



# ADVANCED DIPLOMA IN Facilitating Transformation

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Master the art of facilitating positive change and transformation in teams, groups and organisations through creative collaboration.

\*Validated through The Association of Facilitators.



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# WHAT IS THE ADVANCED DIPLOMA?

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Master the art of facilitating creative collaboration in teams, organisations and communities.

The Advanced Diploma in Facilitating Transformation is a professional qualification specifically designed for experienced practitioners who want to unleash the creative potential of those they work with. This highly innovative one year part-time course will enable you to effectively design and facilitate creative collaborations to achieve positive change and transformation.

The Advanced Diploma is a highly engaging and immersive experience that brings together acclaimed practitioners from different backgrounds as well as leading academics who will embrace your experience to date, and support you as you stretch yourself to the next level of professional excellence.

Through a blend of live learning experiences, coaching, tutorials and assignments, you will be exposed to an exciting range of theories and practices, and engage in critical dialogue, experimentation and practical application.

As someone who understands the value of collaboration, you will draw upon your own experiences, as well as the diverse experiences of others. You will gain deep

understanding and know-how, achieve new levels of self-awareness, self-expression and inner-resourcefulness, and apply this to your practice in a way that produces transformational results.

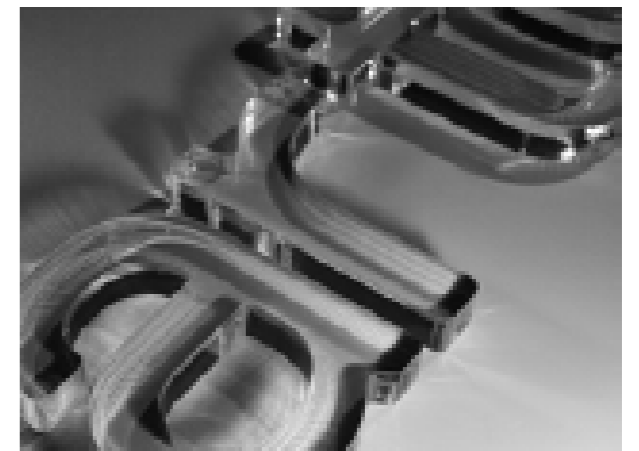
A truly unique professional qualification that addresses the growing need for excellence in facilitating creative collaboration, this is a learning journey of both personal and professional transformation. Successful completion of the course will enable you to become an artgym Certified Facilitator (advanced level) and become accredited through the Association of Facilitators (up to level 3).



# WHO IS THE ADVANCED DIPLOMA FOR?

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You are experienced enough to know that your work can make a difference. You also know that when people come together, extraordinary things can happen. Now is the time to harness your talents and make a wider impact through your work.



The Advanced Diploma is for people who believe in the power of collaboration and want to help teams, organisations and communities transform who they are and what they do.

Applicants have an array of backgrounds and disciplines with experience of working with others in a managing, mentoring, teaching, coaching and/or therapeutic role.

You will be looking to harness your experience to date and use this learning experience as the catalyst for the next chapter in your professional life.

Applicants are typically but not exclusively:

- Facilitators
- Coaches
- Educators
- Organisation Development Consultants
- Learning and Development Consultants
- Change Agents
- Business Leaders
- Team Leaders
- Community and NGO leaders
- Creative and Cultural leaders
- Therapists
- Creative Arts Practitioners

# ABOUT THE ADVANCED DIPLOMA?

Spread over a 12-month period, this part-time course consists of 5 core modules. Each module includes a blend of face-to-face workshops (facilitated by leading practitioners and academics), action learning, tutorial support, learning supervision and course content.

As the Advanced Diploma is designed to support you in taking your practice from good to great, at the heart of the course is a Self-Expression and Leadership Project (SELP). Your SELP is a self-determined project that involves you researching, designing and delivering a creative collaboration which showcases your self-expression and leadership as an advanced practitioner.

The course curriculum will support you in developing and completing your project as well as preparing you for your accreditation through The Association of Facilitators and certification through artgym.



# 5 CORE MODULES

Each module is designed to enable you to experience, practice and apply your learnings in order to facilitate creative collaboration across different contexts and stakeholder groups, from initial conceptualisation and design through to delivery and impact assessment.

