



# Curious?

Level**1**

Level**2**



## The Bona Dea Coaching **Program**

inspires you to bring out  
the best in yourself and others.

Coaching has its roots in sports.

The coach is dedicated to the athlete's success and personal development. Their goal is to bring out their client's optimum potential; the sum of all their possibilities.

Curiosity coaching provides a methodology for stepping into peak performance, whether on the playing field or in the business world.



# LEARN COACHING DISCOVER TALENTS INSPIRE PEOPLE

## Who you are:

- Entrepreneur or CEO
- Trainer, consultant, or mediator
- Personnel development manager or HR manager
- Executive in the private, public or non-profit sector
- Project manager or interim manager
- Pioneer, visionary, source of inspiration, and motivator
- Responsible for sales, change management, leading teams, or HR development
- Interested in personal development and growth

## Your coaching training:

You will learn how to use the coaching tools through a multidimensional, methodological approach that is hands-on and results-oriented – learning by doing!

- 3-month-program **Level1**:  
7-day intensive course  
1-day workshop  
2 evening sessions supervision
- Become familiarized with the coaching tool box including the “7 transformers” through interactive exercises and role-playing
- Training transfer period:  
15 hours of documenting your own coaching cases
- Independent work in peer groups
- Literature review
- Coaching training certificate

## What you will learn:

The Bona Dea Coaching Program **Level1** will provide you with a tool box of 7 powerful coaching tools – so-called transformers – which will allow you to enhance any other method you may have studied already. You will increase your communication potential and discover new resources to improve your own coaching skills.

You will become aware of your true capabilities and adjust your actions accordingly. A new, enhanced career perspective enables you to easily and authentically interact with others and live up to your role as a leader through “natural leadership.” You will not only convince others – people will want to follow you!

With enthusiasm and passion you will create a sustainable network, both in your professional and in your personal life.

## 7-day Intensive

ALL about coaching?

What is coaching? Basics and core competencies, what differentiates coaching from other methods

Overview of the “7 transformers” tool box

Introduction to the coaching tools:

Contemplation, environment, and connection – define your intrapersonal and interpersonal space

Observation, distinctions, and feedback – perceive and express what is

Acknowledgement – dealing with appreciation and uniqueness

Designing the coaching process – ethics and underlying attitudes in coaching, inner and outer appearance of the coach, using questioning techniques, how to initiate changes in a timely manner (timing)

Coaching example clients – preparation, delivery, and evaluation as a team

Reflection of participants' personal concerns and wishes through coaching interviews and exercises

Discussion of relevant literature

## TRAINING TRANSFER 3 months

Implementation with ease  
Supervision

Application of the coaching tools in real-time coaching scenarios

Supervise your own coaching cases and document the process

Time for peer group exchange



## Investment into YOUR coaching training

Private customers:  
2.975 € brutto

Corporate customers:  
3.450 € brutto



### Supervision I

Gain new insights

Present your own coaching cases to the group

Exchange your experiences with the coaching tools (competency assessment)

Reflect on the inner attitude in coaching

### Workshop

Integrating mind, heart and intuition with the coaching tools

Advanced application of the coaching tools on the job

Dealing with resistance, flexibility in choosing a suitable coaching approach for different scenarios

Reaching your goals as part of the team – strengthen your self-awareness and self-confidence as a coach

### Supervision II

Fine-tuning your coaching skills

Become aware of your successes and acknowledge your mistakes

Integrate your own coaching skills into your personal and work environment

Vision coaching – where does the journey take you?

Next steps following your coaching training



### Starting date

to be announced

In case of scheduling conflicts, you can make up for missed classes during the next training cycle.



### **Trainer Coach: Konstanze Bittroff**

*Psychologist, International Business Coach  
AS® Colour Consultant, 4 Elements Bodywork*

The coaching program is facilitated by Konstanze Bittroff who founded Bona Dea Coaching in 2005. She was soon establishing herself in the international coaching and training market and currently works with executives, entrepreneurs, employees and students in Germany, Europe, the US and Asia.

