

Academy of Systemic and Relationship Coaching

# Healthy relationships for a happy life



**Online Training Course, wherever you are in the world!**



**A profession with a high human value**

**Do not dream anymore, take action and manifest the life you would love to have. Become Systemic and Relationship Coach!**

Wherever you are in the world, join the Academy of Systemic and Relationship Coaching and make a difference in your client's lives. A unique one year online training course to learn how to facilitate transformation and healing with Family Constellations .

**1**

## **CERTIFIED TRAINING COURSE**

Join the most prestigious associations of practitioners in family constellations

**2**

## **30 DAYS TO CHANGE YOUR MIND**

**3**

## **BESPOKEN TEACHING**

An Academy where we take care of every student and follow their rhythm.



**Oriane Corman**

## 12 Steps to become a certified Systemic and Relationship Coach

1. You have the dream to coach people with relationship difficulties
2. You decide to make it possible and take the first step by searching informations
3. You register by choosing the most appropriate programme to fulfil your dream
4. Book 3 hours per week to study and practice
5. Find 4/5 people to practice
6. Connect on a regular basis to the Academy Platform to download the PDFs, to watch videos, listen audios and do the quizzes.
7. Read, view, practice, exchange and study the 12 modules. Test your knowledge after each module by answering the Quiz and practice the exercises especially conceived for you. Every month you will have a webinar where you will be able to ask your questions. You are invited to join our two 5 day seminars to improve your skills and have feedback from the teacher.
8. Attend regular individual sessions and / or groups in your area or on the internet.
9. Follow individual session to release any blockage from your ancestor and learn how to build healthy relationships.
10. Choose a topic for your dissertation.
11. Pass online your exam
12. Start your own online practice.

### Who is Oriane Corman?

Founder of the Academy of Systemic and Relationship Coaching, Oriane Corman has been passionate for more than 20 years to support and train professional coaches. NLP practitioner, advanced facilitator in Kinesiology One Brain, and certified facilitator in Family Constellations, member of the International Association of Constellators (ISCA), she is keen to pass on her experience and know-how to everyone, who dreams of opening her Systemic and Relationship Coaching practice. That's why she created this UNIQUE certification training in Family Constellations and Systemic and Relationship Coaching. She is also a mother of four and a grandmother of two little girls and lives with her husband in London and Portugal.



## How did I come to create this online learning of Systemic and Relationship Coaching?

Let's be honest! The practice of Family Constellations via internet remains very controversial within the community of Family Constellation practitioners, and even more training courses. Today, this course is one the very rare online training course in Family Constellations offered.

**E-learning remains a real challenge for this kind of therapy professions.**

Three years ago, with five years of online coaching practice with Family Constellations, I decided to take up the challenge by proposing an online training course in Family Constellations. I followed hundreds of clients online with great results. Of course, the group approach or individual session in the office is essential and complete an online teaching.

**Coaching is evolving with the internet.**

My long practice (almost 20 years) of Family Constellations, Kinesiology and NLP (Neuro-Linguistic Programming) allowed me to realize that online support is very different from a 1-2-1 therapy at a private practice, without reducing its effectiveness, just as individual session follow up can be very different from a group process. Every situation requires a different approach and this is how the Academy of Systemic & Relationship Coaching was born naturally.

**Two in one.**

Students taking advanced training in Systemic and Relationship Coaching also obtain the certificate of practitioner in Family Constellations if they have attended the residential seminars and therefore align 240 hours of practice.

**“Learning is not attained by chance, it must be sought for with ardor and diligence. “**

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**Abigail Adams**

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**“The best preparation for tomorrow is doing your best today. “**

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**H. Jackson Brown, Jr.**

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**To become a SYSTEMIC & RELATIONSHIP COACH,  
you will need a HIGH QUALITY TRAINING COURSE,  
But how to choose it?**

It is true that studying from home, at your own pace without joining a class with a teacher, is more accessible to self-taught and disciplined people who have a great desire to carry out a project. But is that why others should be excluded?

