



# Mindful Coaching

‘Adopt the skills of the Mindful Coach’  
‘Learn how to declutter your world and embrace  
a culture of developmental leadership’

4-Day Residential Courses in  
Keswick, Cumbria and  
Open Courses in Dubai

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## Mindful Coaching

### Introduction

‘Mindfulness has important contributions to make to coaching which will enable you to become more efficient and productive’

‘Most managers and leaders are currently TIME POOR, this experiential programme will help you create more space to be able to work ON the development of...your Colleagues; the Team; the Department and the Organisation rather than just IN IT’

Coaching is fundamentally concerned with the enhancement of human self-regulation. As research is increasingly showing, mindfulness is a multifaceted psychological phenomena that reduces emotional and behavioural reactivity and supports adaptive, goal-directed self-regulation, which in today’s world can benefit you as follows...

The more detailed our understanding of mindfulness, the more effective we can be in using it to enhance the coachees/teams/customers/suppliers capacity to self-regulate.

### The benefits are as follows:-

- Enhanced mental and physical health
- Psychological well-being
- Behavioural regulation
- Interpersonal dynamics
- Less emotional disturbance and psychological distress
- More benign stress appraisals and less avoidant coping
- Greater vitality
- Higher levels of mindfulness results in greater relationship satisfaction
- Lower emotional reactivity
- More constructive responses to relationship stress



‘Mindful Coaching practice results in purposeful and positive change’

‘Better understanding and engagement with our people allows to us to use human connectivity to face adversity together, develop high performing teams which embrace the core skills of emotional intelligence and human motivation which are results orientated and not emotion led’

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The ability to achieve FOCUS together makes the workplace journey less complicated and more achievable by developing a culture of joint accountability which is underpinned by developmental leadership (developmental leadership is when coaching and engagement are at the fore, with excellence being achieved through the joint endeavour of the individual/team through inspiration and motivation) *'Goodwin 12/17'*

## How can mindfulness help in coaching?

Let's say for example, you're seeing a coach to help you deal with change effectively and together you've set action steps to achieve this to help you reach your goal of driving change through over a period of time.

In this context, mindfulness as part of a coaching programme can be extremely supportive in a number of ways as it offers the following outcomes:

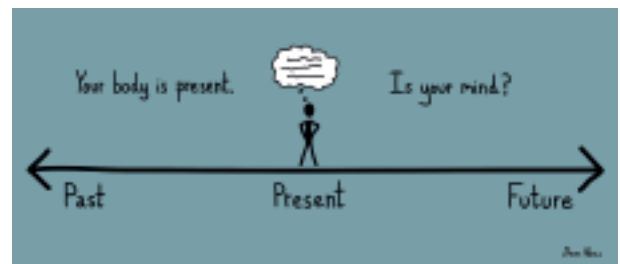
- Develop greater self-compassion.
- More accepting and forgiving of themselves when they experience difficulty and are less likely to engage with self-critical mind chatter that leads to goal inhibiting behaviours.
- Understand that experience is constantly in flux and this helps them to keep going.
- People who regularly practice mindfulness are better equipped to deal with emotional and physical discomfort, they experience an increase in resilience that expands out into other areas of life.
- People who practice mindfulness have greater concentration and can stay focussed for longer.

In any area of life where emotional or physical discomfort is experienced or where extra focus or resilience is needed, mindful coaching is really supportive.

## Who's it for:

Leaders and managers at all levels who need to adopt a developmental leadership style to enable them to work with their colleagues/teams/customers/suppliers more effectively

Leaders and managers who have not been through coaching skills development before



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## The benefits to you and your organisation:

- Whether you have been through a Mindful Leadership programme with us or not this course would be really beneficial as an area of further development which will enable you to develop your mindfulness skills further ...thus enhancing your Mindful Leadership style
- Create greater personal resilience to thrive under pressure using coaching as a driver for change
- Develop higher self-awareness and how you interact with others
- Remain focused on values, priorities and results when others get derailed in any situation
- Build stronger personal impact, influence and effectiveness through the use of mindful coaching in all aspects of your work and personal life
- Achieve better balance in your general outlook through thinking differently
- Enhance the way you manage relationships, judgement, problem solving and decision making in high pressure situations through the sharing of the load
- Find ways to be more in tune with yourself, other people and your organisational context by being more self-aware



## Programme content: – Mindful Coaching

On each day of the programme we will be taking you outside whilst in the Lakes to practice Mindful Coaching (we use the outdoors as a classroom)

### Day 1

What is coaching?

