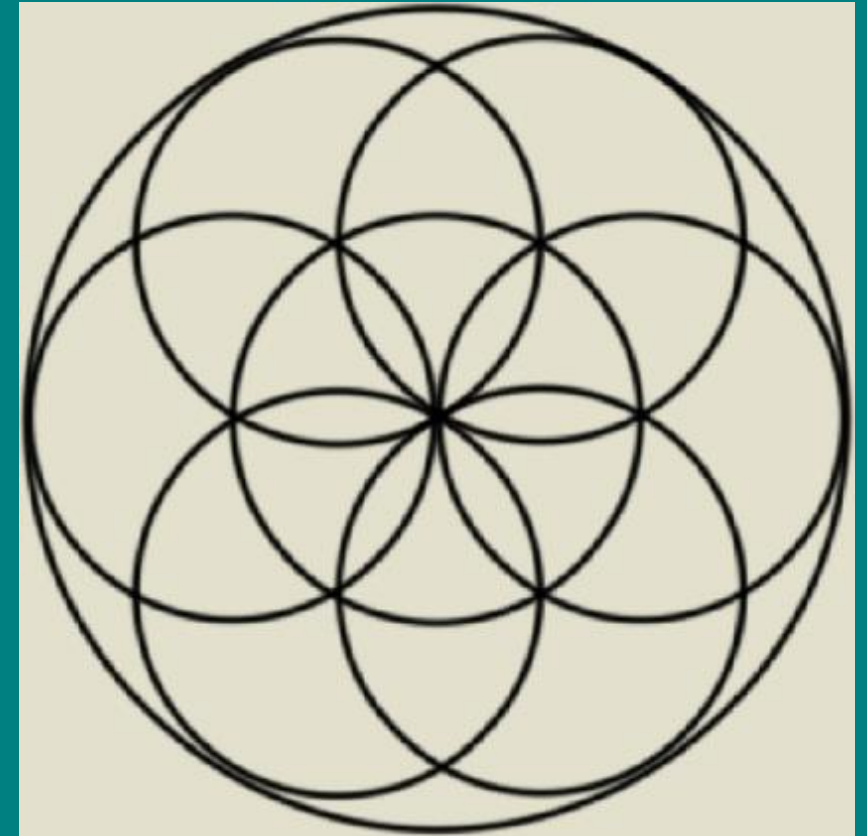
This brochure will give you an overview of the course, information about each module, an introduction to the optional pathway towards accreditation & an introduction to the tutors. It also tells you how to ask for more information & book a place



Overview

In this programme, you will explore:

- The 4 Ways of Knowing: Cognitive, Intuitive, Emotional & Embodied Intelligence
- Systemic & Holistic Understanding of personal & organisational systems – showing how we are all embedded in complex organisational & personal systems including a primary employer (if we are employed), a range of primary clients (if we are entrepreneurs or sole traders), teams that we lead or collaborate with, personal & family systems
- Innovative mapping methods for exploring these complex relationships & systems
- Nested Levels of Larger Systems
- The interconnection & intersection between people, context, environment & social responsibilities in coaching



The Programme

The focused training programme consists of 3 Modules, plus practice periods in-between. It can be taken online or in-person depending on personal preferences & world circumstances & the calendar of the training programme. (Currently the programme is offered in-person, but arrangements can be made for an online version)

Module 1 Introduces:

- The 4 Primary Ways of Knowing, giving special attention to:
 1. The Wisdom of the Body
 2. Systems & Holistic Understanding
 3. Immersive Approaches to Learning
 4. Formal & Informal Systems in Organisational & Wider Communities
- Mapping activities regarding our working life etc
- An Introduction to Embodied Systemic Coaching
- An Introduction to Theory-U, the 3 Great Divides, 4-D Mapping & Social Presencing Theatre



The Programme Contd.

Module 2 Offers:

- Deeper, more advanced experience of embodied systemic coaching & facilitating
- A chance to enhance our systemic mapping by integrating the power of symbols & objects
- Practice in working creatively & co-creatively with people in informal systems
- An introduction to using people as live representatives in mini-constellations
- Constellations & the work of Bert Helliger
- 4-D Mapping & the work of the Presencing Institute, Otto Scharmer & Arawana Hayashi



“Jenny is a master expert & inspiring role model. With her energising, almost shamanic presence, she makes every module a next initiation in systemic coaching, mapping & constellation work. Absolutely awesome”.

Patrik Somers, Systemic Facilitator of Transformation

The Programme Contd.

Module 3 Offers:

- Opportunities to participate in full-scale systemic maps (both Constellations & 4-D Maps) using people as live representatives
- An exploration of the power of embodied presence in leading & facilitating systemic maps
- Participants a chance to explore how they use the wisdom of embodied presence in their day-to-day work as leaders, facilitators, managers, consultants & coaches
- Details of our optional pathway to accreditation in Coaching (ICF)
- Details of our Training & Practicum in Advanced Team Coaching and/or Constellations & Systemic Mapping



“I never would have believed how entrancing & powerful training could be”.

