



COPENHAGEN
COACHING
CENTER

THE MBC EDUCATION

An MBC provides you with the best education in the market in terms of leading, planning, and shaping communication and individual dialogues. You become an expert in productive dialogues, which will give you and your surroundings energy and active approaches. Moreover, you will learn how to prevent stagnation, stress, and burnout.

An MBC from our organisation furthermore provides you with the best foundation for:

- Developing a productive and attentive presence in difficult conversations, where for instance a co-worker needs to receive warnings or severance
- Preparing and implementing conflict management via conversations with teams, pairs, or individuals
- Managing and carrying out productive meetings on the basis of various theories
- Understand, sense, and prevent stress
- Prepare thorough and systematic job interviews that give you a solid insight into the strengths and weaknesses of the candidates
- Carry out debriefing conversations at short notice
- Teaching others the above

WHAT YOU GET

- The teaching hours will be 9.30-16.00
- Workshop evenings
- Access to a knowledge portal with tools, professional literature, articles, and cases
- Big Five Personality Test with individual feedback
- Certification in Big Five Personality Test
- Continuous supervision
- A strong personal network
- A one week stay abroad including room and board
- Provisioning

PRICE

- 45.900,- DKK excl. VAT per semester

Mastery of dialogical processes is not achieved by reading alone. This skill is developed by learning, practising, and training in practice. Hence the MBC education is focused on practice, where you will receive systematic training in implementing and evaluating dialogical processes.

THE MBC EDUCATION IS ACCREDITED BY THE EMCC

- An EMCC-accreditation is a quality assurance. The MBC is internationally recognised, and it is hence also valid abroad
- Like the EMCC, we strongly emphasise the ethical aspects of coaching – for instance concerning the individual's benefit from the coaching as well as the specific experience and integrity required to take proper care of the interests of the organisation as well as the coachee.

- EMCC is internationally recognised, also by the research community, and known for embracing the challenges of excellence.

WHAT THE EDUCATION WILL DO FOR YOU

Dialogues to change self and other focus on more than just asking the right questions. Research demonstrates that value-creating coaching to a great extent depends on the coach's attentive presence during a conversation – including when the themes might challenge your comfort zones. During the education you are trained to demonstrate attentive presence and assume responsibility. This is particularly the case throughout difficult conversations, when you might feel like severing the connection. Hence the MBC education emphasises a constant focus on your personal education and development.



SUPERVISION / TRAINING

Concurrent with the daytime teaching there will be workshop evenings, in which the participants receive individual supervision in their coaching practice.

In order to sit for the individual semester exam, it is obligatory to attend three workshop evenings during a semester and to receive individual supervision. It is moreover a precondition that the individual student provides coaching in between the coaching sessions, thereby gaining additional experience in combining theory and practice.

PSYCHOLOGY AND PHILOSOPHY IN THE EDUCATION

During the first year of the education you will learn to coach, using the three dominant psychological approaches: the cognitive, the psychodynamic, and the systemic/narrative approaches. After the first year you will have the ability to navigate all three theoretical approaches and find the precise method a given situation

calls for when you meet a co-worker, a colleague or a coachee in your practice. After the first year you will have acquired a basic understanding of the theoretical foundation of the various approaches.

In the second year of the educational program we shall address the expanding horizons within your coaching practice. We shall develop protreptic conversation skills, also known as value coaching. Moreover, we reflect on philosophical concepts by Aristotle, Kierkegaard, and Deleuze. Based on this learning you will be able to work in practical ways with a client's or an organisation's basic ethics, values, and drivers, in order to generate clarity and efficiency.

In the process, you will learn conversation techniques embedded in the philosophical landscape, techniques that help the other to find values that enhance life and community. The techniques develop your attentive presence and help you assume responsibility even when the conversation topics are problematic to the extent that under different circumstances you might possibly want to end the conversation.

In the MBC education there is a constant focus on your personal education and development in the context of a theoretical framework.



MBC EDUCATION

COMPLETION

The official norm for the duration of the study program is a student's work in one year. A student's annual work is the equivalent of one full-time student's work in one year. Every semester will be completed with an exam (theory/practice). The fourth semester moreover includes a master thesis and an oral exam.

The required reading for every session corresponds to approximately 100 pages. The teaching takes place during 40 days of instruction distributed across four semesters.

