



# The Symbolon-Reflection-Training 2020

**To increase personal effectiveness and expand existing skills**

In the **Symbolon-Reflection-Training**, you learn how to use reflection processes for yourself and to apply them in your entire professional and private life. By applying the Symbolon-Method®, you can refine and professionalize your reflection competence. With the certification you receive a powerful tool to work effectively and professionally in coaching and training sessions with artwork.

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, personnel specialists, managers, project leaders.

All those ...

... who want to professionalize, strengthen and use their ability to analyse and reflect in a business context.

... who have a professional and personal interest in personality and potential development.

... who want to work with artwork and who want to be effective in the market as specialists in the field of reflection competence.

... who are open and willing to develop their self-management skills with well-founded reflection competence, to experience and reorient themselves.

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## 1. Symbolon-Reflection-Training -

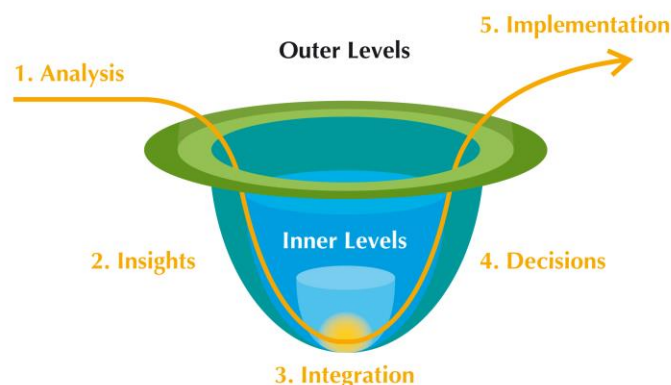
### Power Dive for Leadership Brilliance

In the Symbolon-Reflection-Training you will explore and develop your inner treasures and potentials with exciting reflection dives. Whether for personal, private or professional, commercial use – expand your reflection competence with the unique Symbolon-Method®, which uses artwork, symbols and archetypes for reflection!

With newly learned techniques, concepts and tools you can influence 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 an effective personality and potential development, both external and internal competencies must be considered, explored and developed. Only by diving into deep levels the invisible becomes visible. In the Symbolon-Reflection-Training you will illuminate the essential contents and thus recognize your personal core issues and barriers. The application of the new knowledge brings you and your environment sustainable clarity and certainty. You inspire others to courage, strength and growth.

The Symbolon-Reflection-Model





## 2. Choose your Symbolon-Reflection-Training Packages

The Symbolon-Reflection-Training consists of four packages. Choose the right package for you, receive a top training and evolve your personal development process at the same.

The completed Symbolon-Reflection-Training with the steps 1 to 3 enables you to use the Symbolon-Method® based on the two books "Through Self-Reflection to Success" and "Animal Potential" for your personal and private use. With the additional step 4 you can use the art coachings with the artwork commercially and professionally, once you have acquired the license package and successfully completed the quality inspection.

	<b>Reflection-Training Packages</b>	<b>Investment</b>	<b>Precondition</b>
<b>privately</b>	<b>Package 1 (Step 1) Book Package</b>	Euro 65.- (incl. posters folded and shipping; posters in roll plus Euro 35.-)	
	<b>Package 2 (Step 2) E-Learning online for self-study</b>	Euro 480.-	Package 1
	<b>Package 3A (Step 3) Practice units online via E-Training</b>	Euro 460.-	Package 1 & Package 2 (accompanying)
	<b>Package 3B (Step 3) Practice units on-site</b>	depending on location & duration (see point 4. Dates page 7)	Package 1 & Package 2
<b>commercially</b>	<b>Package 4 (Step 4) Individual certification &amp; license package</b>	Euro 880.-	Package 1, Package 2 & Package 3A or 3B

### Individual support

We would be very happy to offer personal support and advice to you.  
Hourly rate Euro 150.-

### VAT

No VAT will be charged when Symbolon AG invoices:  
For companies / participants from the EU countries, no VAT is charged, as it is an export good. In Liechtenstein and Switzerland, no VAT will be charged for seminars.

