



OVERVIEW OF THE RESILIENCE COACH TRAINING

- Presentation of the EASC-accredited coaching training program, conducted in **German** at horizon fab – Coaching Institute Dresden by Dr. Ulla Nagel 2026-2027



We expand horizons.

horizon fab
Coaching Institute Dresden
Dr. Ulla Nagel



Dr. Ulla Nagel GmbH

PERSONNEL AND ORGANIZATIONAL DEVELOPMENT

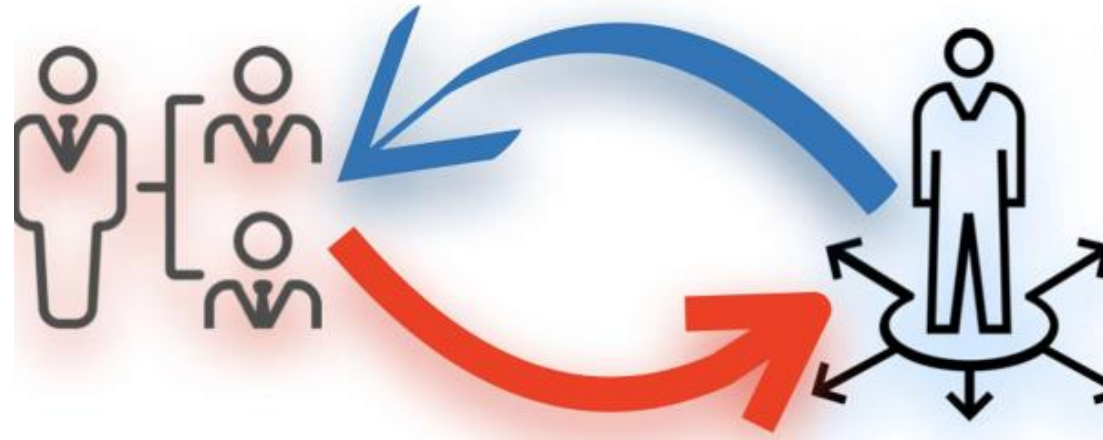


Psychology Team of Dr. Ulla Nagel GmbH

Systemic Coach (EASC)

1. Why is this information in English?
2. Who is the training aimed at?
3. Why should you become a professional coach?
4. What will you be able to do after the training?
5. Who will train you?
6. Why is this training at Dr. Ulla Nagel particularly recommended?
7. When does it start, and how long does it last?
8. How is the program structured?
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10. What commitments are required?
11. Where does it take place & where to find information?

Person and organisation



2. Who is it aimed at?

Training Goal: “Systemic Coach”

Coaches who support individuals, teams, and organizations in self-awareness and development. The goal is to enhance **performance and resilience**.

Target Group:

Psychologists, professionals in social fields, leaders, consultants, process facilitators, mentors, project managers, therapists, etc. – individuals looking to enter a new field.

Approach:

- Systemic focus but includes concepts and methods from various psychological theories (e.g., TA, depth psychology).
- Delivered interactively and on equal footing, with case applications.
- Access to a platform with slides and materials.



3. Why should you become a professional coach?

- You will significantly increase your job opportunities.
- Five years of study often don't fully prepare you for success in practice. Becoming a coach is a practical step in that direction.

What will you be needed for in the coming years?

- The collapse of the global economy calls for a return to individual strengths. People need **RESILIENCE** to navigate change: Prepare yourself for this transformation and show others how to do the same!
- Navigating change means mastering digitalization. The transition to a digitalized world creates tensions within organizations: Coaching, facilitation, and conflict resolution are in high demand.



Being a good coach is about attitude, role, and professionalism



- If you want to guide people through crises, intuition alone isn't enough. Impact emerges where **attitude, method, and role** align.
- How to build up resilience in a system? Often, this is an unsolved question.
- Resilience is often treated as an individual skill. In reality, it manifests where structures and processes meet leadership, and culture.
- Organizational resilience represents a paradigm shift. Many training programs provide tools – but are you ready to rethink your role? This is more challenging than any method.
- When was the last time you truly learned a new attitude?

4. What will you be able to do after the training?

- **Launch your own coaching and facilitation sessions** – equipped with mastered methods and ready-to-use applications.
- **Establish yourself as an expert in psychological resilience** – as an internal or external coach, people business expert, team coach, or leader.
- **Strengthen individuals** – you will know how to transform old behavior patterns, enhance personal resilience, and challenge people in crises.
- **Develop teams into high-performing groups** – you will learn how groups constructively handle resistance, reflect on setbacks, and collaboratively find new solutions.
- **Guide organizations toward a stable future** – you will help create structures, processes, and roles, connecting an organizational base with a culture of relationships.





5. Who will train you?

Dipl.-Psych. Dr. Ulla Nagel

- 1980: Studied Work Psychology, PhD in 1985 - TU Dresden
- 1984-1988: Psychotherapist at Clinic/Outpatient Center
- 1986-1987: Postgraduate studies in “Social Psychological Behavior Training”
- 1992: Founded own company
- 1993: IODA – transition from seminars to organizational development
- 2003: DGUV: Pioneer in “Psychological Risk Assessment,” first employees
- 2012: Coaching training with Birgit Ramon
- 2020-2022: Supervision and trainer training with 4progress, Daniel Frei, and HG Simon
- 2022-2023: Trainer education with Daniel Frei
- 2024-2025: Accreditation as an institute with Susanne Rieger

Supported in some modules by Susanne Rieger

Dipl.-Sociologist **Susanne Rieger**

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President of the EASC with extensive international experience

Processes of change and growth help us to develop our own identity.



