

The Mindful Coach

The Mindful Coach The Mindful Coach Mindful Coaching Mastery in Coaching Improving Concentration Mindfulness for Coaches Handbook of Research on Positive Organizational Behavior for Improved Workplace Performance Presence-Based Coaching A Pocket Coach: The Mindfulness Coach NACE Journal The Worst Girl Gang Ever: A Survival Guide for Navigating Miscarriage and Pregnancy Loss Coaching Hockey Our Coaching Trip Mindful Wise Women Speak Perfect Phrases for Coaching Employee Performance: Hundreds of Ready-to-Use Phrases for Building Employee Engagement and Creating Star Performers What Works in Teaching and Learning Mindful Journal Coaching Review Coaching Douglas K. Silsbee Doug Silsbee Liz Hall Jonathan Passmore Roy Bailey Michael Chaskalson Baykal, Elif Doug Silsbee Gill Thackray Bex Gunn David Whitaker Andrew Carnegie Laura Delizonna Carness Health Management, LLC Laura Poole Mindfuldevmag Arthur X. Deegan

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drawing from modern buddhist perspectives on mindfulness this important book skillfully integrates the key practice of self awareness with seven essential roles played by any professional charged with supporting learning growth and change with exercises sample dialogues and application models the mindful coach offers a systematic approach for developing yourself as a coach

praise for the mindful coach success in business is predicated on eliciting the best from people the mindful coach clearly articulates the essentials of how to do this as someone who believes deeply in the potential of all people i found silsbee s approach both practical and profound this is a must read for everyone concerned with people and learning arthur m blank philanthropist cofounder the home depot and owner and ceo atlanta falcons the mindful coach is not just another coaching model it is a frame of reference for anyone involved in developing people this highly readable book should serve as a reference for anyone genuinely concerned about helping others it has had a significant impact on the way i approach coaching and developing others james n bassett m ed employee development institute of nuclear power operations the mindful

coach digs deeply offering a lens and structure for understanding the intimate and necessary connection between relationships and human development no other skill set knowledge or awareness is more important to educators leaders and managers than what is presented in this precious volume robert c pianta ph d dean curry school of education university of virginia this revised edition provides the structure for presence through which new solutions become available this book itself is a practice in the art of becoming while providing a clear action framework for powerfully engaging others with their own development silsbee has provided a gift to leaders teachers and coaches connie maltbie shulas manager v 22 training systems boeing this book has broad appeal not only for coaches but also for managers executives and consultants leaders of all kinds can benefit from silsbee s clear and caring process for bringing out the best in people this is a must read book for anyone who wants to jump start themselves and others on their journey to their potential diana whitney ph d author the power of appreciative inquiry this is the guide for leaders committed to helping others learn the seven roles will help any leader facilitate more meaningful development conversations this new edition engaged me instantly with immediate applications in key relationships darelyn dj mitsch mcc president the pyramid resource group former president the international coach federation

mindfulness is a way of paying attention to the present moment helping us become more aware of our thoughts and feelings so that instead of being overwhelmed by them we are better able to manage them mindful coaching is a comprehensive guide to using mindfulness effectively in coaching it enables coaches to work closely with their clients on a range of issues including work life balance stress management decision making coping with ambiguity dealing with crises employee engagement heightening focus and clarity improving listening and communication and increasing presence mindful coaching includes a range of real life examples and practical exercises to enable coaches to become more resilient in their practice something that is of particular importance at a time where coaches are facing increasing challenges in defining clarity in their work

the reasons that coaching works so well and can produce such dramatic results are grounded in psychology so it follows that some of the most powerful coaching methods available draw on psychological thinking published with the association for coaching mastery in coaching presents the latest thinking on the most effective techniques coaches can use with their clients every chapter is written by a leading expert in the field and takes a rigorous evidence based approach which will give you a practical understanding of each method supported with examples and underpinned by the theory of the key psychological concepts in coaching ranging from cognitive behavioural coaching gestalt and positive psychology to neuroscience and mindfulness this indispensable book will give any serious coach the tools they need to get the best from their clients

improving concentration has been designed to help individuals improve their concentration skills it is aimed primarily at those taking on a training role in relation to the individual concerned however it can also be used by the individuals themselves as a self help resource this resource will help trainers to convey to their students an understanding of concentration how concentration works for them how to improve their concentration skills how to manage concentration in relation to their

performance this psychological skills training resource is arranged in a format that is both easy to use and clear to follow the activities can be used with both individual students and groups part 1 the knowledge base outlines theoretical perspectives on concentration and describes the bailey brown model of concentration part 2 pathways to improving concentration explains and describes how the bailey brown model of concentration can be used as a guide to raising awareness understanding monitoring and evaluating interventions aimed at improving concentration in people part 3 the activities in this resource can be used singly or combined as part of a structured intervention to improve an individual s concentration skills