### 3. Four Steps for brilliant Reflection Competence

#### Step 1/ Package 1: Book Package

- ✓ Book „Through Self-Reflection to Success“
- ✓ Book „Animal Potential“
- ✓ Artwork „Seaport with the Embarkation of Saint Ursula“ by Claude Lorrain (A3 size)
- ✓ Artwork „Orpheus en de dieren“ by Paulus Potter (A3 size)
- ✓ Symbolon forms for coaching



The Book Package is the right companion for your self-study. The two specialist and practical books introduce you to the theoretical principles of potential development with artwork. With practical case studies and application examples, you will learn to know 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 two included posters are folded in the book package.

We will be happy to send you the posters in a roll plus a shipping fee of Euro 35.-.



#### Step 2/ Package 2: E-Learning for self-study (about 16 h)

- ✓ Videos for theory and practice
- ✓ Exercises for the analysis and expansion of the own reflective ability
- ✓ Practical application with own reflection processes
- ✓ Coaching instructions
- ✓ Handouts
- ✓ PowerPoint presentations
- ✓ Live coaching case study



The E-Learning Package is a true development booster which helps you to expand independently your reflective ability. The contents for self-study over app. 16 hours are available online for 6 months and can be downloaded. You choose your own pace to learn the theory and practice of reflective approaches and of the Symbolon-Method®.

The chapters in the E-Learning are:

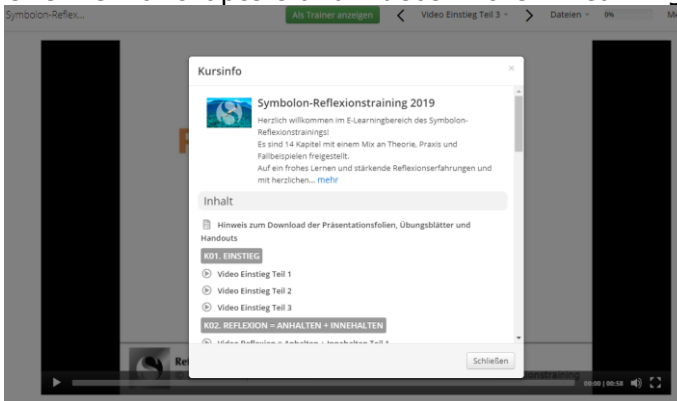
1. Introduction
2. Reflection = Halting & Pausing
3. Reflective ability
4. Depth of reflection
5. Art4Reflection
6. Reflection Questions
7. Finding solutions with animal reflection
8. Reflection feedback
9. Reflection of patterns
10. Reflection learning
11. Mastering challenges with the reflection of 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 3/ Package 3A or 3B: Practice Units

- ✓ Intensive, deepening reflection processes
- ✓ Development & expansion of the coaching and reflection competence
- ✓ Peer-to-peer coaching - in pairs or in a group
- ✓ Clarification through detailed feedback

After the E-Learning you will further develop your personal skills in the practice units. You can either complete the practice units on-site (Package 3A) or/and online via E-Training (Package 3B) with a Symbolon Trainer.

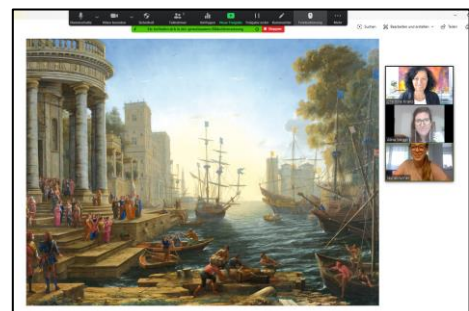
#### Package 3A Practice units online via E-Training (app. 10 h)

You complete the E-Training online and live with a Symbolon Trainer in 4 online sessions of about 2.5 hours each via Zoom. The dates take place in intervals of about 1 week.

