

Mindfulness for coacher, leaders and health care professionals

3 hours introduction course by Maria C. Hofman, Erickson Certified Professional Coach ECPC, ACC, and Mindfulness teacher educated by Scandinavian Centre for Awareness Training (SCAT)



A SUMMARY of Mindfulness 'Erickson style'

Introduction

These days where demands and changes stand in line, and where we are "connected" to the world around us for almost 24 hours a day, we often feel ourselves pressed to do more, faster and with greater results. Awareness training is a proven method to enhance awareness, focus, inner peace, and the quality of everything you do. It reduces negative stress and it will bring more calm in the private sphere and on the work floor. You become more present in your actions.

You can achieve goals in a stress-reducing way. This is useful for both coaches and those we coach. Coaching and awareness training have a lot in common, are complementary, and strengthens your presence in conversations with others.

With Awareness training (AT) we practice in being consciously present in what we do and experience. It is a process of awareness, which needs training. This course aims to familiarize yourself with mindfulness in professional encounters.

In Erickson coaching (and appreciative conversations in general), there are three things that are important during the entire conversation:

1. wavelength (rapport)
2. coach position (presence)
3. solution focused listening and questioning

You will learn how awareness training strengthens these three themes.

1 Wavelength - rapport

- Creating a safe atmosphere for conversation – connecting, trust
- From expecting mode to being mode – being open
- Wavelength is about 'seeing' the caller. How easy is it to turn instantly from you to the other? How ready are you before you go into a conversation? Were your thoughts appraising or neutral?

- Attention training is a great opportunity to come back to here and now, this moment, the present. Your breath is always with you and breathing is going on here and now.
- We look at everything with a "beginners mind" or a "do not know mind." It is good for a coach to have because we do not need to be experts, and it opens up for undreamed possibilities.

2 Coach Position (presence, aiming for 100% focus on the other, without giving advice)

- Getting in coach position is a conscious choice. You commit yourself to go into the conversation with full attention. You observe and listen as a neutral observer.
- You do not let personal preferences and opinions control your thoughts.

Definition of Mindfulness by Dr. Jon Kabat-Zinn, the founder of the Mindfulness Based Stress Reduction program (MBSR):

Awareness that emerges from conscious attention to the moment. Without judging or evaluating what arises in the moment.

- When in 'coach position' you are relaxed and confident and present here and now - moment by moment - together with your coachee/interlocutor.
- Your self-awareness and empathy increases, two important characteristics when you have professional dialogues.
- Where coaching is concerned with movement - from structure to process and moves through time - will AT help to ensure that you are aware of every moment during the process. This will increase the quality of what you are doing. When we as a coach see a conversation as a process, we strengthen our coach position by being aware.

3 Solution Focused listening and questioning

Global Listening

- Here there is no time; here is only presence in the Now. Listening with the utmost attention.
- Listen with your whole body.
- Where do the questions you ask come from? From the book / auto-pilot or from your intuitive inner?
- Not for nothing that we have two ears, two eyes and one mouth!

Do you have a positive view of yourself? Whether or not, it will also affect your belief in what another human being can achieve.