

## mindfulness for coaches course

*... it struck me what quality went to form a Man of Achievement.... I mean Negative Capability, that is, when a man is capable of being in uncertainties, mysteries, doubts, without any irritable reaching after fact and reason....*

John Keats

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, Mills & Reeve, the National Health Service, GlaxoSmithKline, the Home Office, the Cabinet Office 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.

The next course will run over **September 13 & 27, October 11 & November 1** from 1.30pm to 5.30pm. It will be held in Central London.

For more information, or to book, contact Michael on 01223 365057 or 0776 989 1936 or email [michael@mindfulness-works.com](mailto:michael@mindfulness-works.com)

The Mental Health Foundation's 2010 "Mindfulness Report" asserts that there is a range of evidence coming from Mindfulness and Well-Being Research suggesting that mindfulness confers significant benefits for health, well-being and quality of life in general.

People who more mindful, it says, are less likely to experience psychological distress, including depression and anxiety. They are less neurotic, more extroverted and report greater well-being and life satisfaction.

People who are more mindful have greater awareness, understanding and acceptance of their emotions, and recover from bad moods more quickly. More mindful people have less frequent negative thoughts and are more able to let them go when they arise. They have higher, more stable self-esteem that is less dependent on external factors.

More mindful people enjoy more satisfying relationships, are better at communicating, and are less troubled by relationship conflict, as well as less likely to think negatively of their partners as a result of conflict. Mindfulness is correlated with emotional intelligence, which itself has been associated with good social skills, ability to co-operate and ability to see another person's perspective. People who are mindful are also less likely to react defensively or aggressively when they feel threatened. Mindfulness seems to increase self-awareness, and is associated with greater vitality.

Being more mindful is also linked with reaching academic and personal goals. Practising meditation has repeatedly been shown to improve people's attention, as well as improve job performance, productivity and satisfaction, and to enable better relationships with colleagues resulting in a reduction of work-related stress.

People who are mindful feel more in control of their behaviour and are more able to override or change internal thoughts and feelings and resist acting on impulse.

Meditation practices more generally have been shown to increase blood flow, reduce blood pressure and protect people at risk of developing hypertension, as well as reduce the risk of developing and dying from cardiovascular disease, and to reduce its severity. People who meditate have fewer hospital admissions for heart disease, cancer and infectious diseases, and visit their doctor half as often compared to people who don't meditate.

Mindfulness can also reduce addictive behaviour, and meditation practices generally have been found to help reduce use of illegal drugs, prescribed medication, alcohol and caffeine.

## Mindfulness for Coaches Course Booking Form

September / November 2010

Please complete this form and send to:

Michael Chaskalson,  
Mindfulness Works Ltd.  
41 St. Andrews Rd.,  
Cambridge CB4 1DH.

Name:

Job Title:

Invoice to:

Address:

Postcode:

Daytime Telephone:

Email:

I would like to attend the Mindfulness for Coaches Course starting on 13 September 2010. Please send me an invoice to the address above. I understand that this booking will only become effective once payment in full has been received, that a cancellation fee of 50% of the total applies to any bookings cancelled within two weeks of the course start date and that no refunds at all will be allowed once the course has begun.

Signed:

Date: