



# GREATOR COACH

UNLEASH YOUR FULL POTENTIAL

Your application documents  
to become a certified coach



#MAKECHANGEHAPPEN

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# THE COURAGE TO CHANGE - MAKE CHANGE HAPPEN

FOREWORD BY ALEXANDER MÜLLER -  
CEO AND PROPRIETOR OF GREATOR



Dear reader,

we at Greater are convinced that anyone can find his or her strength. Every individual has an enormous amount of potential that is just waiting to be released. And our vision, to which all our actions are geared, is in accord with that basic principle.

**We want to accompany people on their own special road to self-fulfilment.**

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For this reason, it has been our great dream for a long time now to provide coaching training of our own. And we aspire to making that training available to as many people as possible - with the greatest degree of flexibility in terms of time and space. Coaching training that can simply be integrated in everyday life - yet still has the quality and the feel of a traditional training course on location. With the Greater Coach, we have fulfilled that wish, and we are deeply moved by the great amount of positive customer feedback we have received.

**A great number of individuals have already set out on the exciting journey to becoming a Greater Coach.**

Our participants don't just continue to develop themselves the whole time. They also learn the tools that a successful coach needs. The tasks of a successful coach consist in supporting their customers and encouraging them in the development of their own skills. A Greater Coach accompanies their clients through the process of feeling their own emotions, so that blocks and resistances can be resolved. But the goal in all cases is to create a life that is truly self-determined.



Every journey  
begins with a  
big step.

# Greater

## Coach

**Because we believe quite firmly that change really is possible! True to our motto: MAKE CHANGE HAPPEN**

As a Greater Coach you will inspire other people around you. Your fellow humans will perceive a change in you. Together With like-minded people, you will make things happen in the training! You won't just help one another in the process of your development, but you will also find your potential together. And when you find your potential, you can then go on to accompany others who are doing the same.

Having said that, this is all only possible with the right people at your side, who can teach and inspire you on your journey. **So with Christina and Walter Hommelsheim, we are delighted to have recruited two trainers with whom we share our vision and philosophy.**

Christina and Walter have given some impressive demonstrations of their skills in recent years. They have already trained several hundred clients and accompanied them on their way to becoming successful coaches. Quite apart from the friendship that unites us, the two of them have been my own personal coaches and companions for a long time now, especially in challenging life situations.

4 Anyone who has experienced Christina and Walter feels it at once: it's not just that they teach in a very special way; they also live what they do. They continue to develop all the time, but in doing so they remain honest and authentic. Their open-mindedness and their sincere manner don't just make them extremely likeable; they are also reflected in their work. This combination of authenticity and experience makes them really exceptional.

**Congratulations!** When you decide in favour of training as a Greater Coach, you take a big, brave step towards your life of happiness and fulfilment. During the training, you will set out on a journey on which you will first develop your full potential – and then that of your fellow human beings. I'm very pleased that you're interested. It only remains for me to wish you a pleasant read.

Kind regards



Yours, Alex  
CEO and proprietor of Greater



# OF HEART'S DESIRES AND VISIONS

FOREWORD BY CHRISTINA AND WALTER HOMMELSHEIM -  
YOUR TRAINERS



Dear reader,

5 We are delighted that you have found your way to us and are interested in our training. We have been putting our hearts into training coaches now for many years with a passion that is absolute, and we are, over and over again, fascinated to see how fast and how permanently people really can change with the right tools – towards more joie de vivre, and an inner radiance which immediately gets noticed by others around them. And that is precisely the reason we leap out of bed so joyfully in the morning: we want to guide you to your full potential and show you how to get out of that blind alley. Helping people to more lightness, trust and success is our absolute passion. We watch our clients define the meaning of their life and thus create exactly the kind of life they really wish for. That fills us with an incredible amount of gratitude.

However, it hasn't always been that easy. We spent a long time looking for that feeling of fulfilment – until we finally realized that we were standing in our own way, preventing ourselves from experiencing it in our everyday lives. That's how it is for many people, until they change something. That's the reason we want to find out, together with you, what it is that's slowing you down and preventing you from being successful, and above all we want to help you get rid of those things. Because each of us plays a central role in whatever it is that we currently find in our lives.

