

NEXT LEVEL COACHING

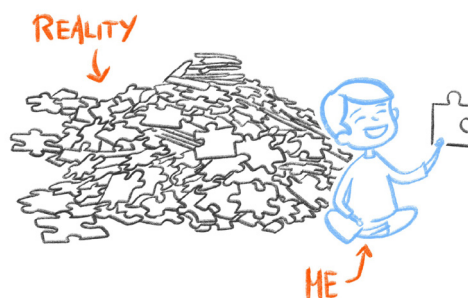
Coach Training Program

»We are creative, resilient and powerful beyond our imagination, we just aren't fully aware of it yet.«

Life is asking for each one of us to step up and bring ourselves fully into the world. Our driving vision behind the Coach Training Program is to **increase awareness as effectively and for as many people as possible**. To create a chain reaction for **consciousness gone viral**.

If you feel the pull to **transform yourself and the world around you**, you've come to the right place. Maybe you've been curious to learn more about yourself or to learn how to share your experiences and knowledge more effectively. The Coach Training Program builds the bridge between **personal development and integral, fully-engaged and impactful living**. Regardless of whether you want to make coaching your profession, bring the skills into your current work or simply grow and learn for yourself – whatever the case, you have the opportunity to contribute your skills and gifts to creating a freer, more conscious and loving world.

The aim of the Coach Training Program is to teach you the **foundational techniques** and **specific techniques** from our own methods and focus on real-life application. The program is led by Mathias Fritzen and Rebecca Roberts. Each brings a different style to coaching while still holding a common vision. This diversity provides a balance in the training and allows participants to **experience a broad variety of approaches**.



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Foundational Pillars

1. Direct Experience

We focus on accompanying the client into direct experience. This is where the magic happens. You can read thousands of pages about honey and still you don't know how it tastes until you try it for yourself. Coaching is not a lesson but an experiment with practical application in everyday life.

3. New Perspectives

»Problems can never be solved with the same mindset that created them.« (Einstein). It's the role of the coach to shine a light on new opportunities that the client hasn't considered before. This process is one of opening up to perspectives that his or her conditioning has not previously permitted.

5. Tenacity for Honesty and Growth

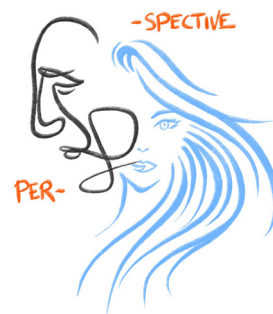
The best value and support a coach can offer comes through providing honest feedback and reflection to push the client's comfort zone, provide accountability, and create the space within them to grow. The client's personal and true success is the forefront of our focus.

2. Personal Responsibility

The client's concern is absolutely in the foreground. The client learns to take personal responsibility for the coaching process and for their own life. We understand responsibility as the ability to respond. In this way, the client experiences him- or herself at the command wheel of the transformation.

4. Safe Space

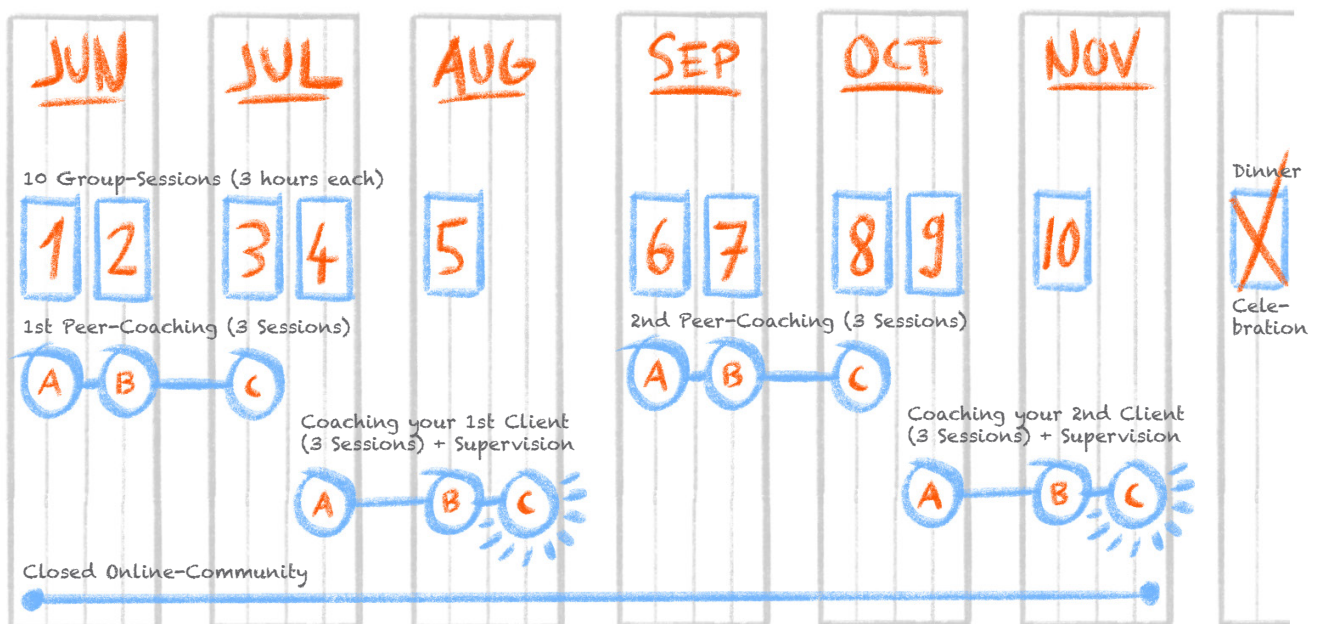
There are no right or wrong thoughts or answers – as coaches we have an opportunity to create a safe, non-judgmental space in which our clients can explore freely. We treat their choices and actions (past, present, and future) with respect. All interactions remain confidential.



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Structure and Schedule

The training is designed for a **duration of 6 months**, in which theory and practice run in parallel. We meet together for **10 Group-Sessions**, and you work independently with your clients. **Two of these clients are assigned to you** from the group (peer clients) and another **two come from your own environment**. We discuss examples from your direct experience and carry out **supervision**, during which either Mathias or Rebecca join for a coaching session to provide feedback and guidance. Please see the graphic below for easier understanding of the flow:



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Trainers and Registration

MATHIAS FRITZEN



For the past three years Mathias has been working with clients of all walks of life both locally in Basel and online to create a more conscious and integrated society. He developed a unique system that combines cutting edge Coaching Tools and Consciousness Technologies with one simple goal: Transforming complexity to clarity.

WWW.MATHIASFRITZEN.COM

REBECCA ROBERTS



Since 2013 Rebecca has focused on creating space for her clients and audiences to explore and transform. Her gift is finding simple, clear language and stories that open the door for honest communication and deep connection. She approaches her work (and life) with lighthearted-directness, intense curiosity, and a playful mind for growth and expansion.

WWW.REBECCAROBERTS.COM

We deliberately keep to a **small group of participants** in the coach training to enable focused, intensive and fruitful work. For registration please use the following email address:

hello@MathiasFritzen.com