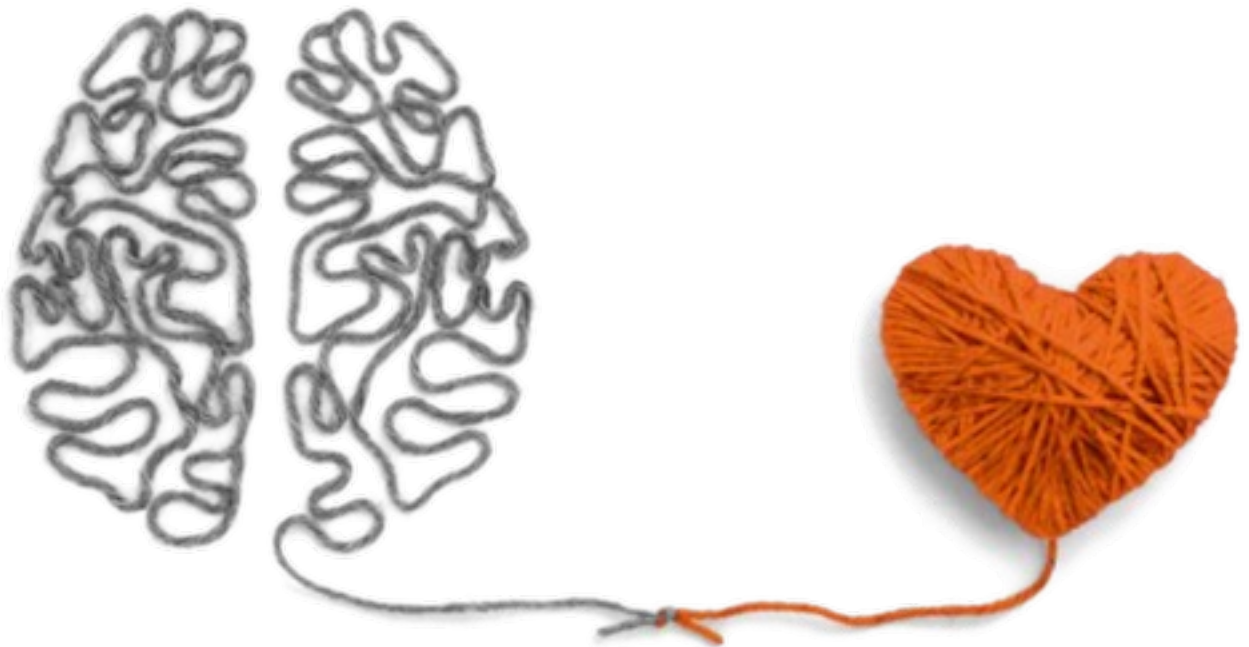


TRANSFORMATION & PRESENCE COACH

Coaching Education Program Information



coaching.
when potential comes to life

"The role of a coach is not to give solutions, but to create an environment where the best solutions emerge from within." – Sri Sri Ravi Shankar



TRANSFORMATION & PRESENCE COACH

PERSONAL & PROFESSIONAL COACHING THAT LASTS

*"I just wanted to try to live nothing but what wanted to come out of me on its own.
Why was that so difficult?" – Hermann Hesse*

"Everyone should have a coach!"

With this statement, former Google CEO Eric Schmidt pointed out that many successful people are regularly coached. But should everyone have a coach?

We believe that a good coaching education is worthwhile for (almost) everyone. Coaching skills are becoming increasingly important in many professions. Whether for executives, project managers, experts, or consultants – the solution-oriented mindset and the methodological know-how of a coach will expand your professional repertoire and strengthen your communication and relationship skills.

Become an Expert in Personal Development

Our education program to become a Transformation & Presence Coach empowers you to design and conduct coaching processes independently within eight months. You will become an expert in personal development – with your own transformation as the foundation.

Overcome Immunity to Change and Enable Sustainable Transformation

Change often means overcoming fears and inner resistance – known as "immunity to change." To guide clients confidently, it's essential to experience this process yourself and learn a proven method to resolve inner blockages.