TERMS OF ADMISSION

Access to the education is conditioned by the applicant's completion of a higher education program (BA or the equivalent). Moreover, the applicant should have at least three years of relevant practical experience. In addition, the applicant should have the necessary English language skills, which enable him or her to study an Anglophone curriculum.

Admission to the educational program may be granted to applicants who do not comply with the conditions mentioned above. In such cases the applicants must have otherwise acquired the necessary background for the completion of the education.

FINANCING

The price of the education is 183.000,- DKK excl. VAT. The payment covers: teaching, supervision, teaching materials and provisions during course days. The sum must be paid in four instalments of 45.900 DKK excl. VAT prior to the start of each semester.

CONTACT US Phone: +45 4014 9292 or info@copenhagencoaching.dk

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**COPENHAGEN
COACHING
CENTER**

1. SEMESTER

MBC

COACHING PSYCHOLOGY: THEORY AND PRACTICE I

In this course you will get an introduction to the concept of coaching, its history as well as its theoretical background. The focus will be on the relevance and applicability of the various types of psychology used in individual as well as team coaching. In the process you will apply social constructionist psychology, i.e. the systematic/narrative approach, the cognitive approach, and the psychodynamic approach to coaching. You will get an understanding of communicative action patterns, and you will be trained in various intervention types and questioning techniques that are the basis of coaching.

Via the cognitive approach you will, among other things, work with methods, which can explore and challenge the convictions and negative automatic thoughts that often limit the options of the individual. In the psychodynamic approach to coaching you will among other things train and develop the courage to ask the difficult questions in any given individual's conflicts. Moreover, you will develop your attention to the many faces of defence mechanisms and their significance to the individual. In the systemic/narrative approach you will learn how other people's perspectives on a given problem can bring solution and liberation. In addition, there will be a focus on the ability to develop and maintain the relationship between the coach and the person in focus – also when the relationship becomes difficult to accommodate.

THE PROFESSIONAL AND PERSONAL DEVELOPMENT TRACK

The coaching will be positioned in relation to other professional types of conversation for instance mentoring, guidance, instruction, advising, supervision –

providing you with awareness and competence in navigating these types of conversations.

The teaching will be planned in two learning tracks – a professional and a personal track. The teaching will contain professional and theoretical elements as well as exercises involving feedback. Goals for personal and professional development will be prepared and processed in study groups between course days.

In the first semester, profile analysis will be prepared via a BIG 5 test of each individual student. This will be done in order to uncover which of your personal characteristics you should focus on. Moreover, you will be certified to provide BIG 5 personality test feedback to others.

The semester will be completed with an oral exam based on a synopsis on personal development.

FIRST SEMESTER SPECIFICS

- The teaching hours will be 9.30-16.00 • Workshop evenings • Access to a knowledge portal with tools, professional literature, articles, and cases
- Big 5 Personality Test with individual feedback
- Certification in Big 5 Personality Test
- Continuous supervision • A strong personal network

PRICE

- 45.900,- DKK excl. VAT per semester

STAFF MEMBER RESPONSIBLE FOR THE FIRST SEMESTER:

Rikke Bjerregaard Ph.: 2623 5367 Email: rb@copenhagencoaching.dk

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2. SEMESTER

MBC

COACHING PSYCHOLOGY: THEORY AND PRACTICE 2

During the second semester you will do in-depth studies into the application of psychology in the coaching of individuals as well as teams. You will receive training in the questioning techniques that are relevant to the various psychological approaches to coaching, to which you were introduced in the first semester. The relationship between coaching and learning theory, as well as the opportunities this conjunction provides, are explored and trained. This is done in order to raise awareness of the challenges involved, when individuals in focus enter new territory.

From the point of departure of a theoretical study of these subjects, as well as those mentioned below, you will get the opportunity to train and develop your own coaching practice. You will clarify your own effects, strengths, and challenges in your role as coach, leader and/or colleague. Moreover, you will gain a greater awareness of ways in which to work productively with driving forces and barriers through training, feedback, and personal reflection.

Furthermore, we shall do detailed studies of the possible implementation of tools used in the various coaching perspectives on the daily running of organisations.

The individual psychologies and training of coaching competencies can be related to fields and subjects such as mindfulness, stress, the body and learning, conflict resolution, and power and ethics.

The cluster of subjects in focus in this semester is positioned in its theoretical context, and the semester is completed with an oral exam. The exam consists partly in a practice element; a live coaching conversation, and theoretical element, which

consists in the answering of a question concerning a theoretically studied subject field from the entire curriculum on the first and the second semesters.

