

Coaching at Work



Coaching at Work Series of Masterclasses 2015

Mindful Coaching

Liz Hall

Seminar date: Tuesday 10th March 2015

Venue: The Midland Hotel, Manchester

Timings: 10.00am – 5.00pm



WORKSHOP CONTENT:

Mindfulness has much to offer coaches and their clients. For coaches, benefits include enhancing presence, intuition, emotional intelligence and creativity, as well as boosting ability to focus and resilience. For clients, benefits include improved emotional intelligence, cognitive functioning, resilience and ability to thrive within ambiguous and challenging times.

WORKSHOP SUBJECT:

In this master class, we will explore some of the research highlighting these benefits. We will also explore some of the coaching-specific research, including Liz' looking at common ground and potential tensions between mindfulness and coaching. We will experience mindfulness exercises that can easily be woven into coaching, and we will explore what mindful coaching looks like. There will be opportunities to practice co-coaching mindfully, including using the FEEL model developed by Liz.

LIZ HALL is the editor and co-owner of *Coaching at Work* magazine. She received the Association for Coaching Award for Impact (Leadership/External Focus) 2010-11. She trained with i-coach academy to Senior Practitioner level (accredited by the EMCC) and others. She authored *Mindful Coaching* (Kogan Page, 2013) and has contributed chapters to *Mastery In Coaching* (AC & Kogan Page, 2014); *Mindfulness in Organizations* (forthcoming, Cambridge University Press) and *Developing mental toughness in young people* (Karnac, 2014). She runs mindfulness programmes for individuals and corporates, and is an award-winning journalist with 27 years experience, writing for publications including *The Guardian*, the *Financial Times*, and *People Management*. Liz has been meditating on and off for 30 years and has studied with mindfulness teachers including Thich Nhat Hanh. She is undergoing the Mindfulness Teacher Training at the Centre for Mindfulness Research & Practice at Bangor University. She is passionate about how mindfulness practice can be woven into everyday life, helping us be more joyful, resilient, creative and compassionate, and about how it can support transformative coaching.

LOGISTICS

VENUE

The event is held at The Midland Hotel, Peter Street, Manchester M60 2DSE

DATE

Tuesday 10th March 2015

TIME

The masterclass runs from 10.00am to 5.00pm.

FEES

£185.00 incl. VAT (for non-subscribers)
£155.00 incl. VAT (for subscribers)

BOOKING PROCEDURE

Please fill in an application form on-line at:
www.coaching-at-work/masterclasses

DRESS

Please wear comfortable clothes and shoes.

CATERING

Tea and coffee is provided throughout the day. Lunch will also be provided. Please advise of any special dietary requirements on booking.