- 1 BEING A FACILITATOR:**  
Harnessing Your Unique Contribution
  - 2 IGNITING CREATIVITY:**  
Developing Personal and Collective Creativity
  - 3 DRAWING UPON THE POWER OF THE GROUP:**  
Working with Group Dynamics
  - 4 MAKING A DIFFERENCE:**  
Co-creating Transformative Results.
  - 5 STRIVING FOR PROFESSIONAL EXCELLENCE:**  
Putting Your Experience to Good Work
- Module 1,2,3 and 4 each comprise of:
- A 3-day immersive experiential learning event led by a combination of inspiring practitioners from related fields as well as artgym Academy's academic team.
  - Self-directed learning through your Self-Expression and Leadership Project.
  - A peer-to-peer Learning Community that includes 2 hours supervision.
  - A one-to-one tutorial.
  - Course content to inform, stretch and inspire.
- Module 5 Is Comprised Of:
- Two 1 day live events: Day 1 prepares you for the final stage of your accreditation and Day 2 is your final showcase and assessment.
  - SELF-DIRECTED LEARNING: preparing to showcase how your learning has been integrated into your practice.
  - A PEER-TO-PEER LEARNING COMMUNITY: preparing to showcase the delivery of your Self-Expression and Leadership Project.

# ABOUT THE PROCESS

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## A robust integrative approach

The process is grounded in well-established theories and best practices that integrate psychology (Depth, Gestalt, Person-Centred and Eco-Psychology), ground breaking practices in group facilitation (inc. Process Work) and artgym's award-winning Cycle of Transformation™ methodologies.

The combination of conceptual, emotive, intuitive, practical and creative work provides a robust experienced-based approach to meet your specific development needs. Although you will be exposed to, and practice, a range of innovative methodologies and approaches, this is not a teacher-led course that trains you in a set of pre-defined techniques. Working together with your Course Leader, Guest Lecturers and Tutors, you will be encouraged, stretched and supported to shape your own unique facilitation practice.

This is a learner-centric process that draws upon your own self-determination, deepens your self-awareness and awareness of others, enables collaborative learning and immersion in the creative process (both your own and in groups).

By the end of the course you will integrate multiple theoretical perspectives and a range of methods with your own experiences and insight so that you can craft the practice that you want for your future. Learning to facilitate change in this way will enable you, ultimately, to become the practitioner that you aspire to be.

## Working with practical methods and tools

As an international organisation with a mission to put the world's creativity to good use, artgym has received many awards for its ground breaking work. At its core is a suite of creative tools and methodologies that have been developed over 15 years, facilitating creative collaboration in teams, organisations and communities across the world.

These are brought together in Artgym's Cycle of Transformation Map™. You will have the opportunity to experience, learn and apply the Cycle of Transformation Map™ across the whole of the course. On successful completion of the course you will be certified to use this revolutionary tool in your own practice.

## Embracing 21st century ways of working

This Advanced Diploma offers a contemporary approach to meet the demands and opportunities of world we live and work with today. This means that you will learn how to:

- Use each human being's innate creativity for transformation and growth.
- Work across different contexts, cultures and environmental settings.
- Facilitate groups across both face-to-face and virtual settings.
- Apply user-led design thinking in groups.
- Apply collective creative process.
- Work with different media and emerging technologies.
- Master the enablers and blockers to creative collaboration.
- Underpin your practice with a robust theoretical understanding.



# ABOUT YOUR **LEARNING TEAM**

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You will be introduced to and work closely with a team of leading practitioners and academics throughout your course. Here is some of the team you will work with:

**Louise Austin**  
Course Director  
across all 5 modules

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Louise has worked with Artgym since 2009 as Programme Director of global leadership and development programmes within organisations. She is now responsible for overseeing the Advanced Diploma in Facilitating Transformation and is part of the Artgym Academy faculty. She has 25 years of experience researching, designing and delivering world class programmes in learning and development, organisational change and community engagement.

She has a Master's Degree in Integrative Arts Psychotherapy with experience in running art therapy groups and delivering community art projects.

**Trebbe Johnson**  
Guest Lecturer and Academic  
Board Member

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Trebbe has worked for 40 years as a writer and for over 20 years as a nature based facilitator and guide.