So, let's face it, there is a high rate of defections in distance courses, and that's why I've developed a course that follows you step by step wherever you are. After 8 months of training, I can promise a rate of 80% of follow-up!

I also propose different levels of learning that addresses different projects. You may want to take this course for a variety of reasons without having a special desire to open your practice.

**A course adapted to your needs.**

All students joining the Academy do not have the immediate desire to open their own practice.

**That's why I created 3 PACKS.**

**PACK START** is for people who want to follow this course for themselves, to improve their lives, to solve difficult relationships. The duration of this programme is one year.

**PACK START +** is for people who want to open their online practice. To obtain a certification, alternatives to seminars are offered such as attending group constellation sessions in your area. The duration of training can be done in two years.

**PACK PREMIUM** is without hesitation the royal path to open your Online Practice as a Systemic & Relationship Coach and support groups. You will have the possibility to join two online seminars (2 x 5 days) where you will be able to practice and be supervised.

The course is bespoke tailored with weekly online follow-up if needed, 12 webinars, two 5-day online seminars "Coaching and Constellating in 1-2-1" and "Coaching with groups". A 3-day seminar "open your online practice" is also included.

And Extra-bonuses such as one year of supervision, and a one year membership at ISCA

At the end of the training you will be able to open your practice and welcome your clients.

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**“Choose a job you love,  
and you will never  
have to work a day in  
your life. Confucius -**

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## 8 tips to check an online training course.

1. The trainer's experience and his/her reputation (testimonials can help you to form an opinion, check if he/she is member of practitioner association).
2. Check the programme and the pedagogy used to teach.
3. Check if the follow-up is bespoke and if you can have a follow-up. Be sure you can access individual sessions with the teacher.
4. Be sure that the certification you will receive allows you to join the most renowned international professional associations.
5. The ability to ask questions directly to the teacher during webinars.
6. Technical assistance.
7. The possibility to connect with the learning community through a Forum on the site.
8. Be sure that the certification you will receive allows you to join the most international renowned professional associations.

### Isabelle 's testimonial

My registration to a online training course was a real "first". From the beginning this initiative has been satisfactory. Effectiveness of concrete operations: payment, sending the syllabus quickly, quick answers. Very soon, Orianne, my teacher presented herself with judicious advices. She is an available person, very attentive.

During Zoom interviews, webinars and individual consultations, I found that her strengths lie in making her knowledge available to everyone.

She knows a lot of things; manages to organize them coherently and can treat them in depth because she always seems in search and open-minded

She is very generous. She enjoys to share what she knows The fact that she "tells her life" is also interesting and not at all invasive, always because it is consistent with what she teaches.

And her (almost always) successful use of new technologies and social networks helps to achieve her goals!

When somebody wants to learn from home, it is good to have in mind a person of reference, and Orianne is this person. Thank you Orianne.



## Corinne's testimonial

When I discovered family constellations twelve years ago, I was struck by the potential of this method. I often participated, as a representative or as a "client", and I promised myself that one day, I would also be a practitioner.

But it seemed complicated to me ... no doubt, was not I ready yet?

Most of the time, I found that courses were either very expensive or organised too far from my home, or the schedule was not compatible with mine, professional and parental.

And then I discovered the online Academy of Systemic and Relationship Coaching. I registered, curious, to see what it could give.

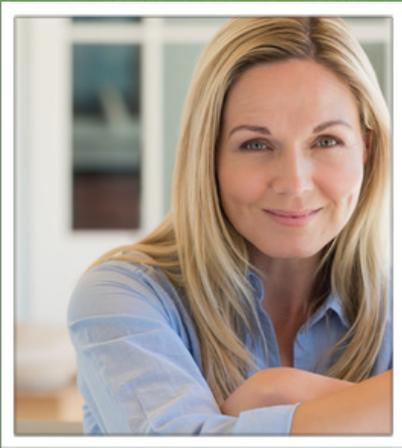
I liked immediately the PDFs, rich, clear, well structured. With so many interesting books to read, and videos to watch. I was in heaven!

