

reteaming

Guidelines to writing your reteaming-reports to be included in your application to become certified as a Reteaming Coach

To apply for Reteaming Coach certification you need to complete your reteaming-coach training by submitting to us two Reteaming reports; one describing how you used Reteaming for your personal development, and another one describing how you used Reteaming to help a group of people solve problems, or improve their functioning.

When you work with a group of people you can work either by helping the group achieve their common goals, or by helping them support each other in achieving their personal goals.

Submit both of your reports as an attachment to your application. The application form is located at www.brieftherapy.fi – see main menu for certifications)

- The report does not have to be very long, just a few pages per report. The point of writing the reports is to demonstrate that you understand the principles and the 12 steps of Reteaming, and that you are capable of coaching other people using Reteaming.
- You may team up with a colleague who has participated with you in Reteaming training. If you coach a group together, you can also write your Reteaming report together.
- When writing your reports, follow the guidelines provided below.

Instructions for writing your personal development Reteaming report

1. What goal did you choose to work on? (Say something about how you decided to choose this particular goal)
2. What benefits did you associate with your goal? (List several benefits)
3. What gave you confidence that it would be possible for you to achieve your goal (or at least to make good progress)?
4. What did you call your goal, or the project to achieve it?
5. Did you also have a symbol? What was it?
6. To whom did you tell about your goal? How did these people respond?
7. In what way did you ask other people to help, support, or encourage you?
8. What practical things did you decide to do to make progress? How did that work?
9. What progress did succeed in making?
10. How did you pay attention to progress? Did you also reward yourself in some way?
11. Did you prepare for possible setbacks? Did you have to deal with any?
12. How did you acknowledge, or thank, your supporters for their help or encouragement? How did they respond?
13. How much progress did you make? Looking back, how do you feel now about the whole thing?
14. What did you learn from the experience of using Reteaming on yourself?

Instructions for writing a Reteaming report about a group that has common goals

These instructions are for writing a report of a reteaming process with a team such as a work group, a school class, or a sports team.

1. How did you find the client or the client find you? How many sessions did you decide to have?
2. Did the client have some problems? If yes, what were they?
3. What future dreams, or visions, did the client have?
4. What were the goals, or were the goals of the client? How did you decide what goal to work with?
5. What benefits did the client think achieving their goal would give?
6. How did you get the members of the group to identify resources in the team as well as in each other?
7. What external resources did the group identify that they could use?
8. In what way did the group members decide to contribute to their goal?
9. How did you ensure that the team members pay attention to their progress?
10. What measures did the team take to achieve their goal?
11. How did the group members acknowledge each other for progress that was made?
12. What was difficult during the process? How did you overcome the difficulties that you experienced?
13. Did you use workbooks or some other materials? What did the participants think about the materials you used?
14. What did the group think about you as a coach?
15. What did you yourself learn from the experience?

Instructions for writing a Reteaming report about a group where the members of the group support each other in achieving their personal goals

These instructions are for writing a report of a reteaming process with a group of people who support, help and encourage each other in achieving their own personal goals.

1. How did you succeed in getting the group together? How did you get it started?
2. How many times did the group meet? How long did you the whole process take?
3. How long did the individual sessions last?
4. What kind of goals did the participants have? (give at least some examples if you don't want to report the goal of each participant)
5. What was the general atmosphere in the meetings?
6. How did the participants help, encourage or support each other?
7. Did anyone drop out? Do you know why?
8. Did the participants benefit from the experience? If they did, what did they think was the reason why they benefited from participating in the process?
9. What feedback did you get from the participants. What did they say about the Reteaming process and what did they think about you as a coach?
10. What did you yourself learn from this coaching experience?