



Coaching at Work Series of Masterclasses 2020

Relational mindfulness for coaches, mentors and supervisors:

Building moment by moment awareness and resilience in our client relationships and beyond

Dr Emma Donaldson-Feilder, C.Psychol. AFBPS

Date: Tuesday 10th November 2020

Venue: Online Zoom Platform

Timings: 10.00am – 5.00pm



MASTERCLASS OUTLINE

Practising mindfulness and meditation can help us as coaches, mentors and supervisors to be more aware and present. Relational mindfulness takes this a step further by bringing our practice of mindfulness right into the moment of interaction with others and providing guidelines to support us to engage in mindful dialogue. This has the potential to help us be more present, aware and resourceful in each moment with our coaching, mentoring and supervision clients. This session will offer the opportunity for participants to experience and explore relational mindfulness, and the potential it offers for their work.

MASTERCLASS AIMS

The aims for this masterclass are that participants will:

- Understand what relational mindfulness is and how the relational mindfulness guidelines can support mindfulness in relationships, including coaching, mentoring and supervision relationships
- Experience relational mindfulness practice and how it can help us bring present moment, non-judgemental awareness to speaking and listening in our client work and beyond
- Explore the potential for relational mindfulness to build moment by moment awareness of our own and others' relational patterns, and more resilient ways of being in relationship with our clients and others
- Examine how relational mindfulness can support our work as coaches, mentors and supervisors, including what we embody for our clients

MASTERCLASS CONTENT

The masterclass will combine experiential activities, particularly guided individual mindfulness and relational mindfulness practices, with interactive discussion and input on relevant frameworks and models.

EMMA DONALDSON-FEILDER is an Occupational Psychologist, Coaching Psychologist, Coach Supervisor and Relational Mindfulness Teacher with a love of reflective learning and development. Her varied professional portfolio includes teaching relational mindfulness, individual and group supervision for coaches and other professionals, coaching senior managers and executives, consultancy for organisations and teams, research, writing, and public policy. In 2019, she completed a Professional Doctorate exploring the potential for mindfulness and relational mindfulness to support leaders and managers to develop their leadership capability. This highlighted the importance of coaches and learning and development professionals embodying the qualities they aim to facilitate in their clients.

Emma takes a values-led, integrative and evidence-based approach, drawing on her own and others' research, plus relevant practical models, to support effective outcomes for clients. She is Director of Affinity Coaching and Supervision and co-founded Affinity Health at Work, a specialist consultancy that helps employers and managers improve employee health, wellbeing, and performance. She co-wrote, *Preventing stress in organisations: how to develop positive managers*, published by Wiley-Blackwell, and has published a wide range of book chapters, papers and articles.

LOGISTICS

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Full-day price:

£99.00 + VAT (subscriber),
£125.00 + VAT (non-subscriber).

Half-day price:

£60.00 + VAT (subscriber), £72.50
+ VAT (non-subscriber)

Groups of 3+ :

A further 5% discount is available

BOOKING PROCEDURE

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