Having practiced Family constellations with great dedication and attention, as a client, I easily drew parallels between the course and the practice.

So I dove into the fantastic world of Systemic constellations, with enthusiasm.

During the training course we had regular contacts and it was very helpful. Orianne organised a monthly webinar and answered all my questions with precision. We discussed, we did exercises with the other students. I never felt alone with my class! Orianne has always been very present and encouraging.

From the beginning I practiced with volunteers... Until I felt ready for the exam. So I took the challenge to be filmed while I facilitated constellations. Even though I felt that exercise a little bit stressful, I also thought that I was lucky to be able to show where I was and my abilities.



I passed both exams (theory and practice) and did my dissertation. I received a great reward for my perseverance and my commitment. Finally my dream came true. Now I have a very successful practice in Belgium.

Thank you again, Orianne, for your support without fail!

## Céline 's testimonial

I was able to follow the online training course in family constellation with Orianne Corman.

I really appreciated her Course and all PDFs were very well built and very generous.

The material is really high quality and she recommends a very complete bibliography which shows how she knows her job.

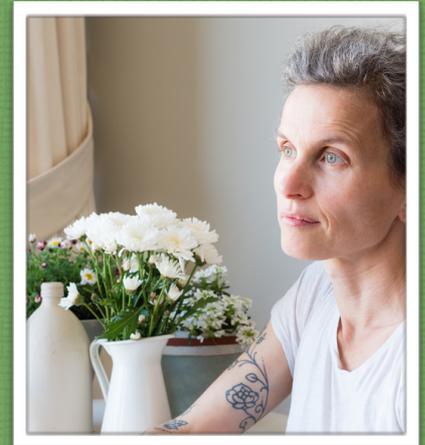
This course allowed me to feel supported in all my professional practice. I have my own practice and I wanted more tools to help my clients.

I was able to follow several webinars that allowed me to integrate the tools as well as to know other students through the Secret Group on Facebook and to be able to continue to benefit from the experiences from new students.

I had a constellation session with Orianne by Zoom and it allowed me to evolve in my life goals and that, in just one hour.

This allowed me to gain confidence in the possibility of using this process for my clients with successes regarding their blockages which exceeded what I expected. I sincerely believe that online learning is the new way to learn and train from anywhere.

Orianne is a very generous and rewarding person.



## Chantal's testimonial

Fifteen years ago, I followed the One Brain Kinesiology training course with Orianne Corman while she was running the School of Psycho-Kinesiology in Namur (Belgium). At that time she was finishing her training course in Family Constellations and was constantly showing us the power of this approach. Convinced by the results I got for my own problems, I invited her to Perpignan, where she gave numerous lectures and workshops. I can say that I am her first student in Family Constellations. I asked her to train me to use Constellations with my clients, which she did very generously. Orianne is a born pedagogue and she knows how to adapt to people. I have no doubt that she will pass on her experience and passion as she did with me. I have been practicing kinesiology and family constellations for 15 years with as much pleasure and success. I warmly recommend Orianne if you want to learn Family Constellations.



### **Judith's testimonial from La Réunion.**

I can really testify the effectiveness of Family Constellations and especially with Orianne Corman, so much that I decided to add this tool to my practice.

The training is for both practitioners and novices who become practitioners. In the group, for example, we are 2 professionals and the others learn the coaching profession. And this diversity is really rewarding!

The online training course offered by Orianne Corman is just what I needed! Clear and accessible, this online training is complete, and we have the opportunity to be in touch with the Learning Community (Secret Group on Facebook) which suits me very well. I also bought 10 individual sessions which make a huge difference because I feel supported and encouraged to go further and deeper, even though we have a monthly webinar where we can ask all our questions.

I do training in family constellations at my own pace and 7500 kilometers, on a tiny island, it's just great!