##### Precondition:

Package 1: The study of the corresponding chapters of the books in theory and practice.

Package 2: The E-Learning accompanies you during your E-Training. The corresponding chapters of the E-Learning are carried out in preparation for the next E-Training date (see 4. Dates). The whole process of E-Learning and E-Training takes about 6 weeks.







### Package 3B Practice units on-site (app. 16 h.)

The practice units on-site (2-3 days) currently take place in 5 different cities. You choose a city and a date of your choice and will be accompanied on-site by a qualified Symbolon Trainer. The intensive time spent together strengthens your group power and the maximum number of 12 participants guarantees the highest quality in individual personality development and application training.



#### Precondition:

Package 1: The study of the books in theory and practice.

Package 2: The completed E-Learning.

## Step 4/ Package 4: Certification & License

- ✓ Individual certification
  - ✓ Submission of two recorded coaching sessions with the animal and port artwork
  - ✓ Written feedback
- ✓ Picture credits
  - ✓ ©-use of artwork within the framework of the Symbolon-Method®
- ✓ License package with toolbox
  - ✓ Communication tools with texts and images
  - ✓ Marketing materials
  - ✓ Toolbox for the application of the learned
  - ✓ Training concepts
  - ✓ PowerPoint presentations
  - ✓ Work documents
- ✓ Symbolon Certificate
- ✓ ICF CCEUs recognition
- ✓ One-time license fee



With your individual certification, you successfully complete the Reflection-Training and can now use the Symbolon reflection processes and images with clients professionally and commercially.

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".

(until 31<sup>st</sup> of Oct. 2020)





## 4. Dates on-site & online – English on request

### Step 1: Book Package (start individually)

The two Symbolon books can be ordered at any time from the [Symbolon Shop](#) at the special package price of Euro 65.-. Please note that the delivery time is often long.

### Step 2: E-Learning online for self-study (start individually)

Start the E-Learning independent of time and place. Your own password-protected access to the Symbolon E-Learning platform will be activated for 6 months.

### Step 3A: Practice units via E-Training - English on request

The 4 parts of the E-Training can be combined from the series of dates and do not necessarily have to be in the order 1 to 4. Duration app. 2,5 hours.

### E-Training over 4 weeks for project managers in cooperation with RGC: each from 3 pm to app. 5.30 pm, in German

Euro 1590.- incl. Book Package & E-Learning

**Part 1:** Mon. 12th October

**Part 2:** Mon. 19th October

**Part 3:** Mon. 02nd November

**Part 4:** Mon. 09th November

### E-Training block on 2 weekends with Tanja Esmyol:

Each from 2 pm to app. 4.30 pm

**Part 1:** Sat. 28th November

**Part 2:** Sun. 29th November

**Part 3:** Sat. 5th December

**Part 4:** Sun. 6th December

### Time required for independent E-Learning preparation for the respective E-training appointments:

**Part 1:** app. 5 h (chapter 1-5)

**Part 2:** app. 3 h (chapter 6-7)

**Part 3:** app. 5 h (chapter 8-11)

**Part 4:** app. 3 h (chapter 12-15)

### Step 3B: Practice units on-site

**Budapest: Fri. 16th to Sun. 18th Oct. 2020 by Katharina Gauser**

Euro 535.- plus app. Euro 150.- seminar flat rate (excl. lunch) in Hungarian

**Leipzig: Wed. 21st to Fri. 23rd of Oct. 2020 with Michaela Jaritz**

Euro 880.- plus app. Euro 150.- seminar flat rate (excl. lunch) in German

**Vienna: Fri. 22nd to Sun. 24th of Jan. 2021 with Christine Kranz**

First and second day: 9 am to 6 pm; third day: 9 am to 3 pm. in German

Euro 880.- plus Euro 150.- seminar flat rate (excl. lunch) in German

**Basel: Tues. 20th to Thu. 22nd of April 2021 with Yvonne Schubert**

Euro 880.- plus app. CHF 345.- seminar flat rate (incl. lunch) in German

## Ongoing dates of Online Meetings

Interactive lectures and art workshops to get to know and try out!

