

mindfulness for coaches course

The Mindfulness for Coaches course is aimed at business coaches, consultants, trainers and other professionals who train clients to function effectively in high performance environments.

On this course particular attention is paid to the quality of present moment attention and you will learn to be with your clients and yourself in new and creative ways. By developing your capacity to listen for and attend to the quieter intuitions of your heart and the vital sensory cues of your body, you will discover and explore new ways of knowing and new ways of being – following your own moment to moment experience.

You will learn skills that will increase your capacity to:

- listen more attentively
- communicate more clearly
- direct your thoughts appropriately
- be fully present, in the moment
- be more emotionally alert
- distinguish subjective thoughts from objective facts
- develop greater appreciation of present moment experience

The course is run by Michael Chaskalson, whose approach is drawn from the intersection of business, healthcare, and the Buddhist art of meditation.

Michael has an MA with distinction in the clinical applications of mindfulness and a thirty year personal practice of mindfulness and related disciplines. He is an honorary research fellow at Bangor University, where he teaches an MA module in the Department of Psychology. A member of the core team at the Centre for Mindfulness Research and Practice in Bangor, Michael's teaching is both theoretical

and practical. Drawing on the latest scientific research, including studies from the field of brain science, his approach fuses that with the ancient art of meditative practice.

Via the Meyler Campbell coaching network, Michael has trained a number of the UK's leading business coaches in mindfulness skills. As a coach and mindfulness trainer he has worked with people from PricewaterhouseCoopers, AXA PPP, Barclays Bank, Deutsche Bank, Scottish Re, Pinsent Masons, the National Health Service and several top UK business schools.

Dates and Costs

Each course consists of 4 x 4 hours sessions each fortnight that the course runs. As well as this, each participant is offered a 20 minute telephone coaching session between sessions.

Course participants should be willing to do between 20 and 30 minutes of home-practice a day, 6 days a week, for each of the 8 weeks that the course runs.

The fee of £1,000 per participant (excl. VAT) includes tuition, telephone coaching and the cost of all materials, including a course workbook and audio CDs to support home-practice.

For more information, or to book request a booking form, contact Michael on 01223 365057 or 0776 989 1936 or email michael@mbsr.co.uk