

Module: Inner Work - The EFI

Inner Work Coaching with the EFI

Contents

- Theoretical and scientific foundations of the FiRE model
- Indications and contraindications
- Scientific Basis
- Structure and Functioning of the EFI
- The eight Spheres of Resilience
- Professionally debriefing EFI results
- Guiding clients in reflection and development
- Certification based on the EFI exam
- Peer debriefing of one's own EFI profile
- Three EFI profiles for practice coaching sessions

Methods

- Interactive approach
- Exchange and dialogue
- Review learning through quizzes
- In-depth learning through practical examples, demo debriefings, and case studies
- Peer exchange to ensure confident application in your own coaching practice

Your Benefits

A compact training program in working with the EFI as a foundation for supporting individuals, teams, and organizations through change, accredited by the ICF (30 CCE).

Scope

17.5 hours synchronous
(Kickoff; 4 x 4-hour workshops)
12.5 hours asynchronous
(Preparation, EFI debriefings)

Your Lead Coaches

Karsten Drath (ICF PCC)
Carolin Zeller (ICF PCC)