Get to know the Symbolon-Method® and the Symbolon Academy or exciting topics around self-reflection in various online and interactive meetings.

All current events and dates can be found [here](#).

## 5. Your Team of Symbolon Trainers

The practice units of the Symbolon-Reflection-Training via E-Training are conducted under the direction of Christine Kranz and Michaela Jaritz.

The practice units on-site are carried out by Christine Kranz in Vienna, Tanja Esmysl in Frankfurt/Main, Yvonne Schubert in Basel, Michaela Jaritz in Leipzig and Katharina Gauser in Budapest.

Mag. Linda Baumgartner is responsible for the quality management and the certifications.



**Christine Kranz, MCC**



**Tanja Esmysl**



**Yvonne Schubert, PCC**



**Michaela Jaritz**



**Katharina Gauser**



**Mag. Linda Baumgartner**

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





## 6. Reports from Participants

### **Gwendolin Stoupa, [www.agyl.ch](http://www.agyl.ch), Wichtrach (CH)**

*»I started the self-study of the E-Learning course today and I look back on a very exciting Sunday. It was not only fun, but I was also able to take a lot with me personally. Now I am looking forward to the further modules. I am really happy with the Reflection-Training ☺«*

### **Mag. (FH) Andrea Maria Mayer, [www.stufenzumerfolg.at](http://www.stufenzumerfolg.at), Alland (A)**

*»I am very happy to complete this course using E-Learning modules. This tool gives me enough time and peace of mind for self-reflection, as well as sparring with peer coaches to try out the learned methods thoroughly and comprehensively.«*

### **Annika Gartenmann, [www.aergon.ch](http://www.aergon.ch), Zürich (CH)**

*»The Reflection-Training in January 2018 in Vienna was very educational and inspiring. Christine has created a family atmosphere with her affectionate and quiet presence, which has made mutual coaching easy among the participants. Coaching through reflection of individual pictures is a wonderful method for me, how to help people to become more aware of themselves with questions about a certain motive and to show them their great potential. The Symbolon Art4Reflection Session in the museum "Albertina" was my highlight, as Christine has selected strong images that brought a lot of unconsciousness to the surface, which we were able to discuss afterwards. It's great how open Christine shares her knowledge so that as many people as possible can benefit from the Symbolon-Method®. Thanks Christine!«*

### **Gisela Sattler-Dzierza, [www.sattler-dzierza-coaching.de](http://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!«*

### **Pia Gruber, [www.pia-gruber.at](http://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](http://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!«*



## 7. Registration & Contact

### Registration

Please ask us for the registration form, which you can easily fill out and return to us by e-mail. Or register **online** in the first step.

### Cancellation policy

If the participation is cancelled before the activation of the E-Learning account, 50% of the amount will be deducted. In case of cancellation after the activation of the E-Learning entrance, the entire amount is due. E-learning access will be closed in case of cancellation. A substitute who meets the admission criteria can be provided.

### Care & Organization

We are happy to help you with further questions and support of your individual organization.

### Symbolon AG

Tristelstrasse 33/1, FL-9497 Triesenberg, +41-79-406 96 44, [office@symbolon.com](mailto:office@symbolon.com)

### Symbolon online

[www.symbolon.com](http://www.symbolon.com)

[www.symbolon.com/blog](http://www.symbolon.com/blog)



## 8. Picture Credits

**Cover page:** ©shutterstock, Editing Symbolon AG

**Photos:** Christine Kranz

**Graphics:** p. 2, 4, 5, 6 by Symbolon AG

### 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 Esmayol, Yvonne Schubert by Oliver Seiffer, Michaela Jaritz by Susanne Stark, Katharina Gauser, Linda Baumgartner