Mindful Coaching

Edwina Love Lawrence

Justesse
personal & executive coaching
at the point of change
During this workshop

• What is Mindfulness?
• Mindfulness and coaching
  – Benefits for coaches
  – Benefits for clients
• Mindful Coaching in Practice
• Mindfulness and self-care
During this workshop

• Do you already have experience of mindfulness?
• What do you hope to learn?
• What might get in the way of you being fully present?
• Any ground rules?
What is Mindfulness?
Intentional awareness: paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.

Jon Kabat-Zinn

Intentional focused awareness in the present moment, without judgement and with curiosity and compassion.

Liz Hall

Training ourselves to be aware in the here and now - not just our minds, but somatically and emotionally.

..... originated in earliest Buddhist thinking but is neither religious nor esoteric in nature....
“...nonjudgmental awareness is observing one's experience without trying to change it

• just noticing the tension of a muscle as opposed to trying to relax a tense muscle

• just noticing a thought as it arises as opposed to trying actively to change the thought.”

Source: Jain, Shapiro et al. (2007)
You may read about the orange
Talk about the orange
Listen to wonderful poetry about the orange
Hear a presenter talk to you all about this amazing and magnificent orange
But the only way to experience the orange

........Is to eat it!
Activity – Body Scan
How did you experience that activity?

What were you aware of?
Benefits of practising Mindfulness

- Increases grey matter concentration in brain regions associated with learning, memory, emotional regulation
- Improves attention and enhances compassion
- Improves psychological function of empathy
- Increases activity in brain regions associated with lifting mood
- Decreases cortisol
- Calms the autonomic nervous system
- Boosts the immune system
- Can improve physical and psychological conditions – Encouraged by NICE for treating depression

(Range of research, quoted Hall 2013)
Mindfulness and emotion

• Mindfulness is not emotional detachment
  – “it does not mean Buddha is a “stone Buddha” with no feelings, no emotions, no sensations of anger or hunger or pain. It means that he does not block anything... And enters into everything wholeheartedly without having to keep an eye on itself”...

  Alan Watts
Mind Full, or Mindful?
Mindfulness and Coaching

Coaching from a more mindful space helps coaches:
- be more creative
- be more present
- be more curious and open to possibilities
- be more able to attune to and resonate with client
- be more able to access data e.g. from our own bodies
- be more compassionate & less judgemental
- see the bigger, systemic picture more easily

Liz Hall, 2012
Why do coaches practise Mindfulness?

- To help them live more in the moment (74%)
- To become more self-aware (73%)
- To manage/prevent stress (67%)
- To be more present for their client (65%)
- To help them prepare for coaching sessions (47%)

Source: Mindfulness in Coaching survey (Hall, 2012)
Choose one or two of these issues to focus on:

How might increased confidence in these areas have an impact on your coaching?
Activity

The Mindful Minute
Do coaches use mindfulness with clients?

• **YES** 83%
• 63%: sometimes, often, always
• 20%: rarely
• **NO** 17%

*Source: Mindfulness in Coaching survey (Hall, 2012)*
When do coaches use mindfulness with clients?

- Inviting clients to do mindfulness practices within the session itself: 64%
- Sharing mindfulness practices with clients to do at home: 74%

Source: Mindfulness in Coaching survey (Hall, 2012)
Some reasons why coaches use mindfulness with clients

- So that clients can
  - become more self-aware (70%)
  - be calmer/less anxious (59%)
  - manage stress (55%)
  - be more centred (55%)
  - manage reactions/responses (51%)
  - improve their wellbeing (46%)
  - live more in the moment (43%)

Source: Mindfulness in Coaching survey (Hall, 2012)
Some reasons why they don’t

• No concerns 76%

• Client will think I’m ‘woolly/fluffy/unprofessional.’ 18%

• ‘Encouraging clients to practice mindfulness might expose them to unpleasant feelings, buried experiences that will be difficult to deal with in the coaching.’ 7%

Source: Mindfulness in Coaching survey (Hall, 2012)
Activity

Three minute breathing space
How are you feeling?
The FEEL model

**Focus**
Set intention
Shine spotlight on object of attention (ourselves, our thoughts, our feelings, our bodily sensations)
Sharp, steady focus

**Explore**
Allow yourself to explore what is arising and emerging....
With compassion, with curiosity
With non-judgement
With open-ness to possibility
Like a child playing with something new

**Embrace**
Turn towards whatever is there, pleasant or unpleasant....
Without judgement
Without grasping or pushing it away

**Let Go**
Don’t be overly attached to outcome
Transformation can happen at any time...

Liz Hall, 2013
Think about a client you are currently working with.

How might using the FEEL model support this work?
Resilience and Self Care
Mindfulness and Resilience

• Resilience
  – Can be learned
  – Is not confidence
  – Is about both being able to control and letting go the need to control
  – Includes speed of bounce back
  – Includes a full recovery of energy
  – Includes pacing – a third of our energy used for sensing, prioritising refreshing

( Jenny Campbell 2009)
Activity

As a coach, what do you do to maintain resilience?

Take two minutes to note this, mindfully.

Discuss briefly with a colleague.
Further reading

• “Mindfulness: a practical guide for finding peace in a frantic world”; Mark Williams and Danny Penman
• “Wherever you go, there you are”; Jon Kabat-Zinn
• “The Mindful Workplace”; Michael Chaskalson
• “The miracle of mindfulness”; Thich Nhat Hanh
• “Mindful coaching: using mindfulness to transform your coaching practice”; Liz Hall
• “The Mindful Coach - Seven Roles for facilitating Leader Development”; D. Silsbee
• “The Mindful Therapist”; D. Siegel
Any Questions?

Thanks for your participation