

The Mindful Coach

The Mindful CoachThe Mindful CoachThe Mindful CoachThe Mindful CoachMindful CoachingMindfulness for CoachesA Pocket Coach: The Mindfulness CoachMastery in CoachingNACE JournalWise Women SpeakThe Mindful High PerformerThe Worst Girl Gang Ever: A Survival Guide for Navigating Miscarriage and Pregnancy LossRescu MeCoaching HockeyEvidence-Based Coaching Volume 1Mindfulness CoachingMindfulness At Work In A WeekSports CoachMind Your LifeWhat Works in Teaching and Learning Douglas K. Silsbee Douglas K. Silsbee Doug Silsbee Doug Silsbee Liz Hall Michael Chaskalson Gill Thackray Jonathan Passmore Carness Health Management, LLC Chelsea Pottenger Bex Gunn Bahar Etminan David Whitaker Michael Cavanagh Satyam Veronica Chalmers Clara Seeger Meg Salter

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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

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regardless of your level of coaching experience you are likely to be asked to support the development of people with whom you share a professional or personal relationship in this thoroughly revised and updated edition of his best selling book the mindful coach expert coach doug silsbee presents his practical septet model as an ideal tool for conducting coaching conversations with executives leaders and other professionals the model differentiates seven roles or voices that anyone in a coaching role can use when engaging in these learning conversations master partner investigator reflector teacher guide and contractor in this important book silsbee illuminates the dynamic relationship among these seven roles and shows how to integrate them into an intelligent strategy that can be applied to any coaching conversation designed as a down to earth resource the mindful coach is filled with practical exercises and sample dialogues for learning and applying the model throughout the book silsbee s strong emphasis on self knowledge and mindfulness integrates with the septet model in a transformational approach to coaching that has consistently produced significant and sustainable results for leaders in fortune 100 companies nonprofit organizations business schools education and government

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

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

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

get the best from your clients with these relevant effective psychological coaching techniques

future proof your mindset and sharpen your performance with science based tools from one of australia s top corporate wellness providers for fans of james clear s

atomic habits ant middleton s mental fitness and hugh van cuylenburg s the resilience project comes this practical toolkit for optimising mental health as an essential springboard for high achievement both in and out of the workplace harness the power purpose and performance of a refreshed mind who has time for self care chelsea pottenger didn t in may 2015 the successful entrepreneur had just given birth when she found herself battling postnatal depression so severe she landed in a psychiatric hospital determined to overhaul her wellbeing chelsea dived headfirst into the study of mindfulness and meditation she radically shifted her priorities learning to put her mental health first in the mindful high performer chelsea expertly guides you through simple science based tools to achieve optimal mental health so you can operate at a high performance level without feeling overwhelmed overworked or simply over it you ll learn to reduce stress and burnout reframe negative thinking tap into positive energy recharge your physical health and bolster your resilience join the thousands of others who ve implemented this practical approach to reset your wellbeing and maximise your potential at work and in life

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

not your average makeover book everyone could do with a little more fabulous in their everyday life whether you re looking for complete reinvention or just to shake extra sparkle and style on your look in rescu me bahar etminan creator of the stellar online publication rescu com au brings you practical insight and advice from the best experts in health relationships and wellbeing finances and career fashion and beauty featuring a 360 degree makeover of two real women at turning points in their lives this beautifully photographed and designed book draws on inspiration from icons sophia loren grace kelly brigitte bardot and audrey hepburn showing you how to put a contemporary spin on their legendary style every word of advice in rescu me comes from a professional at the top of their field their goal is to empower you to tune up any of the areas of your life that you feel need some extra polish any day is new year s day your fresh most fabulous life starts right now

presents key papers from from the first evidence based coaching conference held at the university of sydney july 2003 addresses the concerns of the emerging profession of coaching giving an overview of the field developing coaching theory and its evidence based practice and reporting on empirical and qualitative studies

developing the skill of mindfulness is the key to being a masterful coach deepening your coaching presence through mindfulness practices increases your ability to

have transformational conversations that provide greater value to your clients developing mindfulness will give you a greater ability to establish a deeper level of trust and intimacy with clients create deeper levels of awareness that transform the client's perspective easily identify underlying themes or patterns in the coaching conversation listen at a deeper level for the subtle nuances in what your client is not saying deepen your intuitive sense and support clients to do the same communicate powerfully and directly with your client ask powerful questions to create new awareness by sharing mindfulness with clients you can support them to increase self awareness improve concentration and mental clarity manage strong emotions increase emotional intelligence decrease stress increase resilience and so much more this book will provide practical exercises to support you to start or develop your own mindfulness practice as well as provide tools and tips on how to introduce mindfulness to your clients and support them to develop mindfulness

mindfulness is more than a buzzword it is a vital skill to help you survive and get ahead in your career executive coach and business trainer dr seeger has been practising and teaching mindfulness since before it was fashionable and in this short accessible book she shares a lifetime of hard earned wisdom and practical advice this book introduces you to the main themes and ideas giving you a basic knowledge and understanding of the key concepts together with practical and thought provoking exercises whether you choose to read it in a week or in a single sitting mindfulness at work in a week is your fastest route to success sunday learn to focus your attention and overcome the multi tasking myth monday use mindfulness based stress reduction mbsr to prevent and overcome stress tuesday discover how mindfulness can optimise your productivity wednesday use mindfulness to overcome the brain's negativity bias and make the workplace happier for yourself and your colleagues thursday regulate your emotions and improve your self control friday use mindfulness to create new mental maps which will promote insight and creativity saturday understand how using mindfulness can strengthen relationships with your team about the series in a week books are for managers leaders and business executives who want to succeed at work from negotiating and content marketing to finance and social media the in a week series covers the business topics that really matter and that will help you make a difference today written in straightforward english each book is structured as a seven day course so that with just a little work each day you will quickly master the subject in a fast changing world this series enables readers not just to get up to speed but to get ahead

a practical guide for cultivating a truly sustainable mindfulness practice mind your life combines elements of shinzen young's unified mindfulness system with proven coaching methods for positive change over the long term whether you have only a few minutes a day to start or have been meditating for years this book is for you

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