Rebecca Cain, Director of Developing Success

Short Online Sessions & In-Person Gathering

Short Online Sessions Before In-Person Gathering:

Each module starts with 2 or 3 short online sessions. These are usually held either at the start or at the end of the day (e.g. 7.00 a.m. or 5.00 p.m. UK time) & last for approximately 2 hours

In-Person Gathering: Each module has an in-person gathering at Southstoke House, in a village just south of Bath.

Accommodation can be arranged at Southstoke House & consists of a mixture of shared accommodation & a few single rooms. You are of course welcome to arrange your own accommodation if you prefer.

Final Short Online Session: A final short online session takes place a few weeks after each in-person gathering



Optional ICF Accreditation – at either Level 1 ACC Accreditation or at Level 2 PCC Accreditation (see below)

Interested in Becoming an ICF-Accredited Coach?

If you're considering a formal coaching certification, we're delighted to share that this programme is now a fully recognised ICF Level A Accredited Education. This means you can complete your pathway to ICF ACC Accreditation within our school. We can also guide you through the PCC Portfolio Pathway to ICF PCC Accreditation.

The Level 1 Pathway includes:

In addition to the Embodied Systemic Practices programmes, the ICF Level 1 pathway includes

- **Mentor Coaching (10 hrs)** – With experienced ICF-accredited coaches
- **Performance Evaluation** – A 30-minute client session assessed against ICF ACC standards
- **Guidance & Feedback** – Aligned with the ICF Core Competencies
- **Support For Your ICF Application Process**

Alternative Portfolio Pathway to PCC or Level 2 Accreditation:

For those who are already experienced coaches, we offer to guide you through the portfolio pathway to PCC Level 2 Accreditation. These elements are offered within our school & are designed to support you through every step of your accreditation journey.

Please note: Both Level 1 Pathway & the Level 2 ICF Portfolio Pathway involve additional costs – details available on request.



About The Trainers

Lead Trainer & Programme Designer – Jenny Mackewn

Jenny Mackewn designs & develops pioneering programmes & generative events, including an exciting leadership programme: Co-Creating The Emerging Future, an Extended Focused Training in Embodied Systemic Coaching (with accreditation), an Advanced Training in Constellations, Systemic Mapping, 4-D Mapping & Social Presencing Theatre & an Advanced Training in Team Coaching (with accreditation). Jenny works as a creative catalyst, trainer, OD consultant & coach in public, corporate & eco-sectors.



Director of Education – Frostina Ristovska

Frosina works as a coach, trainer, supervisor & OD practitioner across corporate, public & non-profit sectors. She is the co-found of WhiHub – a space for meaningful coaching collaborations & finds inspiration in music, nature, her family & the rhythmic dance of authentic dialogue. Based between Macedonia & Germany, she bridges cultures with grace & grounded presence.



About The Trainers Contd.

Associated Trainers

Angela Raffle: Angela lives in Bristol & was part of a group of volunteers that established The Community Farm in 2010. Her motivation comes from a commitment to social justice & the care of the natural world. After qualifying in medicine, completing junior hospital jobs, & working for a while in Africa, she worked as a Consultant in Public Health & then became involved in Transition Bristol in 2008 & Bristol's Food Policy Council in 2011.



Meredith Freeman: Meredith's training in Embodied Systemic Coaching began in 2015. She completed the ICF credentialing process in 2017 & in 2021 she completed the Intuitive Coach training programme. Following that she became a Professional Credentialed Coach (PCC). She has experience of dispute resolution in disability, education, employment & community with The Disability Conciliation Service, ACAS & Bristol Mediation.



"The training with Jenny Mackewn has brought a whole new dimension into my work. Module 1 offers a broad mix of theory & practical application & the learning is underpinned by Jenny's deep experience, expert knowledge & her skilled facilitation which compels complete attention".

Annabelle Simmons Juritz, Systemic Team Coach & Organisation Development Consultant

www.jennymackewn.com

Course Fees, Dates & Booking Your Place

Course Fees: Details about the course fee are given in the accompanying email

Dates: Proposed dates for forthcoming modules are given in the accompanying email

Booking: To learn more, please email jennymac@netgates.co.uk or call on 00 44 7887 636918. To reserve a place, please email Jenny's Assistant, Sonja (p5vsf@yahoo.com), who will issue an invoice & sort out payment details with you. Payment details will be on the invoice that you will be sent when you book your place.



"I have greatly benefitted from Jenny Mackewn's training & have experienced how to build a community of practice in fun & engaging ways. Aside from applying this in my own practice, the training has also deepened my systemic understanding of creating more alignment in our work, organisations & life"

Svenja Tams (Phd), Professor of Management Organisations & Leadership, Bath University

Please Join Us



Join us in an exciting training programme that's active, interactive, energised & fun.

- **Rather than listening to lectures you will learn by doing & being**
- **You will practice the skills of embodied facilitation & coaching throughout the course & immediately apply everything you learn to your work & lives**
- **You will find out about the 3 Great Divides which are currently separating people from nature, from their true selves & from their deeper intuitions**

Finding Out More

If you would like to discuss which option of training would suit you best or have any other queries about the training programme, please contact Jenny Mackewn on
07887 636918
or email her at
jennymac@netgates.co.uk