SECOND SEMESTER SPECIFICS

- The teaching hours will be 9.30-16.00
- Workshop evenings
- Access to a knowledge portal with tools, professional literature, articles and cases
- Continuous supervision • A strong personal network • Provision during course days

PRICE

- 45.900,- DKK excl. VAT per semester

STAFF MEMBER RESPONSIBLE FOR THE SECOND SEMESTER:

Rikke Bjerregaard Ph.: 2623 5367 Email: rb@copenhagencoaching.dk

3. SEMESTER

MBC

PHILOSOPHICAL COACHING OR VALUE COACHING

During the third semester we engage with protreptics, also called philosophical coaching or value coaching. This semester will introduce you to new thoughts and

traditions in coaching as an exciting applied approach involving new aspects of the art of conversation.

The aim of protreptics is to help human beings or an organisation focus on its values or on aspects that are essential to (working) life. As we all know, we are strongest and most productive, when we work in fields that are extensions of what we find important. Protreptics is a method that helps us discover what is important, and protreptic conversations assist us in finding the courage to follow up on what is important.

As a tool, philosophy is extremely useful in individual as well as team coaching. The method can be used by everyone, but is particularly useful for leaders, experienced coaches, and human resource co-workers.

In order to make this specific way of conversing second nature, we will go to Greece for a week of training. The trip is in the third semester and it is included in the price.

The third semester will be completed with an oral exam, including a live coaching session, in which the protreptic practice is tested and explored in the context of the psychological coaching practices.

THIRD SEMESTER SPECIFICS

- One week abroad including travel, stay, provisions, days of intensive teaching, as well as experiences with the team
- The teaching hours will be 9.30-16.00 on our premises before and after the trip
- Workshop evenings
- Access to a knowledge portal with tools, professional literature, articles and cases
- Continuous supervision
- A strong personal network
- **PRICE** 45.900,- DKK excl. VAT per semester

STAFF MEMBER RESPONSIBLE FOR THE THIRD SEMESTER:

4. SEMESTER

MBC

BUSINESS PHILOSOPHY AS DEVELOPMENTAL DRIVER

Modern protreptics, coaching-syntheses, convertibility, and master thesis. On the fourth semester we continue to work with protreptics by including thoughts, methods, and models from the philosophical tradition (from Immanuel Kant to Gilles Deleuze). The fourth semester thus has several tracks. 1) Track one is a continuation of the protreptics of ancient Greece (beginning with Aristotle). 2) Track two enhances coaching and the art of conversation with several new conversation models, methods, and techniques. 3) Track three offers a general introduction to the Western history of ideas in the contexts of the view of human nature, the philosophy of life, and linguistic understanding.

FOURTH SEMESTER SPECIFICS

- The teaching hours will be 9.30-16.00
- Workshop evenings
- Access to a knowledge portal with tools, professional literature, articles and cases
- Further development of protreptics
- Continuous supervision and personal guidance of the master thesis
- Insight into the history of ideas

- A strong personal network
- Provisions
- New conversational tools and dialogue

However, the fourth semester also focuses on the following: a) Creating an overall cumulative synthesis of the psychological approaches to coaching (cf. the first and second semesters); b) Qualifying the learning in the context of your own practice in your organisational and managerial working life and c) Generating a focus on the master thesis – concerning theme, method, structure, et cetera.

In these ways the fourth semester will strengthen and support the students' acquired dialogical competence by anchoring it in historical and methodical contexts. This is done with a view to qualifying the concrete practice in their own organization and professional practice.

Like the other semesters, the fourth semester is designed to provide many opportunities to engage with exercises and training, feedback and sparring in the contexts of the daily inputs and the master thesis.

The last day of teaching on the fourth semester consists of some individual and shared reflections on the students' synopsis drafts for the master thesis.

Every student is entitled to five hours of supervision. In terms of the supervision process and choice of supervisor, the individual participant independently contacts a CCC-consultant to make agreements on process, subjects, et cetera. When the master thesis is submitted, there will be an oral defence with an external adjudicator, lasting approximately one hour.

PRICE 45.900,- DKK excl. VAT per semester

STAFF MEMBER RESPONSIBLE FOR THE FOURTH SEMESTER:

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EMCC European
Quality Award



**MASTER
PRACTITIONER**



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