

Certified GOTM[®]

Facilitator Training

Inviting Effective Behaviour



Facilitate change people can see and feel

Next training cohort:

- **Starts:** 01 October, 2025
- **Duration:** 4 x Online Modules
+ 1 Supervision over 4-5 months
- **Facilitators:** John Fleming & Kamla de Haas
- **Price:** €1050* (excl. VAT)

*For Euro countries. We adjust our training fees to reflect regional purchasing power.
Please contact us to enquire about the cost in your country/currency.



You know behaviour matters.

GOTM[®] brings insight into the body - so clients not only understand but **feel** their choices. *This training equips you to guide groups and individuals through embodied, systemic change.*

What is GOTM[®]?

'Get on the Mat!' (GOTM[®]) is a unique, dynamic, visual, and experiential way to explore behaviour using the **Functional Fluency** model. It supports and enables people to step into their patterns, feel their choices, and move toward effective behaviour with clarity and intention.

Get on the Mat[®] (GOTM[®]) is more than a method. It's a powerful, embodied experience that brings the Functional Fluency model to life, and now, with our **Certified GOTM[®] Facilitator Training** you can learn how to facilitate it!

This facilitator training goes far **beyond a script**. It teaches you to work confidently with:

- The Functional Fluency model and interactive mat
- Real-time behavioural insight systemic (constellation-based) approaches
- Embodied client learning
- Deep reflective coaching

Who is it for?

Ideal for (Agile) Coaches, Counselors, Consultants, Trainers, Mentors, Educationalists, Therapists, Social Workers, Healthcare Workers, and professionals involved in personal and professional development who want to:

- Add experiential depth to their work
- Lead transformative sessions that foster clarity and positive change
- Guide clients through change they can see and feel
- Enhance engagement with groups and teams

This training is for you if...

- ✓ You want to go beyond words and into felt understanding
- ✓ You value systemic insight and practical tools
- ✓ You want to support change that sticks



Are you ready to 'Get on the mat!'?

Embodied
facilitation

Systemic
Insight

Transformative
group learning



Further information: info@functionafluency.com · www.functionafluency.com

Learn to:

- ✓ Guide individuals and groups through the GOTM® process
- ✓ Facilitate insight and choice using the (interactive) floor mat
- ✓ Support others to explore challenges systemically
- ✓ Build your confidence in experiential methods
- ✓ Integrate Functional Fluency in creative, embodied ways

Includes:

- Personal TIFF® profile and coaching session
- Comprehensive training materials
- 16 hours of live taught sessions
- 1 x live supervision session
- Access to the virtual GOTM® tool Certification as a GOTM® Facilitator
- One-year FFI Certified GOTM® Membership
- Access to the Certified GOTM® Facilitator community
- Marketing materials
- Exclusive member content, and newsletters

Pre-Training Requirements:

- ✓ TIFF® Feedback Session within the last 6 (six) months.
- ✓ Attendance at least one GOTM® workshop as a participant in the last 6 (six) months.

Modules & course format

This live training is facilitated online via Zoom. It consists of four comprehensive 4-hour modules plus practice and supervision, spread over 4-5 months, and will equip you with the essential skills to facilitate transformative workshops both online and in person.

- **Module 1:** Functional Fluency & Systemic Practice: The Fundamentals
- **Module 2:** Facilitating the Interpersonal: Individuals in Systems
- **Module 3:** Facilitating the Intrapersonal: Systems in Individuals
- **Module 4:** Functionally Fluent Facilitation

Meet your expert trainers:



John Fleming

John is a Functional Fluency Trainer, Supervisor, and Global GOTM® Connector, as well as an ICF and EMCC credentialed coach. Known for his warm, creative approach, he empowers individuals, teams, and organisations to grow with a blend of spontaneity and structure. He is also an accredited counsellor, psychotherapist, and NLP Master Coach.



Kamla de Haas

Kamla is a certified life coach, TIFF® Provider, and GOTM® Trainer, known for her simple yet effective coaching style with warmth and firmness. A systemic coach and trauma specialist, she brings extensive experience in personal and organisational constellation work, supporting people to embody their essence with clarity and depth.

Upcoming Cohorts:

	Autumn/Winter 2025	Spring/Summer 2026	Autumn/Winter 2026
Module 1	01 October 2025 @14:00 – 18:00 CEST	16 February 2026 @14:00 – 18:00 CET	07 September 2026 @14:00 – 18:00 CEST
Module 2	29 October 2025 @14:00 – 18:00 CEST	16 March 2026 @14:00 – 18:00 CET	05 October 2026 @14:00 – 18:00 CEST
Module 3	26 November 2025 @14:00 – 18:00 CEST	13 April 2026 @14:00 – 18:00 CET	02 November 2026 @14:00 – 18:00 CEST
Supervision	16 December 2025 @16:00 - 17:30 CET	11 May 2026 @15:00 - 17:30 CEST	23 November 2026 @16:00 - 17:30 CET
Module 4	14 January 2026 @14:00 – 18:00 CET	08 June 2026 @14:00 – 18:00 CET	4 December 2026 @14:00 – 18:00 CET

Are you ready to lead from the mat?

Join us for the next Certified GOTM® Facilitator Training