All this has to do with our aura. Like a radio frequency, it impinges on everything around us. Our aura is created by the thoughts and emotions that – consciously or unconsciously – we think and feel the whole day long. So let's try to find out together how we can bring your radio frequency into harmony with your heart's desires and visions. Let us reunite our heart and our mind, to give you the best possible support. We're ready! Are you ready too?

Yours, Christina and Walter



Happiness is  
a decision.

## AN OVERVIEW OF YOUR TRAINING

WHAT TO EXPECT AS A GREATOR COACH

You start out on the first part of your training with 6 months full of unique experiences, lots of self-insights and exciting inspirations in the Greater Coaching Practitioner.

Building on that, in the following 6 months of Greater Coach training, you familiarize yourself with important tools, techniques and methods, all of which are united in our coaching method, the Horizontal Eight. In this part of the training you learn to coach other people.

Congratulations! After a total of 12 months, you're a certified Greater Coach!

### Maximum flexibility

6 Training takes place online on the Greater Coaching Platform. That gives you absolute flexibility to deal with the topics in your very own time and integrate them in your everyday life in the way that suits you best. Apart from that, you keep making a concerted effort all the time, so that you become more and more aware of yourself.

Every week, you gain access to new content such as videos, meditations, and workbooks.

### Together, you're never alone

You receive support from your really special community. The community consists of other training participants, with whom you can exchange views and from whom you can gain inspiration.

For any questions you may have your Greater Headcoaches who are experienced with the method of the Horizontal Eight, and are available to You in the community. So you'll also be in very good hands when it's your turn to delve into a topic more deeply.

### Unique live online events

Two exceptional events round off your training perfectly. And we can tell you this much: it will be a unique, moving, and magical experience! You will be given the chance to get to know Christina and Walter and those who think as you do -live!



What I find special about Greater Coach training is that it's very profound, and that I can work with it in a very flexible way. In other words, both in terms of time and in terms of emotion, I can take up as much space as I like. So it suits me perfectly.

**Leander, 26 J.**

# THE 'HORIZONTAL EIGHT' - YOUR METHOD FOR SUCCESS



Your Greater Coach trainers are Christina and Walter Hommelsheim. They themselves have been through a number of different crises – and on the road they have trodden they have consciously created their own, self-determined, happy life.

They love inspiring people and helping them to develop their full potential – for more clarity, lightness and happiness in life. Christina and Walter have completed innumerable education and training courses, and have come to unite the knowledge gained from that in a unique method: the Horizontal Eight. Their qualifications include: non-medical practitioner (psycho-therapy), NLP trainer and coach (after R. Bandler), Gestalt therapy (5 years, Däumling Institute Bonn), systemic coaching (Sieger Consulting), Yoga instructor course (Aum Hari, Frankfurt), Dr. Joe Dispenza Vision Work, Dan Energy Work, medial coaching (Yvonne Grevenitz) and much more.

## The method of the Horizontal Eight

The method of the Horizontal Eight unites retrospection into your past (in-depth analysis work) with a look ahead into your future (insights from brain research, quantum physics and modern vision work). In this way, it guides the energy released from blocks that have been resolved towards what you really want to be in your life. They combine causal work – why you are as you are – with vision work, and that enables you to reorient toward your future – toward what and how you really want to be.

Be prepared to let go of the former you, reset your compass and take those courageous steps – towards that which fills you with enthusiasm, gives you strength and really feels right for you. Throughout the duration of your training, Christina and Walter will lead you along this line.

Christina and Walter work holistically. They incorporate conscious and unconscious perception and various different sensory channels in the learning process. Body, mind and soul are all united in their coaching method.

