

Catalyst

FACILITATION TRAINING

Eleftheria
Kakambouras

FACILITATING PRACTICAL SPIRITUALITY

CATALYST FACILITATION FOUNDER & TRAINER



An overview of the training

This comprehensive facilitator training course is specifically designed for **group process facilitation** and would benefit people who facilitate **support groups, women's circles and generally the personal development teaching environment.**

The program will enable participants to establish **professional facilitation skills**, understand the **psychology of group dynamics** and gain **practical experience** through role-play in a supportive learning setting.

PROGRAM ELEMENTS INCLUDE:

A blended facilitator training course which consists of both **on-line and in person training**. A four day intensive training program prepares participants to effectively facilitate groups and integrate learning into ongoing development.

The 4 module on-line program includes online readings, web-based activities, facilitated on-line discussions, four assignments and a practical assessment.

Catalyst facilitation is a unique method which utilizes the **hero and heroine's journey** as a **structural guideline** in facilitating the group process. The method is further enriched by drawing on the ancient **healing tradition of the circle**, its power of **storytelling** and the skill of **catalytic questioning** which ignites change in the direction of heart centered living.

Modules and Course Content

MODULE 1 : ON-LINE + ASSIGNMENT

- Introduction to facilitation and **differentiating** Catalyst Facilitation Method
- Practical tools for **planing** and executing a **safe group process**
- Facilitator **ethics** and professional conduct

MODULE 2 : ON-LINE + ASSIGNMENT

- **Group Dynamics**
- **Process** facilitation skills
- **Facilitator empowerment** skills: personal development in context to the group environment

MODULE 3 : ON-LINE + ASSIGNMENT

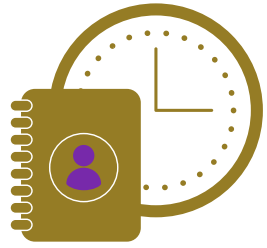
- Learning and **applying** the **alchemical journey process**
- **Participatory** Leadership
- **Dealing with disruptors:** prevention and intervention

MODULE 4 : FOUR DAY INTENSIVE

- **Application** of concepts in group process
- **Integration** of new information
- Facilitation role play and **practice**
- The **psychology** of the **Closing circle process**

MODULE 5 : PRACTICAL ASSESMENT

In your own workshop or class, your catalyst facilitation skill-set will be assessed for graduation.



Student Contact Hours

THIS TRAINING COURSE IS A BLENDED LEARNING EXPERIENCE, CONSISTING OF :

- 1 An on-line pre-training preparation questionnaire one hour.
- 4 Two on-line webinars and interactive e-lessons covering theory four contact hours.
- 4 An on-line format for assignments and discussion four contact hours.
- 32 A four day intensive training and practical assessment program In person contact training 32 hours.
- 6 Assessment of implementation of the Catalyst Facilitation method.

Learning and Assessment Objectives

THROUGH THE SUCCESSFUL COMPLETION OF THIS FACILITATOR TRAINING COURSE PARTICIPANTS ARE ABLE TO:

- demonstrate knowledge about **group dynamics**
- demonstrate knowledge about best practices of **engagement, facilitator ethics and professional conduct.**
- demonstrate a comprehensive **understanding** of the **alchemical journey process**
- demonstrate the **capacity to build a safe environment** for group process work
- demonstrate practical **facilitation skills** such as **active listening**
- demonstrate knowledge about **support group etiquette**
- demonstrate a clear sense of **self evaluation**
- demonstrate an **integrated approach to receiving and giving feedback**
- develop their **own facilitation structural guideline**
- demonstrate the knowledge about **best practices and strategies in** containing a safe environment in case of manipulative group attendees
- demonstrate **understanding and implementation** of the **Catalyst Facilitation Method**



Eleftheria

FOUNDER & FACILITATOR TRAINER

Eleftheria, has been facilitating women's groups for the past 15 years, both in the private and corporate sectors. Over the years she has refined her skill set as facilitator, and enriched her foundational psychological knowledge with practical on the ground experience.

After completing her Honours degree in Clinical Psychology, she followed her heart in the direction of metaphysical therapies and was deeply inspired by the body of work of great therapists such as Louise L. Hay and Virginia Satir. She then completed her accreditation as a "You Can HEAL Your Life" facilitator in 2002., and has since completed more than 10 000 hours in the field of personal transformation facilitation.

Dedicated to her craft as self-mastery facilitator, she passionately continues learning and expanding her knowledge in the field of psychology, mysticism, women's spirituality, mythology, embodied art and Jungian Psychology.

She's also expanded this vision to the corporate environment in the form of feminine leadership development, stress-management, and personal development skills.

But above all, it's her work as a catalyst for awakening, activating, and anchoring the powers within; this soul-work taken her across the landscapes of both Southern Africa and Europe. She's a true pioneer in being the change you want to see in the world, and authentically walks her walk and talks her talk.

She believes that we are at the precipice of global alchemy, and that NOW is the time to courageously awaken to the truth of who we are, to re-connect with our Divine Nature in Nature, and that this connection and awakening facilitates a state of grace, empowerment and a return to heart centred living.