Your Personal Transformation Journey Begins Here

During the training, you will engage intensively with yourself, reflect on your current life situation, and make conscious decisions for your future. In this way, you not only lay the foundation for your own development but also gain the ability to competently accompany others in their transformation process.

TRANSFORMATION & PRESENCE COACH

WHAT MAKES THIS EDUCATION UNIQUE?

The Transformation & Presence Coaching Education goes beyond traditional approaches. It not only teaches effective, scientifically based methods but also promotes your personal transformation. This is because an outstanding coach or an inspiring leader can only guide others as far as they have gone themselves.

Through self-reflection, deeper self-awareness, and targeted development steps, you will strengthen your authenticity and self-leadership – thus laying the foundation for your role as a coach or mentor. With presence and focus, you will accompany others on their journey – whether in coaching or as a leader in your organization.

DRIVE FORWARD YOUR OWN TRANSFORMATION

Effective coaching and authentic leadership begin with self-reflection and self-experience. Only those who understand themselves, recognize their own patterns and blockages, and act with inner clarity can sustainably guide others on their journey.

STRENGTHENING PRESENCE, MINDFULNESS & SELF-LEADERSHIP

You will learn to unlock your full potential as a coach through heightened mindfulness, intentionally leveraging your intuition and empathy. These skills build trust, strengthen your connection with clients or team members, and enable true transformation.

APPLY SCIENTIFICALLY BASED CONCEPTS & METHODS

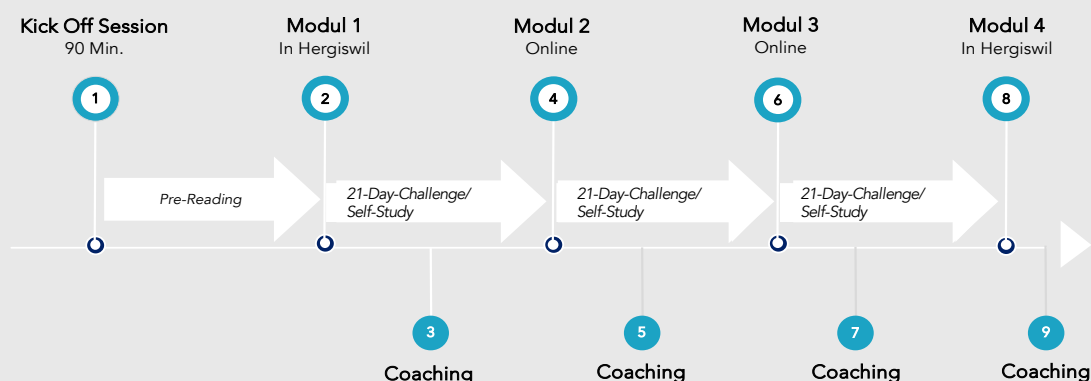
You will deepen your knowledge of modern, scientifically grounded coaching and self-management concepts. You'll learn to apply these concepts effectively in your work using practical methods. Additionally, you will develop the ability to critically assess developments and reflect on them ethically.

BE PART OF AN INTERNATIONAL NETWORK

You will become part of an inspiring international community of coaches and leaders who support each other and share their experiences..

