

# Training Process Work Facilitation 2026

## Why do you want to add Process Work to your coach offering?

Sometimes a coaching session of insights and actions isn't enough to create lasting transformation. Process Work allows you to include embodied work, connecting mind, body, emotions, and the energetic field. It helps coachees shift old patterns, experiment in a safe space, experience a new way of being and doing, open to freedom, and move forward with clarity.

Learning to facilitate process work adds a powerful dimension to your coaching practice.

## During the course, you will:

- Grow your personal leadership
- Learn how to address repeating patterns and recognize where process work is beneficial
- Learn how to facilitate completion of past experiences
- Learn how to facilitate embodied wisdom; action coming from intuition
- Ritualise positive change and prepare for transition

## By the end of the training, you will be able to facilitate process work with your own clients through:

- Creating safe, grounded environments for deep inner work
- Tuning in with sensitivity and clarity to what is happening
- Holding presence while honouring your own boundaries
- Support clients to access inner knowing in energetic ways
- Working with collective awareness to unlock freedom and co-create transformation
- Designing creative, transformational experiences with confidence

## Who is it for?

- Coaches with prior coach training and personal experience in Process Work
- Curious, growth-oriented professionals ready to expand presence and skill
- Those committed to practicing in community and willing to step into different roles: participant, coachee, facilitator, representative



## Your trainers

- Caroline Wamsteker: With 20+ years of experience in coaching and training, Caroline brings wisdom, depth, and a steady presence that makes learning unforgettable.
- Gabrielle Sepers: Coach, teacher, and facilitator, Gabrielle blends logic with magic. With clarity and warmth, she empowers people to grow and collaborate.

## Format

- Kick-off (online)
- Reading materials
- Self study and peer assignments
- Two 2-day workshops with practice
- Two intervention sessions

## Dates

- Kick-off: Tues 16 Dec, 15:00-17:00
- Workshop 1: Fri 30 & Sat 31 Jan, 9:00-18:00
- Intervention 1: Tues 24 Feb, 15:00-17:00
- Workshop 2: Fri 10 & Sat 11 Apr, 9:00-18:00
- Intervention 2: Tues 12 May, 15:00-17:00

**Investment:** €3.750  
(excl. VAT & optional overnight stays)

**Location:** in nature, near Utrecht