mindfulness for coaches accessibly presents theory and research on the benefits of mindfulness training and explores how mindfulness can feature in coaching work michael chaskalson and mark mcmordie explain how coaches can use mindfulness to become more deeply attuned to themselves and to clients and to create transformational resonance the authors present a systematic methodology to cultivate and embody a way of being that enables growth and transformation in oneself and in others the first book of its kind mindfulness for coaches provides an experiential guide inviting and supporting coaches to engage with the programme included sharing new qualitative research into the potential impact of mindfulness on coaching process and outcomes and explicitly linking mindfulness practice to global standards of coaching mastery presented in two parts the book first outlines a unique eight week programme mindfulness for coaches and goes on to clarify the links between mindfulness coaching mastery and different coaching approaches share insights from the fields of psychotherapy leadership and organisation development and provide guidance for further learning mindfulness for coaches will be insightful and inspiring reading for coaches in practice and in training coaching psychologists and academics and students of all coaching modalities

positive psychology focuses on finding the best one has to offer and repairing the worst to such a degree that one becomes a more responsible nurturing and altruistic citizen however since businesses are composed of groups and networks using positive psychology in the workplace requires applications at both the individual and the group levels there is a need for current studies that examine the practices and efficacy of positive psychology in creating organizational harmony by increasing an individual s wellbeing the handbook of research on positive organizational behavior for improved workplace performance is a collection of innovative research that combines the theory and practice of positive psychology as a means of ensuring happier employees and higher productivity within an organization featuring coverage on a broad range of topics such as team building spirituality and ethical leadership this publication is ideally designed for human resources professionals psychologists entrepreneurs executives managers organizational leaders researchers academicians and students seeking current research on methods of nurturing talent and empowering individuals to lead more fulfilled constructive lives within the workplace

presence based coaching offers coaches a hands on resource for developing the capacities and skills needed to be reliably present in all situations and shows how to let go of habitual and often ineffective ways of responding as author and leadership expert doug silsbee explains once a coach has mastered the inner moves of directing their own attention they can work to develop the same capability in their clients the ability of a coach to facilitate lasting sustainable development in

leaders rests on the presence a coach offers to the coach client relationship

a clear and concise guide to mindfulness by a qualified mindfulness teacher

bex and laura really have pieced together the parachute we all need to help us land safely after falling into the world of loss and fertility struggles elle wright author of a bump in the road

can you remain calm confident and centered no matter what challenges you face mindfulness enables optimal functioning it is especially relevant in our fast paced society that places increased demands on our attention energy and productivity mindfulness is important for navigating busy lives in a world in need of solutions to help us reconnect to ourselves to our purpose and to others mindfulness is a state of optimal functioning characterized by clarity presence and adaptability we all have the natural ability to live in this state but few do it takes practice the step by step program outlined in this guide and toolkit equips you with the tools to develop mindfulness and apply these practices in work relationships and the rest of your life these practical techniques are based on a modern view of mindfulness including practices with and without meditation they are developed from decades of research on mindfulness at harvard university positive psychology management studies sports psychology and neuroscience this book provides simple straightforward tools for learning the most essential practices of mindfulness you will learn to focus improve clarity and concentration step out of conditioned behaviors unconscious biases and reactivity challenge limiting mindsets and enhance creativity improve resilience and the ability to bounce back from setbacks feel more connected to others

the right phrase for every situation every time perfect phrases for coaching employee performance gives you the language to empower engage and develop your employees filled with hundreds of wordsand phrases you can use in virtually every coaching situation this go to guide provides everything you need for onboarding and training conducting performance reviews setting employee goals coaching high and low performers creating powerful teams building strong relationships

clarity is powermindful journal is a mindful journal for helping you to archive clarity about your daily life and life in general questions for every day that will make your days conscious again our brain loves automation for thousands of years those are helping us humans to survive yet at the same time they have the drawback that we sometimes do things that we aren t conscious about like eating a bar of chocolate in one go and wondering where it has gone in the end of year we are surprised that christmas is already there yet we are still stuck thinking last news years eve was yesterday where did the year go sadly the same auto pilot is also the reason why we often don t realize how our life is mindful journal will help you to put your life into your consciousness again so that you can take control of the steering wheel use the auto pilot where it is useful and control the rest by yourself again you can start any any given day mindful journal is dateless and not fixated to any calendar week every week in the mindful journal is 7 days long and you decide when to start the journal is structure into the following sections weekly goal planning daily reviews weekly review notes weekly goal planningat the start of each week it is time to plan your goals for the week write down what you want to archive this week what obstacles could prevent you from

reaching them and how you will handle that if you think about it in advance you will usually have more possible actions at your fingertips when those things will happen daily review each day you review your day while your memory is fresh at best in the evening or in the morning of the following day if you do it later it may already get blurry and harder to write down the important things the journal will guide you with a couple of questions use the smiley for how the day felt for you if it was great let him smile or frown cry if the day sucked do as you wish sometimes i love to color mine out weekly review at the end of each week you'll do a review of the week it follows the same structure as the daily reviews and in addition checks for your goals notes at the end of the book there is plenty of space for making more notes sometimes it happens that you want to write a lot in a review but space is not enough that's where you can keep going in the notes section the pages are numbered so you can refer to them easily in your reviews content the journal is 92 pages thick weekly goal planning 1 spread per week daily review 1 spread per day weekly review 1 spread per week notes 8 spread pages it covers 4 weeks why only 4 weeks you might be thinking three reasons i update it regularly based on my experiences and feedback by readers and clients you always benefit from getting the most recent version fast if it would be over 860 pages thick for a whole year which nobody wants to write in or even carry besides such a monster will kill any will to change one's life in the beginning thick journals scare people what emotions triggers such a monster in you boring hard to read school books

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