She is author of such works as 'The World is a Waiting Lover'. Since 1993 she has worked as a guide of vision quests, workshops and other mythic journeys in nature.

In 2009 she founded Radical Joy for Hard Times, a non-profit organisation devoted to finding and making beauty in the Earth's wounded places, and currently serves as Executive Director.

Her formal training to be a vision quest guide from 1992-94 was with Animas Valley Institute, the School of Lost Borders, and SOLO Wilderness Medicine.

She has camped alone in the Arctic, studied classical Indian dance, written journalism about the Navajo and Hopi people, and slept in beautiful wilderness areas from her own back yard to the Sahara Desert.

**Dr Peter Ride**  
Guest Lecturer and Academic  
Board Member

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Peter is Course Leader of the MA Museums, Galleries and Contemporary Culture, with a background in the arts and cultural industries at University of Westminster. After graduating from the Australian National University with a BA (Hons) in History he came to the UK and worked in cultural organisations through the 1980s and 1990s, including the National Museum of Photography, Watershed Media Centre and The Photographers Gallery, where he developed a specialism as a curator working with photography.

In the 1990s he began to specialise in digital media and worked at Artec, the Arts Technology Centre, London and DA2, Digital Arts Development Agency, Bristol, where he was the Artistic Director. In these organisations his work concentrated on curating online, devising projects with digital artists around the world, in museums, galleries and festivals.

He joined the University of Westminster in 2000 as Senior Research Fellow in Visual Culture, and now acts as Principle Research Fellow.

**Dr Alison Hodge**  
Guest Lecturer

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Alison is an EMCC accredited coach at Master Practitioner level and an APECS accredited Executive Coaching Supervisor. She has been working with individuals and groups to facilitate learning and change throughout her career and she delights in the power of the relationship to heighten individuals' personal awareness and tap into their massive capabilities and talents. Professionally she offers individual and group supervision for coaches, consultants and facilitators working primarily in the corporate world, and for those who have particular interest in individual, group and organisational change and development. As a practitioner in this field, she graduated with her Professional Doctorate in Coaching Supervision at Middlesex University in July 2014 using Action Research to explore what goes on in supervision.

**Charlie Blowers**  
Guest Lecturer

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Charlie is an arts psychotherapist with additional training in body psychotherapy and somatic movement education. She has also trained in Le Coq based physical theatre approaches and has a particular interest in devising and performance work based on personal narrative. In 2005, Charlie founded Moving Pieces Physical Theatre Company, a unique Arts in Health organisation which integrates arts psychotherapy, physical theatre and body based approaches to supporting self-regulation. She is an experienced group facilitator regularly offering workshops to performers, mental health professionals and the general public interested in embodied and creative enquiry.

# PRACTITIONER CERTIFICATION AND ACCREDITATION

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artgym Academy works in partnership with The Association of Facilitators to develop and promote professional excellence in field of facilitation. The Advanced Diploma in Facilitating Transformation is validated through The Association of Facilitators.

The Advanced Diploma in Facilitating Transformation is validated through The Association of Facilitators. You will be fully supported throughout the course of the programme to ensure your development and growth aligns with the accreditation requirements of The Association of Facilitators. During Module 5 you will showcase the integration of your learning into your professional practice in four different ways:

## Showcase Portfolio

Throughout the programme you will create and maintain a portfolio of learning. This portfolio sits at the heart of your self-directed learning journey. It allows you to track and review your advancement of skill over time and showcase the integration of your learning.

## Showcase Exhibition

Your Showcase Exhibition will be a curated display of learning, created by students in collaboration with their Peer Learning Community. The purpose of the exhibition is for students to collaborate to creatively share their SELP projects.

## Theoretical Orientation

You will present your theoretical orientation in a live face-to-face Viva to demonstrate the theories applied in the context of your facilitation practice.

## Self, Peer and Course Feedback

As well as receiving ongoing feedback throughout the course of the programme, during Module 5 you will receive formal peer and course lecturers' feedback to enable you to critically evaluate your areas of strength and development and formulate your plan for continued professional development.

On successful completion of Module 5, you will receive:

- Advanced Practitioner Certification by artgym Academy.
- Practitioner Accreditation by The Association of Facilitators (up to level 3).

You will be able to use both The Association of Facilitators and artgym Academy as industry-recognised marks of professional excellence to promote your practice.

