



GROUP AND TEAM COACHING PRACTICUM

Module I: Know Thyself

Psychodynamic Foundations & Self as Instrument

7, 9 & 11 September 2026

Reflections





Our code of conduct

- Be open
- Be reflective, with honesty and candor
- Be curious / bring and develop new perspectives / have learning mindset / share (experiences, insights, emotions...)
- Create space for each other and for learning / practice
- Accept being challenged / give constructive feedback / use diplomatic candor / radical candor
- Stick to time boundaries
- Bring courage / exploration of deeper layers
- Name your assumptions
- Provide support and care
- Listening
- Welcome vulnerability
- Work with integrity



I commit to bring to this programme...

● Natalia Cacciari-Garavito Participation and curiosity	● Beatrice Houghton Curiosity and openness	● Alan Rousso Presence, awareness	● Moh My genuine thoughts, respect and care, serious desire to help and openness to be helped	● Rashmi Gogna Radical candor
● Klaus Ewerth Openness to learn	● Qiao.Zhang Presence, deep listening and curiosity	● Sandra Eckstein Share experience and being curious	● Elvin Too Presence and curiosity	● Greg Lam Attention and learning
● Alev Yakal Sahlan Full self	● Anisha Kaul Sharing my experiences	● Sarah Abbott Curiosity	● Denis Mahoney Honesty	● Shanshan Zhang Same: openness and reflectiveness
● Carolina Almeida Respect, presence and kindness	● Saba Hasanie Openness and curiosity	● Klaus Ewerth Active participation and curiosity	● Elisabeth Raes Being here now – curious and present	● Ramya Eva My questions/curiosity
● Maria Riolo My uniqueness, open ears and eyes, and the occasional associative music	● Olga K Curiosity, support, energy	● Anisha Kaul Curiosity and questions		



Day 2 Self as Instrument

Day 2 Morning

8:30–9:00 Check-in and reflections

9.00–12.00 In coaching groups:
Contracting
Drawing Self Portrait
ITI report discussion

12:00–13:00 Lunch

Day 2 Afternoon

13:00–16:00 Continuation of the morning program

Closing reflections:Applying the psychodynamic lens
to your Self.What do you want to take into Day 3?



Two tasks to bring into the group coaching day.

01 Read your ITI Report

Look for *themes, tensions, and surprises*, extremes, gaps between self and observers, and recurring interpersonal patterns. Don't interpret; notice.

02 Your Learning Edge

Arrive with one honest question: *"What do I want this group to help me understand about myself?"*



Your Supervision groups



Frank

Alan
Maria
Qiao
Ramya



Charlotte

Anisha
Elvin
Olga
Sandra
Sean



Fabiana

Alev
Elisabeth
Gregory
Natalia



Laurent

Beatrice
Carolina
Klaus
Denis
Rashmi



Veronique

Mohamed
Saba
Sarah
Shanshan



Day 2 Learning Stance

Everyone learns in more than one role. As a *participant* in group coaching, you can also simultaneously *observe* the group coaching process.



Participant

Bring real material, tolerate being seen and make sense of your reactions.



Peer

Listen with the third ear, offer reflections and support learning without rescuing.



Observer

Observe the coach/supervisor stance: containment, timing, interpretation, ethics and reflective stance.