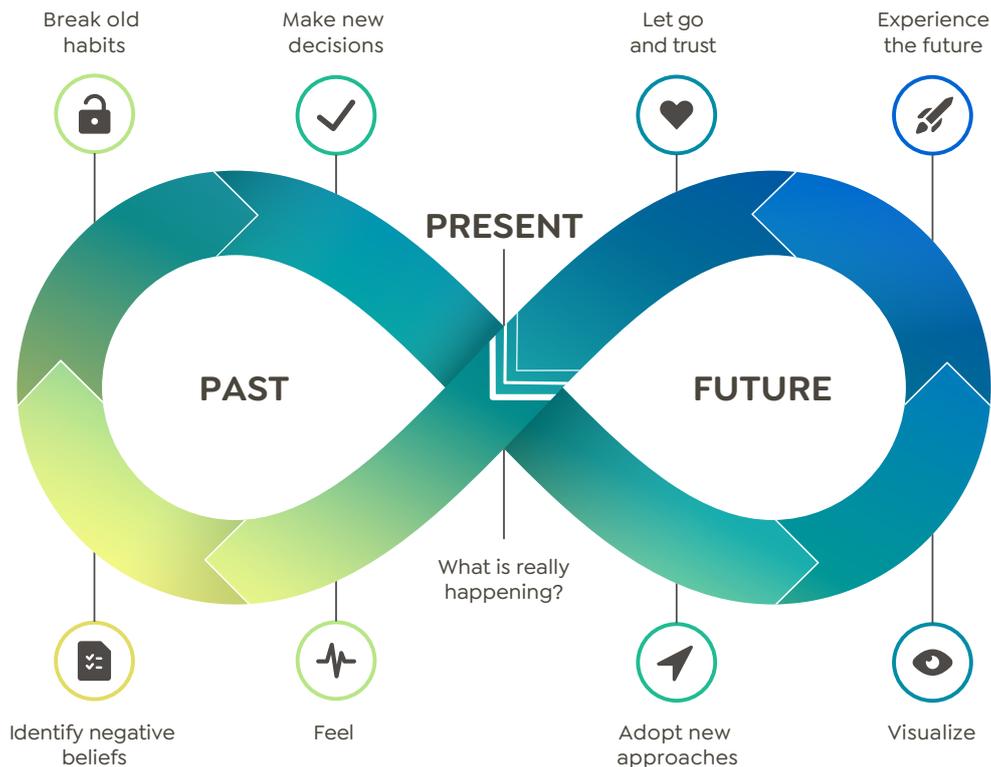
At all times, they see the individual as a prime mover – as the creator of their own life. They accompany you as you push back your own boundaries, find your full potential and inspire and help others with the experience you gain.



Christina and Walter – your words are warm, inviting and appreciative, and at the same time so clear, honest and direct. You have such a special way of opening doors and pointing the way forward, which we can feel directly in our heart and soul.

**Constanze, 35 J.**

## THE METHOD OF THE HORIZONTAL EIGHT



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### A METHOD THAT COMBINES EVERYTHING

The method of the Horizontal Eight is divided into three phases. First, selective questioning techniques help to resolve energy blocks from the past and release that energy in the here and now. Only then do we look into the future and set about shaping it consciously.

#### LOOK AND RECOGNISE

Getting to know and understand yourself better, resolving energy blocks.

#### LET GO, SURRENDER, RESOLVE

Letting go of your former ego by resolving old obstructive mental and emotional blocks.

#### RE-ROUTE AND CREATE

Connect with your new ego. Reorient the new-found energy released, and with it create the kind of life you really wish for.

## Greater Coaching Practitioner

### Months 1-6

First up, you lay the foundation for your work as a coach by working on and resolving your own topics. In these 6 months the focus is on you – because to be a good coach, you first need to look at your own topics. You experience the methods and tools developed and used by Christina and Walter, which are united in the Horizontal Eight. Later on, you will work with these tools yourself as a coach.

#### What to expect

- self-reflection
- dealing with your own emotions and resolving internal blocks
- making peace with your past
- building a foundation to become a good coach
- structuring your own goals and visions
- learning and experiencing the coaching tools
- inspiring and helping others through your own experience
- generating joie de vivre and finding the meaning in your life
- stepping forward bravely in a community
- discovering your own singularity

In this intensive phase, you will get to know yourself better again and develop a better consciousness of yourself and the actions you take. The weekly meditations, which have been designed lovingly by Christina and Walter for the training, will also help you. You'll learn to focus on your body, because there are often emotions trapped in it. After that, a journey into your past will bring those childhood dogmas back up to the surface of your consciousness. In the final phase, you will transform them forcefully into something positive by concentrating on your vision. That way, you will come to recognize that change is really possible!

### WHICH METHODS WILL YOU EXPERIENCE?



„The Work“ by Byron Katie



Working with the inner child



Meditations



Mind Movie



Ho'oponopono



My greatest personal success in the training was the forgiveness meditation, because there were quite a few things in my past which affected me rather a lot emotionally when I thought about them. After I had done the meditation, I found those emotions had disappeared. That was absolutely fascinating, and it was a fantastic gift. Thank you, Greater Coach!