THE NEXT COURSE  
STARTS ON:

18TH MAY 2017

WITH A VIRTUAL  
KICK-OFF.

In addition to the live experiences and virtual circles, there will be supervised action learning, assignments, tutorial support and preparation for certification and accreditation.

## MODULE 1:

**Being a Facilitator:** Harnessing Your Unique Contribution.

VIRTUAL KICK-OFF: May 18th 2017  
= 2 hours (3PM GMT)

LIVE EXPERIENCE: July 7th, 8th and 9th 2017

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## MODULE 2:

**Igniting Creativity:** Developing Personal and Collective Creativity.

LIVE EXPERIENCE: September 15th, 16th and 17th 2017

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## MODULE 3:

**Drawing Upon the Power of the Group:** Working With Group Dynamics.

LIVE EXPERIENCE: November 24th, 25th and 26th 2017

VIRTUAL CIRCLE: January 12th 2018 = 2 hours (3PM GMT)

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## MODULE 4:

**Making a Difference:** Co-creating Transformative Results.

A RESIDENTIAL LIVE EXPERIENCE: February 9th, 10th and 11th 2018

**Please note:** Kick-Off is the evening of February 8th 2018

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## MODULE 5:

**Striving for Professional Excellence:** Putting Your Experience to Good Work.

LIVE EXPERIENCE: Preparation for certification and accreditation: April 13th 2018.

LIVE EXPERIENCE: Certification and accreditation: May 18th 2018.

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## WHERE WILL IT TAKE PLACE?

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Live workshops will be held in central London or in close travelling distance to central London, UK. Each Live Experience will be held in exciting, stimulating and creative venues. Module 4 will be residential in a glorious setting in the countryside.



## HOW MUCH WILL IT COST?

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The cost for organisation-funded individuals is £5850.00 GBP (excluding VAT). The cost for self-funded individuals is £4750.00 GBP (excluding VAT). This includes over 125 hours of facilitator/supervisor/tutor contact time and all course materials. Course fees can be made across three equal payments.

- There is an additional administration fee of £325.00 GBP for registration and accreditation with The Association of Facilitators following successful completion of all 5 modules. This administration fee is a 50% discounted rate for all Advanced Diploma students.
- There is also an additional fee for accommodation and food for the residential live experience in Module 4. The cost for 3 nights' accommodation inclusive of all meals and refreshments is offered at a discounted cost of £210.00 in total.
- We also offer 2 Bursary Places for applicants working within the Non-for-Profit and Charity Sector. In such cases, a course fee will be offered based on a sliding scale according to affordability. If this is of interest to you, please contact artgym directly to discuss.

## HOW CAN I APPLY?

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Applicants to the course will be required to submit their application in writing and attend an interview (face-to-face or virtual) to demonstrate:

- A minimum of 5 years' experience in leading teams, facilitating groups or working within a helping profession that supports people's development and growth.
- A commitment to in-depth self-exploration and interpersonal development.
- A commitment to collaborate and learn with others.
- A willingness to engage in the creative process, experiment and play (please note that no previous experience in creativity and creative process is required).
- A desire to make a meaningful difference to people and the planet through your practice.

## WHO SHOULD I CONTACT

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To apply or for further information, please contact Louise Austin, Course Director:  
Louise.austin@artgym.com or + 44 (0)7985 660 256



# ABOUT ARTGYM ACADEMY

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artgym Academy exists to help put the world's creativity to good work. It brings together highly accomplished practitioners and leading academics, combined with its award-winning methodologies so that people all around the world can put their creativity to good work in your personal and professional lives.

# ABOUT THE ASSOCIATION OF FACILITATORS

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The Association of Facilitators (AoF) is a membership organisation dedicated to supporting facilitators through high quality training, accreditation and supervision. It exists to support everyone working as a facilitator, including managers, leaders, development professionals and consultants working with private, public, charity and education bodies – in fact, anyone, in any industry, who leads groups and teams. The AoF believes that representing facilitation as a profession in its own right has benefits beyond those for the individual facilitator or the groups that they work with and contributes towards a more healthy and connected way of being. Its vision is to increase the skill level of individuals in order to generate healthy and positive outcomes for the groups that we all live and work amongst.



courses

| workouts

| career coaching

| art therapy

# OUR VALUES

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Our values are the DNA of artgym Academy and underpin our mission to put the world's creativity to good work. These values inspire us to create professional and personal development programmes that ignite people's innate creativity so they can live fulfilling lives and make a positive contribution to the planet and the lives of others.