The benefits of mindfulness and the impact on coaching practice

The coaching spectrum

The four helping styles

The four faces of insight

Using mindfulness to maintain and promote presence

Coaching with curiosity, non-judgement and reflection





## Day 2

The IGROWC model

4 Corners of questioning

Coaching with compassion

Mindful data collection

Creating resonance in the sessions

## Day 3

Coaching through the complexity of change

Mindfulness to promote ethical coaching

Mindfulness and emotional intelligence to support coaching practice

ORCE model

Perceptual Positions

Observers Mind

## Day 4

Coaching to explore comfort zones

Creativity in coaching

Transformational coaching

Dualistic thinking

FEEL model

## The Residential course in the Lake District:

The four day workshop will include discussion, group work, mindfulness exercises, meditation, and outdoor reflections whilst walking amongst the stunning vista of the Lake District

The residential will offer delegates a unique opportunity for self – reflection

## Open course in Dubai

The four day workshop will include discussion, group work, mindfulness exercises, meditation, and outdoor reflections whilst walking in the Parks in Dubai; this will offer delegates a unique opportunity for self – reflection



## The Team

The Team have been running Leadership Coaching programmes for over 23 years across all levels of business from the Public, Private and Third sectors, their experience brings a different type of context to the learning process to be able to become a Mindful Coach

### \*Next steps\*

If you want to enrol on the course or have any queries then please call us on 0044 (0)845 094 0587 or fill in a registration form online or email us at [info@resultsdrivengroup.co.uk](mailto:info@resultsdrivengroup.co.uk) or [www.resultsdrivengroup.co.uk/home.aspx](http://www.resultsdrivengroup.co.uk/home.aspx)

## The cost in the UK

The programme cost includes, (accommodation and all meals), mindful coaching development modules, mindfulness coaching activities, online reading, and RDG certification is £1595 + VAT per delegate

## The cost in Dubai

The programme cost includes, delegate day rate in a Hotel (includes Lunch and refreshments throughout each day of the programme) leadership development modules, mindfulness activities, online reading, leadership assessments and RDG certification is \$3600 per delegate.

## Programme dates

### \*\*4 Day Residential Course in the Lake District\*\*

Programme one – From 11:00 on 3rd September to 16:00 on 6th September 2018

Programme two – From 11:00 on 11th March 2019 to 14th March 2019

### 4 Day Open Course in Dubai

Programme four – From 08:30 on 2nd December to 16:30 on 5th December 2018

Programme five – From 08:30 on 28th April 2019 to 16:30 on 1st May 2019

## In house delivery options

We can deliver this program in house for a minimum of 8 delegates, contact us for further details

## Flexible payment terms

It is possible to set up a 6 month payment plan for delegates who are self-funded with a 30% deposit payable on booking

## Open residential courses in the Lake District with Results Driven Group

What makes the results driven experience different from any other residential course?

Firstly we will start with the location...

The northern Lake District around Keswick and Derwent Water is arguably one of the most beautiful areas in the UK, it does not matter which time of year you are there, the panorama is always changing and the views are always stunning...



Secondly we use nature as a metaphor for learning...

We believe that you think and work differently according to the environment you are exposed to and work in, we use all of the elements of nature to enhance the learning experience and take you out on each day of the programme to experience learning outdoors...😊

“All of the activities we use are safe and are tailored to the capabilities of each group”

**Earth** – the landscape around us, the Mountains, Valleys and different vistas according to the seasons

**Air** – the different forces that the wind can create and the effect on the landscape that it has is awe inspiring!!

**Fire** – the strength of the sun and difference it can make to a view or an experience or how you feel allows you to reflect and look at things from different perspectives

**Water** – the lakes and the rain, the background vistas that you can embrace in the different seasons make this a stunning place to learn

### Client testimonial

*Fantastic way to learn and improve your skills. Environment unbelievable, enthusiastic trainer and the chance to meet an interesting group of people to exchange views and theories.*

Debbie Frisker



Thirdly, the delegate experience is completely different...

Normally on a residential course you would just turn up at 0930 in the morning and then go home at 1600 back to your Hotel, as part of the programme we spend time learning together, undertaking activities together, eating together and most of all having FUN, one delegate recently described this as Homeliness, and that he has never come across this type of experience before on a training course...

### Client testimonial

*A fast moving inspirational course which utilises a range of teaching methods in beautiful surroundings...*

Lisa Aitken

And finally the networking aspect...

This is something you can never recreate on a closed course programme, when you mix up clients who come from the public, private and third sectors, who have had completely different life experiences, different perspectives of how things work and job roles – then anything can happen!!, it is usually pretty special and we have seen long lasting friendships developed over the time that they spend with us in the Lakes...

Your accommodation whilst in Keswick...

We have 3 beautiful Houses in Keswick where you will stay whilst on your residential course in the Lakes, you will have your own bedroom and you will be fully catered for as well over the period of your stay...

If you would like to see the properties, then please visit; [www.newlandshousekeswick.co.uk](http://www.newlandshousekeswick.co.uk) for further information

Hopefully this will give you an insight to why the results driven learning experience is different...

Regards

Chris Goodwin – MD – Results Driven Group