

Coaching Skills for Mindfulness Teachers

Deepen the learnings & increase the impact of your trainings

overview

At Lea_p, we know the benefits that Mindfulness practice can bring to people's lives and work. We also know Coaching and Leadership Development and our starting point in our work is 'making leadership personal'.

The ability to take a coaching posture during individual and group discussion and inquiries during your Mindfulness teaching enriches those exchanges significantly. Employing Coaching skills will enable you to guide your participants to deeper insights and help them strengthen their intrinsic motivations and intentions to practice and to bring their practice into all parts of their life experience.

is this course for me?

This course is designed for Mindfulness Teachers who understand the need to deepen their ability to facilitate individual and group reflections and learning experiences during enquiries and debriefs. In particular, taking a coaching posture will enable Teachers to help their students work out their own answers to their questions and better related their practice to their lives. This is particularly relevant for those currently teaching or wanting to teach in the work place.

- ✔ Learn how to take the Coaching posture
- ✔ Deepen the insights of your participants
- ✔ Learn how to help participants find their own answers

outcomes

Participants will;

- Understand coaching skills and be confident to use them within their teams.
- Experience coaching skills from a coach and client perspective
- Gain an understanding of how coaching fits in the workplace and the role of manager/trainer
- A personal development experience over the two days



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what will it cover?

Day 1:

- An introduction to Coaching
- Difference between Coaching, Therapy and Mentoring
- Being and Doing Balance in Coaching
- Wheel of Life - what it is and how it's used
- Coaching demonstration
- Training on the Three Levels of Listening
- Powerful Questions - how to really get to the essence of what's going on for participants
- The Coaching Relationship
- Fulfilment Coaching - what it is and how it's used
- Using Coaching skills in your Mindfulness teaching

Day 2:

- Homework debrief
- Intuition - exercise, debrief and coaching
- Power of Perspectives
- Q&A with the facilitators
- Commitment and Accountability

Feedback on our Coaching trainings...

"The delivery was engaging, thought provoking and turned even the hardest sceptics in the group around.
The results have been fantastic"

- MD at 34 Windsor

"The programme was incredibly beneficial to my development as well as the development of my team. I left energised at the potential within myself to put this new knowledge into positive action"

- Programme Manager at The Prince's Trust

key info

Course date: 24th and 25th June 2019

Location: Hammersmith, London

Price: £495 + VAT per person

Contact: info@lea-p.com to enrol or to find out more.