CURRICULUM

MODULES & CONTENT



<p>KICK-OFF Online 1,5 hours</p>	<ul style="list-style-type: none"> • Introduction to the certification program • Overview of the program structure and expectations
<p>DEEP DIVE MODUL 1 Hergiswil</p> <p>Thu 9:30 am-6 pm Fri 9:30 am-6 pm Sat 9:30 am-6 pm Sun 9:00 am-1 pm</p>	<ul style="list-style-type: none"> • Introduction to systemic-constructivist thinking • Introduction to an integral framework model for coaching and mentoring • Introduction to a set of scientifically researched coaching tools • Personality – perception filters and control systems: analysis of one's own • Personality to improve self-awareness, self-perception, and enhance self • Regulation skills • Integration and application exercises • Group discussion and Q&A sessions
<p>DEEP DIVE MODUL 2 Online</p> <p>Thu 2 pm-6 pm Fri 2 pm-6 pm Sat 10 am-2 pm</p>	<ul style="list-style-type: none"> • Self-development – from reflex to reflection: introduction and practical application of models for reflecting on one's own development • Personal change management and supporting change through coaching. • Shaping change – recognizing and managing immunity to change. From • Reactive to creative thinking and behavior patterns – developing and • Promoting an agile mindset • Integration and application exercises • Group discussion and Q&A sessions
<p>DEEP DIVE MODUL 3 Online</p> <p>Thu 2 pm-6 pm Fri 2 pm-6 pm Sat 10 am-2 pm</p>	<ul style="list-style-type: none"> • State management: the importance of mental, emotional, and physical states in the context of coaching and (self-) leadership • Introduction to a set of techniques for enhancing well-being and resilience, as well as sharpening presence and focus • Integration and application exercises • Group discussion and Q&A sessions
<p>DEEP DIVE MODUL 4 Hergiswil</p> <p>Thu 9:30 am-6 pm Fri 9:30 am-6 pm Sat 9:30 am-6 pm Sun 9:00 am-1 pm</p>	<ul style="list-style-type: none"> • Coaching as a leadership tool • Examination, final assessments, and feedback • Certification ceremony

Between the modules, each participant will receive personal coaching with a trainer.

AT A GLANCE

DETAILS OF THE PROGRAM

THE TEAM



Christoph Glaser

- CEO TLEX
- Senior Coach
- Trainer



Maria Lorenz

- Director TLEX Germany
- Senior Coach
- Trainer



Michael Hartman

- External lecturer at EBS University
- Senior Coach
- Trainer



Sara Baltus

- Project Managerin
- Senior Coach
- Contact Person

IDEAL CANDIDATE PROFIL

Leadership Experience or Project Management:

You have experience in leading teams or managing projects and want to further develop your leadership skills to effectively inspire and support your team.

Aspiring Coaches:

You want to start or advance your coaching career and are passionate about guiding people on their journey to reach their full potential.

Professional Background:

Ideally, you have an academic degree or at least five years of experience in management, leadership, or coaching roles – a valuable foundation for this challenging learning experience.

INVESTMENT

EUR 7.500

LANGUAGE

GERMAN (Upon request, there is an English translation.)

GROUP SIZE

Max. 15 Participants

ABOUT THE TLEX INSTITUTE

GLOBAL NETWORK – OUR CLIENTS & OFFICES

500+ Customers
65 Countries

20 years of experiences
in training & coaching

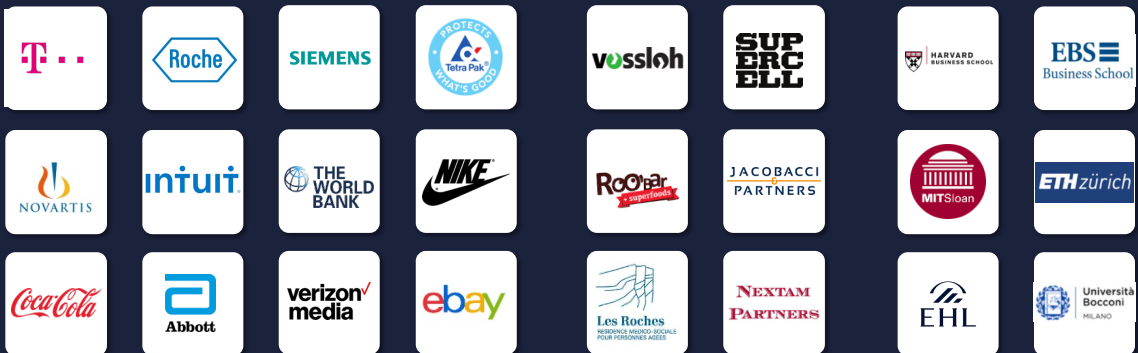
Certification program to
become a TLEX Trainer

Global network of 200
Trainers

500.000+
participants worldwide



MNCs, SMEs & UNIVERSITIES



Contact

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