6. Why is this training at Dr. Ulla Nagel recommended?

Coach training is increasingly being offered today. How can you recognize quality?

- The term is unprotected. You can distinguish yourself by earning a certificate from an officially recognized organization with at least 240 hours of training and an exam.
- **My training institute is EASC-accredited, and with this certification, you become a professional systemic coach (EASC – European Association for Supervision and Coaching).**
- The EASC advocates for the professional recognition of coaching across Europe.
- EASC teaching coaches are master coaches and certified trainers.



European Association for Supervision and Coaching



Ethical Guidelines European Association for Coaching and Supervision EASC e.V.

1. Respect for our clients is the basis of our work relationship.
2. Each person is valuable, without distinction of any kind, such as gender, social position, religious faith, ethnical origin, physical, emotional or mental health, political conviction, sexual orientation etc.
3. We assume that people are able to take responsibility for themselves, as supervisors and coaches we support them in living out their autonomy.
4. We shall provide the people who contact us about their problems the protection they need for their development.
5. Our work is based on a contract which regulates the tasks and contributions of each partner.
6. We are aware of the importance of a clear relationship which is focused on the role and does not admit any dependencies or encroachments.
7. We take care that this convention is kept and we do not avoid a confrontation in case of deviations.



7. When does it start, and how long does it last?



European Association for Supervision and Coaching

The next systemic coach training for leaders, teams, and organizations (EASC) begins on **Monday, May 4, 2026**.

It concludes with the final exam on **June 19, 2027**.

Training generally takes place once a month, with a break during summer vacation.





8. How is the program structured?

Content Overview:

Introductory

24.-26.09.2026:

07.-09.10.2026:

18.-20.11.2026:

09.-11.12.2026:

13.-15.01.2027:

04.-05.02.2027:

04.-05.03.2027:

22.-23.04.2027:

26.-28.05.2027:

16.-18.06.2027:

02.-03.09.2027:

07.-08.10.2027:

04.-05.11.2027:

03.-04.12.2027:

0. Introduction to Transactional Analysis (TA-101 Online Course)

1. Establishing Contact, Clarifying Concerns, and Goal Focus in Coaching

2. Critical Self-Reflection: Strengths, Potentials, Needs, and Motives

3. Communication: The Most Essential Tool for a Coach

4. Psychodynamics in Groups: Thinking and Intervening Systematically

5. Professional Ethics: Mindfulness, Awareness, Inclusion, and Impartiality

6. Steering Individual Development in Coaching: Attitude Makes the Difference

7. The Six Phases of the Coaching Process and their Specific Features

8. Systemic Coaching: Human + Organization as an "Organic" Unit

9. Mediation: Systemic Principles of Order, Conflicts, and Solutions

10. Team Coaching: Group-Dynamic Interventions

11. Organizational Development: Change Management, Agile Interventions

12. Online Coaching and Exam Preparation

13. Exam Preparation for the Final Coach Certification

14. Final Examination





How am I supposed to pay for that?

9. How can you pay for this?

Currently, there is no continuing education funding available through SAB in Saxony.

Only job seekers, aspiring entrepreneurs, or individuals in temporary employment have specific funding opportunities.

For example, through the Qualification Opportunities Act of 2019:

<https://www.arbeitsagentur.de/vor-ort/bruehl/qualifizierungschancengesetz>

The respective local employment agency branch makes the decision. Therefore, you need a convincing argumentation (see source).

Ask for discount!

The fees can be paid on 20 monthly installments: 395 EUR each.

The **total price** without funding is 8,650.00 EUR plus the examination fee.

During the course of the training, you will also attend 12 hours of supervision, which you will refinance through your first coaching sessions.

9. What do you need to accomplish?

To achieve a certified qualification as a coach for executives, teams, and organizations, you need the following:

- Conducted and received coaching during the training and externally
- Supervisions and interventions
- Self-reflection reports
- Your coaching concept and case studies



What needs to be completed during the 1.5 years for the coaching certification exam?

Self-reflection reports

- 30 in total

Coaching provided internally

- 15 sessions of 60 minutes each or 20 sessions of 45 minutes during training + intervision

Coaching received internally

- 12 sessions of 60 minutes each or 15 sessions of 45 minutes during training + intervision

Intervision sessions + reports

- At least 5 sessions of 4 hours each = 20 hours

Coaching provided externally

- At least 2 external coachees
- At least 12 sessions of 60 minutes each or 15 sessions of 45 minutes

Supervision sessions: Individual: 6 hours, Group: 6 hours

Evaluation report for supervision

- 6 -7 pages

My coaching concept

- Approx. 10–15 pages following the template

Final project: My coaching case

- Preliminary: 2 pages on the external case for examination: Is it suitable?
- Examination report on your own case: approx. 25–30 pages following the template



11. Where does it take place?



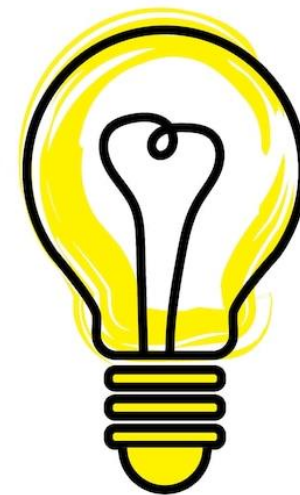
- The training location is:

Dr. Ulla Nagel GmbH, Arndtstraße 11, 01099 Dresden, 1st floor, near Waldschlösschen Bridge

- By the way, our institute is the first EASC Institute in the New Federal States! 😊

- Here you can find all the information:

- <https://dr-ulla-nagel.com/veranstaltungen/ausbildung-systemischer-coach/>



For further questions and to arrange a non-binding personal informational meeting, please contact:

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