

Mindfulness Coaching Introduction

Training Overview

“ Mindfulness is about being fully awake in our lives. Mindfulness meditation is not for the faint-hearted, it is for individuals interested in the adventure and challenges of self-exploration and transformation...”

JON KABAT-ZINN

GOALS of Introduction To Mindfulness

- Increase attention, awareness, and resilience in your personal and collective work.
- Learn coping skills and emotional regulation which reduces stress and anxiety
- Develop strategies to deal with difficult situations
- Increase connection with others and reduce feelings of isolation

Method Of Delivery: Live Webinar Presentation, video, experiential practice through breath work, meditation, mindfulness practice techniques, affirmation, creative reflective activities, recordings, and large & small group discussions.

“ Mindfulness is not a way to escape feeling or stress; instead, it is a way to get better at feeling and responding skillfully to challenges, so that we can live fully and in the way that we want.”

Session One:

- What is Mindfulness?
- Mindfulness Check-In Tools
- Overstanding Our Window of Tolerance
- Stress & Breath as an Anchor

Session Two:

- Respond vs. React: Shifting Our Relationship to Stress Mindfully
- Grounding Through Our Sensory Awareness
- What Nourishes & Depletes Our Energy?
- Mindful Ways to Protect Our Peace

Session Three:

- What is Self-Compassion?
- Cultivating a Self-Compassion Daily Practice

Session Four:

- Mindful Communication Skills:
Mindful Listening
Speaking with Compassion

This Certificate Training is delivered by CL&D Mindfulness Coach & CARE Program Facilitator Mahlikah Outten.