**Daniela, 52 J.**

## CERTIFIED GREATOR COACH

**Months 7 - 12**

Your next big step: in your 6-month training as a certified Greater Coach, you will learn how to use your new tools from the method of the Horizontal Eight. By combining retrospection and vision, you learn the wide holistic repertoire of potential solutions and actions that a professional coach uses. During this time you will get to the bottom of your own topics and continue to promote your own development.

### **Become a successful coach**

Be yourself and inspire others! As a coach you will help people to look at their topics and find a way out of their emotional blocks. In your training as a Greater Coach you will use important methods, united in the Horizontal Eight, with which you accompany other people in their sustainable processes of change. At the same time, you gain more confidence and self-assurance as a coach, and apply the knowledge you have gained and experienced directly – take action and make a positive difference to the world!

Christina and Walter will communicate the basic principles of life to you. You will learn important questioning techniques and improve your communication and all your relationships. In the community, with other evolving Greater Coaches, you will build up a network and benefit from connecting with people who think as you do – both during and after the training.

### **What do I learn?**

- how to understand and use the procedures and technique behind the methods
- how to develop empathy and sensitivity for the client
- how to delineate between your own topics and those of the coachee (no projection)
- get to know the limitations of coaching
- coaching as a profession: positioning and fees

### **Which methods are used?**

- ‚The Work‘ by Byron Katie
- method of the Horizontal Eight
- conversation techniques
- questioning techniques
- working on the child within with meditation
- enneagram
- mind movie and vision work



Back then, I would have liked to have somebody who would take me by the hand, accompany me and show me the way forward, work with me using certain tools. Now, I'd like to become that person for others.

**Thomas, 36 J.**

**LEARN  
THE  
METHOD  
AND  
PUT IT  
TO USE**

### When do I learn to coach?

From the first month on, you familiarize yourself with a large number of exercises which are used in coaching: and you do so by practising them on yourself! In the Practitioner, you will be coached by Christina and Walter themselves, via the many videos, profound meditations and exciting exercises!

Once you have absorbed the method of the Horizontal Eight with your heart and soul in the first 6 months, you will learn how to give other people authentic support in the second part of the training. From the seventh month, you will do mutual coaching with other training participants. From then on, you will familiarize yourself with more and more coaching tools week by week, and learn to use them better and better via direct practical experience.



One of the special things about this coaching training at Greater is that I can do it online. In other words, whenever I have the time and not at fixed times. That suits me down to the ground. Another thing is that I'm not under pressure to complete this or that by a certain date. I can organise the training just as I need it. That is just perfect.

**Oliver, 47 J.**

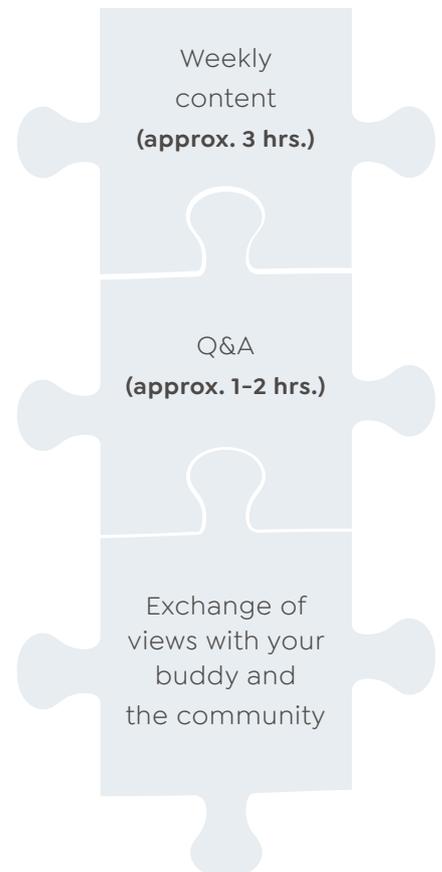
### How much time do I need per week for the training?

#### Just take it at your own pace

11 The good news is: you can organize your time exactly as you need it so that it feels just right for you. Because you're the most important person in your life!

The training has been designed in such a way that it can be done by anyone, in such a way that it can be integrated quite easily in the person's everyday life, whether that person is a night owl or an early riser. Each week, new content is activated for you, which means that you have the possibility to press ahead continuously with your process of growth, without an interruption of several weeks as is often the case with off-line training. There are no additional travel costs, and you don't have to apply for time off work to find your full potential!

