



The Symbolon-Reflection-Training

Your continuing education for brilliant reflection competence

In the **Symbolon-Reflection-Training** you learn to use reflection processes for yourself and to apply them in your entire professional life as well as in your private life. By applying the Symbolon Method®, you will succeed in refining and professionalizing your reflection skills. With the certification you will receive a powerful tool to work effectively and professionally with artwork in coaching and training.

The **International Coach Federation (ICF)** is checking and recognizing parts of the Symbolon-Reflection-Training yearly. You will receive the defined number of Continuing Coach Education Units (CCEU) after your participation.



Target Groups

Coaches, consultants, trainers, human resources specialists, executives, managers, project managers. All those who ...

- want to professionalize, strengthen and use their ability to analyze and reflect in the context of their work.
- have a professional and personal interest in personality and potential development.
- are effective on the market as specialists in the field of reflective competence and want to work with works of art.
- are open and willing to expand their self-management competencies with well-founded reflective competence, to experience themselves in a new way and to align themselves.

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1. The Symbolon-Reflection-Training

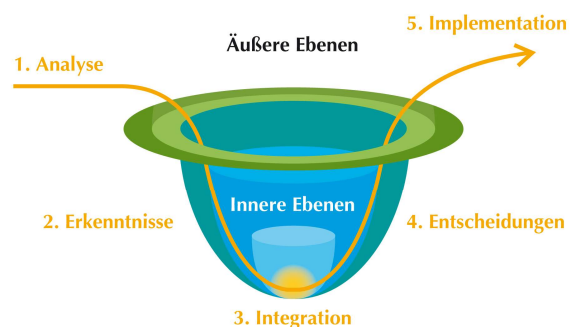
In the Symbolon-Reflection-Training you explore and develop, with exciting reflections dives, your inner treasures and potentials. Whether for personal, private or for professional, commercial use, expand your reflective competence with the unique Symbolon-Method[®], with which you use works of art, symbols and archetypes for reflection!

With newly learned techniques, concepts and tools you can effect reflection processes and lead people directly and effectively to their inner core issues and their source for new solutions, well-being and potential development.

For effective personality and potential development, external as well as internal competencies must be observed, explored and further developed. Only by diving into deep levels the invisible becomes visible. In the Symbolon-Reflection-Training you illuminate the essential contents and thereby recognize your personal core issues as well as your obstacles. The application of the new insights will bring you and your environment lasting clarity and certainty. You inspire others to courage, strength and growth

The completed Symbolon-Reflection-Training enables you to apply the Symbolon-Method[®] based on the two books "Through Self-Reflection to Success" and "Animal Potential" for your personal and professional use, written by Christine Kranz.

Das Symbolon-Reflexionsmodell



2. Three steps for brilliant reflective competence

The Symbolon Reflection Training consists of e-learning (approx. 16 hrs.), e-training (approx. 10 hrs.) and an individual certification.

Step 1: Self-study e-learning (approx. 16 hrs.)

The e-learning is the foundation with which you independently expand your reflection skills, making it a true development booster. The e-learning includes:

- ✓ Videos for the teaching of theory and practice
- ✓ Exercises for analyzing and expanding one's own reflection skills
- ✓ Practical application with own reflection processes
- ✓ Coaching instructions
- ✓ Handouts
- ✓ PowerPoint presentations
- ✓ Live coaching case study



In the e-learning you will work intensively with the books "**Through self-reflection to success**" and "**Animal potential**". The two professional and practical books introduce you to the theoretical basics of potential development with artwork. With practical case and application examples, you will learn about the Symbolon-Method® and the connection and significance of art and psychology in business. Accompanying you will experience your first individual reflection processes with the port and animal artwork.

The self-study content for approximately 16 hours is open to you online for 6 months and is available for download. In doing so, you choose your own pace to acquire the theory and practice of the reflective approaches and Symbolon-Method®.

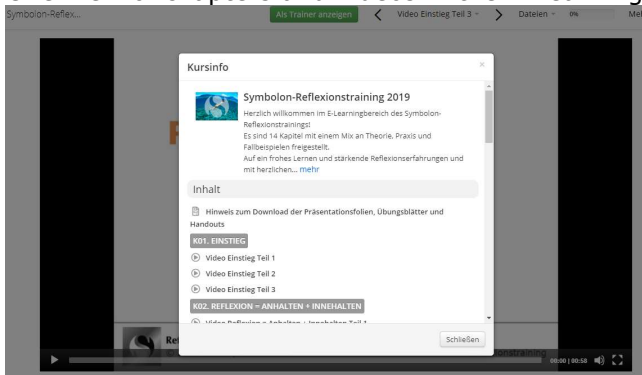
The chapters in the E-Learning are:

