

Programme: Supervision day and wingwave specification seminar: wingwave, Enjoyness and the Zurich Resource Model (ZRM)

07.11.2020

10.00 – 10.15 H:	Welcome and introduction: wingwave and the Zurich Resource Model (ZRM) Cora Besser-Siegmund, wingwave teaching trainer
10.15– 11.15 H:	“Resource coaching for athletes in times of Corona” and: „Most recent wingwave study outcomes in the area of sports coaching“ Prof. Dr. Stefanie Klatt, Frank Weiland and Dr. Marco Rathschlag – German Sport University Cologne
11.15 – 11.30 H	BREAK
11.30 – 13.00 H	Introduction: “Enjoyness and Embodiment“, the meaning of „Okulo resources“ and intervention – Harry Siegmund, wingwave teaching trainer and Cora Besser-Siegmund, wingwave teaching trainer
13.00 – 14.00 H:	LUNCHBREAK
14.00 – 15.00 H:	Keynote: Dr. Maja Storch, founder of the Zurich Resource Model (ZRM), presentation: „Do what you want!“ (after the title of her book)
15.00 – 15.30 H	Round of talks with Dr. Maja Storch and the participants of the congress (both online and on-site!) Host: Lola Siegmund, wingwave teaching trainer
15.30 – 15.45 H	BREAK
15.45 – 17.45 H	Enjoyness coaching with the Zurich Resource Model (ZRM) – introduction and intervention training Ute Gietzen-Wieland, business coach and life coach, winner of the wingwave coaching award 2017
17.15 – 18.00 H:	- Wingwave coaching award - Outlook on the wingwave congresss 2021: „Being in Touch!“ with speaker Prof. Dr. Manfred Spitzer and the specification topic: „Resources for systems“

Programme: Specification interventions – wingwave and the Zurich Resource Model (ZRM): „Worm meets butterfly!“ with Sigrid Trebo, wingwave teaching trainer

08.11.2020

10.00 – 11.15 H	Part 1: Clearing my subject with my mind and unconscious mind – working with the unconscious mind by means of resource activating images: <ul style="list-style-type: none"> • the Rubicon process • 2 systems – mind and exercise“worm“ • Exercise: Basket of ideas and affect balance
11.15 – 11.30 H	BREAK
11.30 – 13.00 H	Part 2: Formulating personal aims effectively <ul style="list-style-type: none"> • From a wish to an aim • ZRM core criteria • Exercise: my wish – my image– my aim
13.00 – 14.00 H	LUNCHBREAK
14.00 – 15.30 H	Part 3: Orienting aims on the own resources <ul style="list-style-type: none"> • Pool of resources • Aid to memory • Exercise: Basket of ideas – aid to memory
15.30 – 15.45 H	BREAK
15.45 – 17.00 H	Part 4: Managing resources purposefully <ul style="list-style-type: none"> • Recognise unwanted automatisms in behaviour • Supporting if-then-plans by behavioural patterns • Exercise: Planing everyday situations • Conclusion