I have already, after 4 months of training only, integrated this tool with my practice and my patients are evolving faster without being too tough. The results are really up to my hopes!

Wow!

### **Leila's testimonial from Tunis**

The online training course in Systemic and Relationship Coaching really excited me as soon as I visited Orianne's website ([www.familyconstellationstraining.co.uk](http://www.familyconstellationstraining.co.uk)). Although my initial training has no connection with coaching, for a long time I have been attracted by all self development approaches, and, especially, by Family constellations that I find powerful and liberating. Already having a full-time job and being a single mum, I looked for an online training course in Family constellations but they are almost non-existent. This course was ideal for me. I appreciate to follow it at my own pace and to organise my free time to learn a new practice, according to my constraints of life. In addition, I do not feel the isolation inherent to any online training, Orianne is very present and always ready to answer questions. The monthly webinars are also an opportunity to get together with all the other students and to be able to exchange in a nice group atmosphere. Last year I have been part of the 5 day seminar " Coaching and constellating in 1-2-1" and it gave me self confidence and opened my mind to different topics. Plus I asked for an individual session every month which helps me to clarify my practice. I like very much all the content Orianne gives. It is very rich and each time relevant whether it is a follow-up within a group or individual sessions. Finally, I appreciate Orianne for this mixture of humanity and strength she releases. Her way of being inspires me a lot.

## Two ways of practice

### Systemic & Relationship Coaching & Family Constellations

#### Systemic & Relationship Coaching

This training in 4 modules will allow you to support individual facing difficult relationships with manipulations and toxic playing roles.

You will learn to detect in which role the person tends to get stuck and how to help him/her to get out of it.

You will understand the levels of values, and you will be able to detect the belief systems that prevent your client from living a fulfilling life.

You will know how to create a smart goal.

#### Family Constellations

This method, created by Bert Hellinger, is a systemic approach that allows people with relationship difficulties to regain a good place in their system. Transgenerational work also frees memories of trauma, allows to let go burdens inherited from ancestors, terminates unfinished grief, improves relationships, unblocks fertility, allows to welcome members from another family in a second marriage, or an adopted child, etc.

This course, in 8 modules, will allow you to support your clients individually and also within groups.

You will learn how to open a space where all participants will feel comfortable, confident and protected, allowing them to explore their story and free themselves from it.

# The programme of Systemic and Relationship Coaching

## **Module 1. Life is about relationships.**

The different types of relations - The 3 most common relational positions: dominant - dominated - egalitarian -  
The triad: victim - persecutor - rescuer - How to coach respectfully? - How to use your 6 senses to facilitate successfully? -

## **Module 2. The power of emotions**

What is an emotion? - Thought - emotion - action cycle - The role of emotions - How to develop emotional intelligence? - The impact of beliefs and values on your emotional balance? - Dilt's logical levels - the Dynamic Spiral - The different types of consciousness.

## **Module 3. How to end with dramas within your relationships?**

The Drama Triangle of Karpman - The Triangle of 3Ps - The Wheel of Permissions -

## **Module 4. Communicate healthily and effectively. Ethics and ethics**

The keys to healthy communication in any relationship - Assertiveness - Responsibility - Listening without interpreting - Definitions of ethics and deontology - The framework of an individual session - The 9 basic rules of a respectful coaching - Convention between practitioner and clients -

## **Module 5. The Family Constellations**

Definition, history, therapy - Phenomenology - systemic therapy - psychogenealogy - different applications of family constellations - the 6 basic principles of constellations - the limits and the benefits of the method - what a practitioner do not in Constellations? - qualities required to be a good facilitator -

## **Module 6. The Family Constellation in Individual.**

The good therapeutic posture, Transference and countertransference, Therapeutic alliance, empathy, compassion, convention, practice,

questions to ask, how to take notes during the session, different ways to make constellations - How to collect information? - Laws of order in the system - Precautions

