

# Intensive Workshop Existential Coaching

*Focused on  
application and  
practical work*



**1.-3. 12. 2016** / Academy of Coaching Excellence  
Badeniho 3, Prague 6

**Existential Coaching** starts from an existential-philosophical anthropology, which sees the human being as a dialogical being who is directed towards the world and its concrete questions and demands. In the centre of the theory are the terms like existence, trust, values, decidedness, fulfilment and meaning. ■ For the Coach it is important that Coaching Tools are applicable pragmatically in the practice, and at the same time that they stand on a solid fundament and can be connected with other schools of thought. The theoretical background of the concept of the existential **Fundamental Motivations according to Alfried Längle** fulfils the requirement.

- Anthropological Anchoring of theory and Methods
- Understanding of existence and meaning, which connects with the reality
- Methods, which work with the spiritual-personal resources of the human being

## From the content

- Knowledge – Counselling methods for Coaches and leadership personalities personality training and development;
- The Workshop central questions of Coaching from a philosophical-psychological perspective: dealing with limitations and conditions – possibilities in a development process;
- What is a value – existential values and their context of reference;
- How can people find their own and refer authentically to something;
- The existential understanding of meaning – how can the question of meaning be worked through in the coaching process?

## Methods in the Workshop

Interactive presentations, work on situations in the practice and questions how to transfer the knowledge into the own professional working field, exercises of coaching in small groups, exchange of experiences and literature.

- Dimensions of existence and map of existential coaching: facticity, values, ethics and meaning
- The phenomenological procedure: The essence of the other and recognize and understand his own
- Methods: Personal Positioning (PP),  
Will-Strengthening-Method (WSM),  
Meaning-Finding-Method (MFM)

## People Interested

Coaches  
Leadership personalities  
HR-professionals  
People in the health area accompanying others

## Training and developmental goals

Professionalization of the existential procedure in counselling and guiding people  
Development of the own competency in coaching/counselling along the maps of human existence  
Personality development  
Case reflections and supervision of the own activity in the professional environment

## Prerequisites

Experience in counselling or coaching, experience in leadership

## Univ.-Prof. Alfried Längle M.D., Ph.D.



Born in 1951, studied medicine and psychology in Innsbruck, Rome, Toulouse and Vienna, physician for general medicine and psychotherapeutic medicine, clinical psychologist, psychotherapist, trainer in psychotherapy; professor for psychotherapy at the HSE university, Moscow, guest-professor at the Sigmund Freud University Vienna, Docent at the Univ. of Klagenfurt, president of the International Society for Logotherapy and Existential Analysis (GLE-International) in Vienna, in own practice as Coach and psychotherapist in Vienna. Scientific director of the Existential Training & Leadership Academy (ET&L) Vienna – Zurich.

## What is existential coaching?

- Starts from an existential concept of the human being which sees the human as a dialogical being directed towards the world and confronted with concrete questions from the inner and outer world to be answered personally. This lead to central terms like existence, fulfilment, consent, freedom, responsibility, meaning.
- Works on the basis of A. Längle's Personal Existential Analysis (PEA) – a practical and methodological application of phenomenology. Existential coaching is an approach that applies models and methods rooted in the knowledge and experience of existential analytical psychotherapy and counselling. It provides a practical access for an essential development of the human being.
- Aims to bring the persons into contact with what matters in life and helps to encounter themselves and others better. On the basis of the structure of existence (the four fundamental existential motivations) the persons can find their personal position and bring into expression their unmistakable, unique and single essence.
- Has the purpose to connect the persons – according to the structures of existence – with the facts, with what is of value for them, with what corresponds to them and appears to be right and eventually with what represents a meaning to them. On this fourfold basis a free will and an inner consent to what one does becomes possible. Inner consent – that means "I can, I like, I may and I should (see a meaning in what I do)" – the basis for a fulfilling Dasein.



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