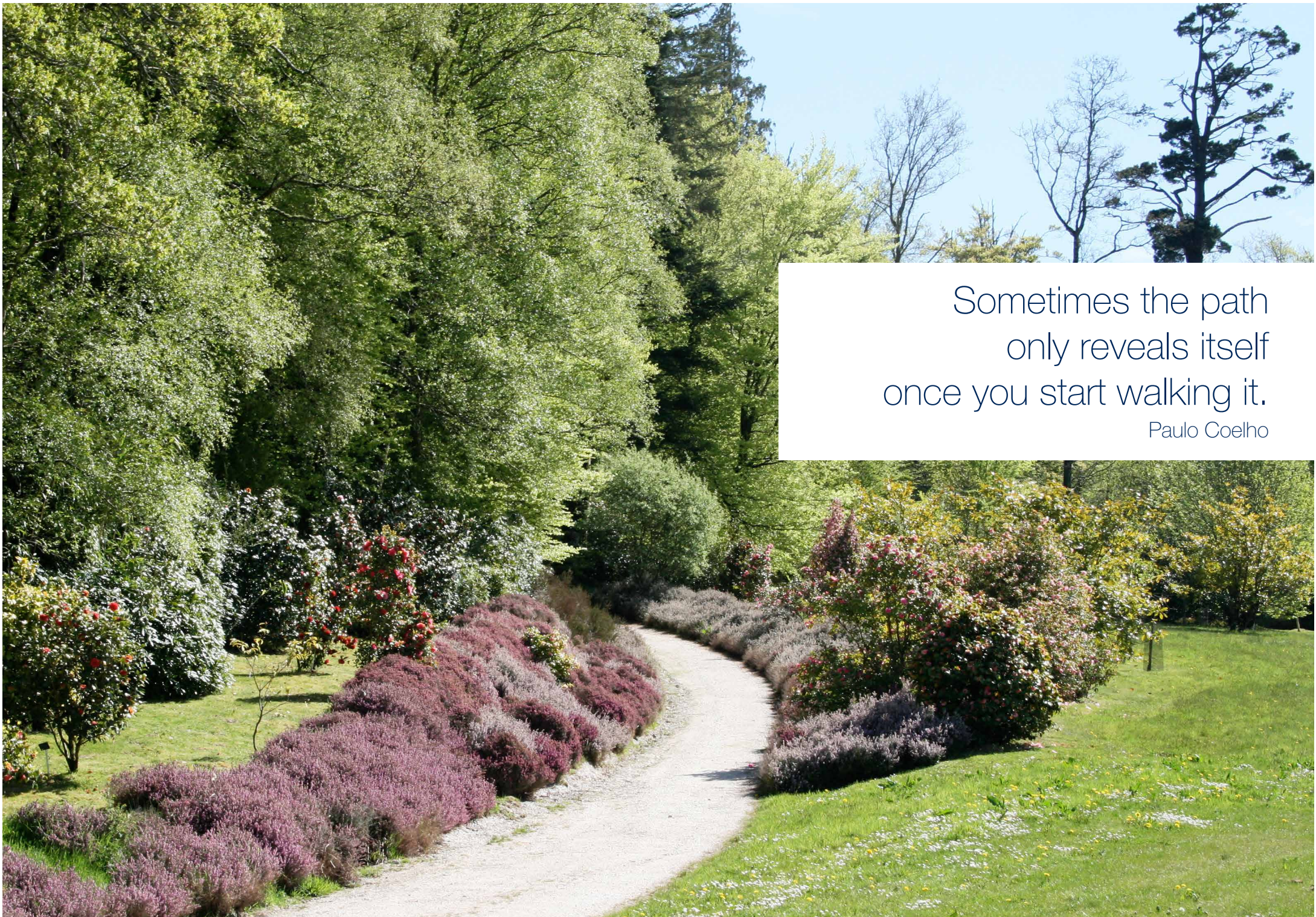
Providing a welcome break from your usual “hard” working routine, the **Level1** training is all about learning new behavior patterns and improving your own communication skills in a playful setting. Konstanze follows a light-hearted yet results-oriented approach. Her ability to inspire clients to do their best forms the core of this compact Bona Dea Coaching Program.

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Sometimes the path  
only reveals itself  
once you start walking it.

Paulo Coelho