## **Module 7. The heterosexual monogamous couple**

Patriarchy and Matriarchy, The couple, family-based on a monogamous heterosexual couple, commitment to the couple, children, the 5 pillars of the couple, the 3 basic principles for a healthy couple, different types of couples, couples without children—

## **Module 8. The family**

What is a family? The different forms of family, the links Mother-child, father-child, The 3 laws which govern the human systems -

## **Module 9. Life and Death.**

Abortion, miscarriage, Grief, Lost Twin Syndrome, The Place of Ex and Children from other couples in the System -

## **Module 10. Fundamentals in Family Constellations**

The 3 levels of consciousness - order and hierarchy - entanglements - exclusions - toxic loyalties - incest - family secrets - destiny and karma - The 6 imaginary crimes -

## **Module 11. Practice family constellations with groups.**

Preparation of a session, opening the field, facilitating a group, closing of the field, -

## **Module 12. The different forms of Constellations.**

Transactional Constellations, Mind Body Spirit, Karmic Constellations, Blind constellations, Silent Constellations, etc ... How to treat all family situations with respect and ethics? -

### **Different possibilities are offered.**

Everything will depend on your goal. What do you want to get at the end of the course? Would you like to know yourself better? Improve your relationships? Add a tool to the ones you already use in your practice or start your own practice?

### **You do not know yet.**

If you still do not know what you want to get at the end of the course, I recommend starting with the **PACK START** which is light (it is done over a year) and you will already receive a lot of information without overemphasizing the practice. It is always possible to upgrade for the **PACK START +** under the same conditions as those obtained the day of your purchase.

### **You are already a coach or therapist.**

If you are already a coach or therapist or have a job involving people care, and you want one more tool, I recommend the **PACK START**.

### **You dream of starting your online practice.**

If you start from scratch, I recommend the **PACK START+**, because you will have a bespoke course especially tailored for you, and the necessary support to start your online practice.

### **Garantee**

You have one month to enjoy the course and if it does not suit you, I will refund you.

### **Upgrading**

You can always upgrade during the course. The only thing is that you will not be able to get a refund after the 1st month if you want to switch to a cheaper program.

### **Any questions?**

You hesitate and would like to have a personalised advice. It's possible. Just send me an mail at [orianne.corman@gmail.com](mailto:orianne.corman@gmail.com),

and I will invite to have a 30 min chat with me on ZOOM.

### **Any financial difficulties?**

If you have any problem to pay, please let me know. We can find a solution adapted to you.

For your information, the VAT is 23% because the Academy is based in Portugal and it is included in all our prices.

To contact Oriane Corman, send an email to [oriane.corman@gmail.com](mailto:oriane.corman@gmail.com)

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**“It is in your moments of decision that your destiny is shaped.”  
Anthony Robbins –**

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## Which investment do you need?

CONTENT	VALUE	PACK START 1 year	PACK START + 2 years	PACK PREMIUM 3 years
The access for one year to the online platform with 12 modules + 12 videos + 12 PDFs Theory et exercises + 12 Quizzes	<b>£2025</b>	✓	✓	✓
12 ou 24 monthly webinars to ask your questions	<b>£1380</b>	✓	✓	✓
5 day or 10 half day online seminar Constellating 121	<b>£1500</b>		✓	✓
5 day Online seminar "Constellating with groups"	<b>£1500</b>			✓
Written exam for Systemic and Relationship Coaching certification	<b>£115</b>	✓	✓	✓

CONTENT	VALUE	PACK START	PACK START +	PACK PREMIUM
Practice exam for Family Constellations certification	£115		✓	✓
3 days "Open your online practice"	Only based on a quotation			✓
Individual sessions	£115/hour			✓
<b>TOTAL</b>		<b>£3520</b>	<b>£5135</b>	
<b>Special Offer 2021</b>		<b>£1959 VAT incl</b>	<b>£2234 VAT incl</b>	<b>only based on quotation</b>