

1ST DAY

10.00 – 10.30

Presentation and introduction, organization

10.30 – 10.45

Introduction

Suitable coaching topics and the bipolar scale

10.45 – 11.15

Finding personal topics

11.15 – 11.30

Coffee break

11.30 – 11.45

What is wingwave?

11.45 – 13.00

Demo and small group

bilateral hemisphere stimulation through “awake“ REM phases (Rapid Eye Movement) with “minus 2“

13.00 – 14.00

Lunch break

14.30 – 15.00

How do I wave right?

15.00 – 15.45

Continuation of small group training

Second round with „minus 2“

15.45 – 16.00

Coffee break

16.00 – 16.15

Other forms of bilateral hemisphere stimulation

16.15 – 17.30

Demo and small group training

Stress management with the wingwave CD with "minus 2"

5.15 pm – 5.30 pm

Film: Archimedes

5.30 pm – 5.45 pm

On the significance of emotions in processing

5.45 pm – 6.00 pm

The "kitchen boy phenomenon".

On dealing with “abreactions“ and “What happens in the body in a state of fear.“

2ND DAY

9.00 pm – 9.30 pm

Exercises from Edu Kinesthetics

9.30 pm – 10.30 pm

Introduction to the myostatic test

10.30 pm – 10.45 pm

Coffee break

10.45 pm – 11.00 pm

The three functions of the myostatic test

1. feedback tool

2. topic finder

3. process planner

11.00 pm – 11.45 pm

Demo

the wingwave intervention with the myostatic test and introduction to dealing with beliefs and cognitions.

11.45 pm – 12.30 pm

Small group training

The wingwave intervention with myostatic test and Belief coaching with "minus 5

12.30 pm – 2.00 pm

Lunch break

2.00 pm – 2.30 pm

Belief coaching

with wingwave and reframing in process, dealing with euphoria beliefs, provocation as an intervention tool

2.30 pm – 2.45 pm

„Mini-Demo“ on the process statement tree

2.45 pm – 3.30 pm

Continuation of small group training

Round 2 with "minus five."

3.30 pm – 3.45 pm

Coffee break

3.45 – 4.30

Debriefing "-5" - consideration of case studies

4.30 pm – 5.00 pm

The topic of brain research

5.00 pm – 5.30 pm

The "Emotional Tinnitus"

or the disruption model of "neuronal brain plasticity". Film: "How the nerve cell learns pain"

3RD DAY

9.00 am – 10.30 am

The various “types of emotion“ and ”soma stress“

The topic "Arousal" and stress memory

What is "PSI": Performance Stress Imprinting?

10.30 – 10.45

Coffee break

10.45 – 12.30

Small group training

the entire wingwave intervention with theme "minus 8."

12.30 – 14.00

Coffee break

14.00 – 15.30

Continuation Small group training

Round 2 "minus 8"

15.30 – 15.45

Coffee break

15.45 – 16.15

Demo

"in vivo" coaching and "resource coaching".

16.15 – 17.00

Small group training

"in vivo" coaching and "resource coaching" in combination

17.00 – 17.30

What are the effects of waving?

17.30 – 18.00

Coaching vs. psychotherapy: a delimitation

4TH DAY

9.00 – 10.00

Plenary meeting

Possibilities and limits of wingwave coaching

10.00 – 10.30

The wingwave network

wingwave and research, Verein Gesellschaft für Neurolinguistisches Coaching e.V. (Association for Neurolinguistic Coaching), the wingwave homepage, the wingwave quality circle, references, questionnaires

10.30 – 10.45

Coffee break

10.45 – 12.30

Demo and small group training

Self-image coaching

12.30 – 13.00

Lunch break

13.00 – 14.15

Demo and small group training

wingwave intervention to modify excessive enjoyment (red wine, chocolate, chips, etc.)

14.15 – 16:00

Concluding discussion