



MIRROR©

Raising Awareness

*“We believe that raising the level of awareness in others and ourselves is the true way of influencing individuals and organizations”*

With this training you will achieve ...

- **A raise** in your level of **awareness**.
- The **mindset & skills** to contribute to raise the level of awareness of others thus accompany them to grow.
- Capacity to **transform your environment** (working, personal, team, organization,...).

The training...

- Is structured in 3 Modules (3 scopes and 3 levels of mastery)
- Is organized in weekly remote sessions of 1,5h.
- Has 7 sessions per module.
- Includes a coaching process (4 Sessions) per student.
- Includes a variety of dynamics and Role Plays.
- Finalizes with a supervised coaching session, where the trainer will give individual feedback to students.

Duration & Dates:

- Course: 33h
- Coaching: 4h.
- Starting date: contact at [ruben@rubenrodriguez.eu](mailto:ruben@rubenrodriguez.eu)

## Module 1: “You”

- The power of the conversation to increase awareness in others.
- Managing potentials, impediments and emotional field.
- A people development process: Responsibility, context and tools.
- The cycle of generating awareness.
- The power of questions.

## Module 2: “I”

- Working with myself before to work with others.
- Enabling listening skills in ourselves.
- The observer position.
- Values & Believes.
- Identity.

## Module 3: “We”

- The systemic view: Entities and interactions.
- Working with Individuals, Relations and Teams.
- Coaching, Leading and Consulting approaches.
- The power of the interaction.
- The Facilitator role to work with systems.



Rubén develops leadership skills and accompany individuals and teams with change processes. He holds experience of more than 15 years in multinational companies, working in different Leadership and Management positions on the IT sector. Currently, he supports with consulting, training and coaching services as a self-employed.

### Contact & know more:

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