Each week you get several videos. Altogether they will take up approx. 40-60 minutes of your time. The meditations you experience in the practical section vary in length between 20 and 50 minutes. Apart from that, you get weekly workbooks and lots of other building blocks too. You will also experience intensive online live sessions with Christina and Walter. You should schedule 1.5 to 2 hours for each of these sessions. As for the amount of time you need for the workbooks and the exchange of views with your buddy and the other participants, that's entirely up to you.



## These are your modules

The Greater Coaching Practitioner and the training as a **certified Greater Coach** comprise the following building blocks.



### High-quality online coaching videos

Each week, in several high-quality online coaching videos which are easily digestible and rich in variety, Christina and Walter Hommelsheim communicate the respective topics and methods to you.



### Profound meditations

In each unit, in profound meditations, you will rid yourself of old patterns in the way you think, feel and behave. You will become more aware of your true strengths, values and qualities – and that will enable you to unclog and create more space inside.



### Practical digital workbooks

On a regular basis you will receive digital exercises and reflections which will help you to reiterate what you have learned and consolidate it.



### Quizzes for your lasting success

Also, you will receive a short quiz with a few questions to test the current state of your knowledge and consolidate what you have learned. That way, you can always be sure that you have understood the content and internalized it.



# Greater

## Coach

### **An exceptional community**

In a community of like-minded people, you will grow and continue to develop. In the community, you will learn together, exchange views and give one another mutual support. In the exclusive Greater Member Space, you can meet your community for a personal exchange and receive support from certified head coaches.



### **Inspirational live sessions**

In your live session with Christina and Walter, you can look forward to some exciting stimuli. You will experience the couple close up and in interaction with various other participants. They'll give you plenty of valuable tips and tricks on your way to becoming a coach.



### **Exciting online live events**

At the live events, you have the opportunity to exchange views with other participants. Also Christina and Walter will be part of the event and you'll have the chance to practice the method you have learned yourself in live coaching sessions.



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### **Your Greater Coach certificate**

After completion of your 12-month training, you will receive your certification as a Greater Coach.



## YOUR COMMUNITY

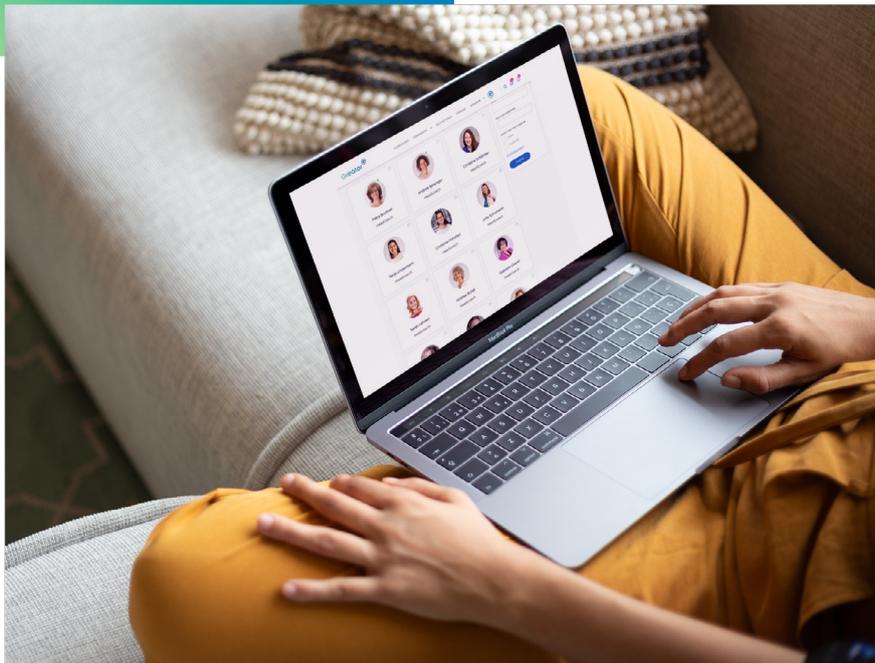
TOGETHER, YOU'RE NEVER ALONE!

The Greater Coach Community is a very important component of your training for your personal growth and further development. You're in the midst of like-minded people in a gigantic network. Here, you can exchange views and learn and benefit from the questions asked by the other participants. You will find that amongst so many people you feel a unique solidarity and support, and this will encourage you even further in your personal process of growth.