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

Your access to the E-Learning platform:



Overview of chapters and videos in the E-Learning of the Symbolon-Reflection-Training:



Step 2: E-training - four practical units

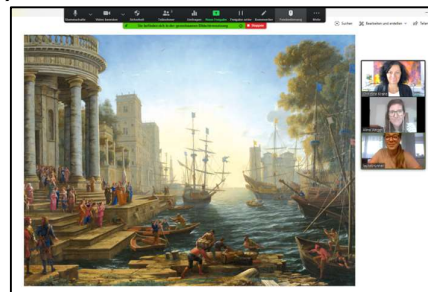
After the e-learning, you continue to build your personal skills in the practice units. The practice units take place online with a Symbolon instructor.

- ✓ Intensive, in-depth reflection processes
- ✓ Development & enhancement of coaching and reflection skills
- ✓ Peer-to-peer coaching - in pairs or in groups
- ✓ Clarification through detailed feedback

Practical units online via e-training (approx. 10 hrs.)

You complete the e-training live in 4 online sessions of approx. 2.5 hours each via Zoom. The sessions take place at intervals of approx. 1 to 2 weeks.

The entire process of e-learning and e-training takes about 6 weeks. The maximum number of participants is 12, which guarantees the highest quality in individual personal development and application training.





Step 3: Certification and license

With your individual certification, you successfully complete the reflection training and can now use Symbolon reflection processes and images with coachees professionally and commercially.

- ✓ Individual certification
 - ✓ Submission of a recorded coaching session with the animal or port art work
 - ✓ written feedback
- ✓ Picture credits
 - ✓ ©-Use of artwork within the Symbolon-Method®.
- ✓ license package with toolbox
 - ✓ communication material with texts and images
 - ✓ Marketing material
 - ✓ Toolbox for the application of what has been learned
 - ✓ Training concepts
 - ✓ PowerPoint presentations
 - ✓ Working materials
- ✓ Symbolon certificate
- ✓ ICF CCEUs proof
- ✓ One-time license fee



With the graduation of the Reflection-Training with your individual certification, you become a **Symbolon-Reflection-Expert**. You will be certified in the field of "Coaching for Reflection Competence".

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 24 Continuing Coach Education Units (CCEU). These correspond to 24 hours, of which 10 are in "Core Competencies" and 14 in "Resource Development".

For the training hours you can also receive up to 7 mentoring hours.





3. Your Team of Symbolon Trainers

The films and coaching examples in the e-learning are by Christine Kranz, MCC. The practice units of the Symbolon reflection training are led by Michaela Jaritz and Yvonne Schubert, PCC. Your contact person for certification is Mag. Linda Baumgartner.



**Christine Kranz,
MCC**



Michaela Jaritz



**Yvonne Schubert,
PCC**



**Mag. Linda
Baumgartner**

All Symbolon-Specialists can be found [here](#).

4. Three Feedbacks from Participants

Pia Gruber, 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, 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-Method®. 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!«

Gisela Sattler-Dzierza, 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!«

5. Registration & Contact

The reflection training with the e-learning can be started at any time. The current dates for the e-training are online at [Symbolon booking](#).

The cost for the entire Symbolon-Reflection-Training is **EUR 1'490.-**. No value added tax will be charged. Registration takes place directly in the Symbolon store.

If you want to try out if the reflection training is the right one for you, choose the **Symbolon Reflection Training Trial Dive**: approx. 3 hrs. e-learning for EUR 90.- incl. ICF proof of 3 hours CCEU.

Cancellation conditions: If the participation is cancelled before the activation of the E-Learning access, 50% of the amount will be retained. In case of cancellation after the activation of the e-learning access, the full amount is due. The e-learning access will be closed in case of cancellation. A substitute person can be provided.

Your contact person



Please feel free to contact us by phone or e-mail. In the exchange you can clarify open questions, coordinate expectations and wishes.

Dr. Friederike Redlbacher
CEO
friederike.redlbacher@symbolon.com
M (FL/CH): +41-78-201 00 64
M (D): +49-157-3467 4792

Picture credits

Cover page: ©shutterstock, Editing Symbolon AG

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Artworks:

Claude, Seaport with the Embarkation of Saint Ursula, 1641, ©The National Gallery, London

Potter, Orpheus und die Tiere, 1650, ©Rijksmuseum, Amsterdam

Portraits: Christine Kranz by Sabine Klimpt, Tanja Esmjol, Yvonne Schubert by Oliver Seiffer, Michaela Jaritz by Susanne Stark, Katharina Gauser, Linda Baumgartner