



## COURSE DESCRIPTION: 4-WEEK MINDFULNESS COACH TRAINING

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### I. Course Description

- A. The goal of our 4-Week Mindfulness Coach Training program is to help coaching professionals develop their coaching skills around evoking awareness and maintaining presence and focus in the moment during and outside of the coaching session. The course offers a total of 6-hrs of in-depth coach specific-training, mentoring and supervision. Participants who successfully complete the course earn a certification of completion. This is considered an advanced class. Prerequisite for this course is to have completed coach training (preferably Reid Ready® Training [RRPC or RRAC track] or other coach-training specific program (i.e., training that focuses on developing ICF core coaching competencies, and where the training is specifically about coaching, coaching techniques, ethics, and theories or applied science related to coaching).

In this course, participants learn how to apply various mindfulness techniques, such as visualization, floating leaf meditation, focus meditation, and open monitoring/scanning meditation approaches. Likewise, participants will learn how to apply Coach Dawn's MIND™ model to help their coachees tap into the deeper meaning on how self-awareness and perceptions foster mental shifts. This course informs coaches on learned behavior and its influence on thoughts, emotions, and mood which can impact productivity, goal attainment, and decision making. Additionally, participants will discover how to apply mindfulness innovatively to help clients optimize their full potential.

- B. Participants are asked to be ready to experiment and come with an open mind. Attendees should bring a coaching goal or objective to each class session. Attendees will have the opportunity to serve as a coachee and present a coaching agenda for the group to coach on together.
- C. During the course, participants receive coaching supervision, mentoring, and written feedback by an ICF credentialed coach.
- D. This course is presented in English and delivered virtually via Zoom or phone in real time twice a week. The class sessions meet once a week, over 4-weeks. Each session is 1.5 hours in duration.

- E. Lessons may occur earlier or later in the course schedule than what is indicated on the website or syllabus, depending on the Coach Facilitator's lesson plan, and class pace. For example, a topic may be scheduled for one day/session but could continue into the next day's session. Or a topic may be scheduled for discussion over 2 days/sessions but is wrapped up in one.
- F. Included with the course are:
  - 1. Live, hands-on coach-specific training with in-depth topic discussions, and coach supervision and mentoring (1.5-2 hours per week)
  - 2. Three-months access to RRLC Site Membership Subscription and continued mentoring or coach-the-coach sessions, and opportunities to secure up to 10 pro bono hours and 30 paid coaching hours
  - 3. Material and resources for further reading and learning enhancement.

## **II. Course Topics**

- A. Class Discussion Day 1 - What is mindfulness? Learning Objectives: by the end of this lesson, participants will:
  - 1. Understand what mindfulness is.
  - 2. Understand the relationship between mindfulness, awareness, focus, and behavior.
  - 3. Become familiar with how to begin meditating to develop mindfulness: Using Focused Meditation.
  - 4. Understand the application of mindfulness through coaching/Intro to ICF Core Coaching Competencies for mindfulness coaching (coaching supervision).
- B. Class Discussions Day 2 & Day 3: Applying mindfulness coaching to evoke awareness. Learning objectives: by the end of this lesson, participants will:
  - 1. Understand the application and purpose of mindfulness coaching: Using Visualization & Floating Leaf Meditation (coaching supervision).
  - 2. Learn how to ask questions that deepen self-awareness, focus and curiosity (coaching supervision).

3. Developing trust and intimacy through mindfulness coaching (coaching supervision).
- C. Class Discussion Day 4 - Applying mindfulness techniques in coaching. Learning objectives: by the end of this lesson, participants will:
1. Understand what the MIND™ model is and how it is applied to encourage focus on the present moment, self-awareness, and mindfulness (coaching supervision).
  2. Learn how to establish and maintain focus on the current reality: Using Open Monitoring Meditation (coaching supervision).
  3. Connecting the relationship between mindfulness coaching and a coach's responsibility to practice and performance.

### **III. ICF Coaching Competencies Addressed**

- A. Establishing Trust and Intimacy with the Client.
- B. Evoking Awareness.
- C. Creating Presence.

### **IV. ICF Ethical Standards Addressed**

- A. Responsibility to Practice and Performance