I think the safe haven that has been created here makes it much easier to grow and face up to things. Thank you!

**Daniel, 25 J.**



### YOUR BUDDY

#### Growing together

Go through the training together with your buddy! Your buddy is also a Greater Coach participant and will go through this time with you. You will assist each other mutually in the tasks and exercises, and on questions and problems as well. You can meet up regularly locally or online to exchange views too. On the way to becoming Greater Coaches, you will coach each other mutually to practice the methods you have learned. You will go through change together and support each other in this process of growth. You select your buddy yourself – or maybe he or she will select you! In the first few weeks of your journey, you're allowed to act on your own initiative and choose a buddy in the community. You'll soon see that for many of the exercises it's a good thing to have someone beside you.



Having someone beside me whom I didn't know before, someone whom I have been able to trust since that very first moment in the community, someone from whom I have been able to learn so much ... that really is something very unusual.

**Melanie, 41 J.**

### YOUR HEADCOACHES

#### Your contacts

Our Headcoaches are a very important part of the Greater Coach training. They deputise for Christina and Walter in the community. They have successfully completed their training with Christina and Walter in recent years and have already been able to gain lots of coaching experience. They'll be happy to pass on their knowledge to you. They will be there for you when you need support, and will answer your questions in the community.



For me, the special thing about this training is the community. Having so many contacts that you can do the training with.

**Robert, 29 J.**

### LIVE SESSIONS

#### Your exchange of views with like-minded people

Regularly you have the possibility to exchange views with those who think as you do. Alternately, that takes place in live sessions with Christina and Walter in the community at large, and in the Q&A sessions with your Headcoaches. Usually in the evenings.

# REQUIREMENTS FOR YOUR GREATOR COACH CERTIFICATE

- ✓ You complete all the lessons in the first six months of training.
- ✓ You pass all the quizzes in the first three months of training with at least 80% of the marks.



**THEORETICAL EXAMINATION**

- ✓ You pass the theoretical examination as a Greater Coaching Practitioner with at least 80% of the marks.



YOU RECEIVE YOUR  
certificate of eligibility for the Greater  
Coaching Practitioner.



- ✓ You complete all the lessons in all 12 months of training.
- ✓ You pass all the quizzes in all 12 months of training with at least 80% of the marks.




- ✓ You complete ten practice coaching sessions as a coach.
- ✓ You write a reflection on each practice coaching session and post it online.



- ✓ You observe ten practice coaching sessions as a feedback provider.
- ✓ You provide feedback on each practice coaching session and post it online.

**FINAL THEORETICAL EXAMINATION**

- ✓ You pass the theoretical examination as a Greater Coach with at least 90% of the marks.



**FINAL PRACTICAL EXAMINATION**

- ✓ Your examiner evaluates your Greater Coachexamination performance as a pass.



YOU RECEIVE YOUR  
Greater Coach certificate.




Coaching theory



Coaching practice

## RECOMMENDATIONS

WHAT PREVIOUS PARTICIPANTS HAVE TO SAY ABOUT THEIR EXPERIENCES

**Oliver, 47 | doctor**

I'm in the tenth week of my training and I already feel much more relaxed and much more balanced than I did before. You really do feel a relaxation and an improvement in the quality of your life. I didn't really think anything like this was possible.



**Agnes, 30 | office worker**

I think that's what it is that's really special about this training. The fact that I can look to see where the problems and topics I have in my life actually come from! And how I can resolve them! So that in the future, I can really activate my creative power. Until now, I haven't found any other training course that does that so intensively. That's what it was that convinced me to do this training.



**Nina, 41 | physiotherapist**

Every issue I've looked at in this training has brought me a little bit closer to myself. Every step has been a milestone and brought so much change. The important thing at the end of it all is the package as a whole.



**Carolyn, 35 | office worker**

I just can't tell you how much I get out of this training. I am very grateful to have this opportunity to find out more and more about my potential, which continues to develop more and more.



## BECOME A GREATOR COACH NOW!

Go straight to **[www.greator.com/coach](http://www.greator.com/coach)**  
and set out on your new journey as a  
coach today!



You still have questions  
about Greater Coach or  
about Greater in general?  
Our team is always  
there for you!

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develop your full  
potential



become a  
Greater Coach



start your coaching  
business

## SITE NOTICE

### Your training as a certified Greater Coach

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