## CREATIVITY

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Everyone is an artist. We believe in the innate creativity of every human being and the power of creativity to fuel our imagination, self-expression, resourcefulness and growth.

## CONTRIBUTION

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We believe that everyone has the potential to make a valuable and valued contribution in the world. Through the very act of being alive, it is impossible not to make an impact on the world around us. So we have to choose the impact that we want to create.

## COLLABORATION

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Through working together, we can leave this world more beautiful than we found it. We believe in embracing human diversity, working across communities, disciplines and contexts to produce extraordinary outcomes.

## COMMUNITY

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We believe that what we share as human beings is far greater than our differences. We are all global citizens, seeking to connect in a way that makes a meaningful difference to our lives.

## COURAGE

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Putting your creativity to good work in the world is a wholehearted endeavor. It is a call to adventure that requires the courage to take the road less travelled.

# A CLOSER LOOK AT THE 5 KEY MODULES

## MODULE 1

**Being a Facilitator: Harnessing Your Unique Contribution**

**Module aim:** To shape your unique practice of facilitation and strengthen your awareness, presence and resourcefulness.

**By the end of Module 1 you will have progressed your ability to:**

- Draw upon your experience, instinct and unique presence in service of the group.
- Effectively use your energy to catalyse and mobilise the energy of the group.
- Authentically role-model self-expression, compassion and courageous action.
- Build a strong working alliance through appropriate contracting, containment and psychological safety.
- Raise awareness around inclusion and cohesion by engaging the group in working positively with difference, resistance and conflict.

## MODULE 2

**Igniting Creativity: Developing Personal and Collective Creativity**

**Module aim:** To utilise creative process and methods that ignites the collective creativity of the group to produce the desired outcome.

**By the end of Module 2 you will have progressed your ability to:**

- Inspire, develop and nurture self-awareness and self-expression in individuals and the group.
- Stimulate the use of imagination, spontaneity and play in self and others.
- Use creative process to build the commitment to co-create.
- Iterate (across multiple media) within the creative process to create breakthrough outcomes.
- Apply user-led design thinking for innovation and creative problem solving.

## MODULE 3

**Drawing Upon the Power of the Group: Working With Group Dynamics**

**Module aim:** How to confidently work with groups and group dynamics across a range of contexts and environments.

**By the end of Module 3 you will have progressed your ability to:**

- Identify, illuminate and pro-actively work with the unconscious dynamics in groups.
- Initiate powerful dialogue and authentic response in individuals and groups.
- Nurture the collective wisdom of the group through collective reflection and creating meaning together.
- Acknowledge and effectively work through the potential impact of your personal material on the group.
- Your ability to work phenomenologically: noticing, tracking and experimenting in the “here and now”.

## MODULE 4

**Making a Difference: Co-creating Transformative Results**

**Module aim:** How to support the development of positive outcomes that will have a transformative impact on teams, organisations, communities and the wider world.

**By the end of Module 4 you will have progressed your ability to:**

- Recognise and illuminate a shift in the collective consciousness of the group towards making a meaningful difference.
- Mobilise the group from a collective shift in consciousness to producing transformative results.
- Engage the group in assimilating insights and evaluating the wider impact of their contribution.
- Recognise and deepen the inner transformation within individuals and the group.
- Create the space to enable appropriate endings: acknowledgement, celebration and completion.

## MODULE 5

**Striving for Professional Excellence: Putting Your Experience to Good Work**

**Module aim:** How to transform your professional practice by making the shift from experienced to demonstrating excellence that makes an impact.

**By the end of Module 5 you will have progressed your ability to:**

- Demonstrate your professional excellence through your own self-expression and leadership.
- Curate and evaluate your personal and professional journey of transformation and growth.
- Define your own theoretical orientation by integrating different theoretical perspectives into your professional practice.
- Integrate and apply your learning into the day-to day context of your professional facilitation and leadership.
- Support your own continuing professional development through self-directed learning and supervision.

