



The Mindful Coach

Jo Birch, Peter Welch



The Mindful Coach:

The Mindful Coach Douglas K. Silsbee, 2004 Drawing from modern Buddhist perspectives on mindfulness this important book skillfully integrates the key practice of self awareness with seven essential roles played by any professional charged with supporting learning growth and change With exercises sample dialogues and application models The Mindful Coach offers a systematic approach for developing yourself as a coach *The Mindful Coach* Doug Silsbee, 2010-02-15 Praise for The Mindful Coach Success in business is predicated on eliciting the best from people The Mindful Coach clearly articulates the essentials of how to do this As someone who believes deeply in the potential of all people I found Silsbee s approach both practical and profound This is a must read for everyone concerned with people and learning ARTHUR M BLANK philanthropist cofounder The Home Depot and owner and CEO Atlanta Falcons The Mindful Coach is not just another coaching model It is a frame of reference for anyone involved in developing people This highly readable book should serve as a reference for anyone genuinely concerned about helping others It has had a significant impact on the way I approach coaching and developing others JAMES N BASSETT M Ed employee development Institute of Nuclear Power Operations The Mindful Coach digs deeply offering a lens and structure for understanding the intimate and necessary connection between relationships and human development No other skill set knowledge or awareness is more important to educators leaders and managers than what is presented in this precious volume ROBERT C PIANTA Ph D dean Curry School of Education University of Virginia This revised edition provides the structure for presence through which new solutions become available This book itself is a practice in the art of becoming while providing a clear action framework for powerfully engaging others with their own development Silsbee has provided a gift to leaders teachers and coaches CONNIE MALTBIE SHULAS manager V 22 Training Systems Boeing This book has broad appeal not only for coaches but also for managers executives and consultants Leaders of all kinds can benefit from Silsbee s clear and caring process for bringing out the best in people This is a must read book for anyone who wants to jump start themselves and others on their journey to their potential DIANA WHITNEY Ph D author The Power of Appreciative Inquiry This is the guide for leaders committed to helping others learn The seven roles will help any leader facilitate more meaningful development conversations This new edition engaged me instantly with immediate applications in key relationships DARELYN DJ MITSCH MCC president The Pyramid Resource Group former president The International Coach Federation *Mindful Coaching* Liz Hall, 2013-04-03 Mindfulness is a way of paying attention to the present moment helping us become more aware of our thoughts and feelings so that instead of being overwhelmed by them we are better able to manage them Mindful Coaching is a comprehensive guide to using mindfulness effectively in coaching It enables coaches to work closely with their clients on a range of issues including work life balance stress management decision making coping with ambiguity dealing with crises employee engagement heightening focus and clarity improving listening and communication and increasing presence Mindful Coaching includes a range of real life

examples and practical exercises to enable coaches to become more resilient in their practice something that is of particular importance at a time where coaches are facing increasing challenges in defining clarity in their work

Improving Concentration Roy Bailey,2017-07-05 Improving Concentration has been designed to help individuals improve their concentration skills It is aimed primarily at those taking on a training role in relation to the individual concerned However it can also be used by the individuals themselves as a self help resource This resource will help trainers to convey to their students an understanding of concentration how concentration works for them how to improve their concentration skills how to manage concentration in relation to their performance This Psychological skills training resource is arranged in a format that is both easy to use and clear to follow The activities can be used with both individual students and groups Part 1 The knowledge base outlines theoretical perspectives on concentration and describes the Bailey Brown model of concentration Part 2 Pathways to improving concentration explains and describes how the Bailey Brown model of concentration can be used as a guide to raising awareness understanding monitoring and evaluating interventions aimed at improving concentration in people Part 3 The activities in this resource can be used singly or combined as part of a structured intervention to improve an individual s concentration skills

Mastery in Coaching Jonathan Passmore,2014-09-03 The reasons that coaching works so well and can produce such dramatic results are grounded in psychology so it follows that some of the most powerful coaching methods available draw on psychological thinking Published with the Association for Coaching Mastery in Coaching presents the latest thinking on the most effective techniques coaches can use with their clients Every chapter is written by a leading expert in the field and takes a rigorous evidence based approach which will give you a practical understanding of each method supported with examples and underpinned by the theory of the key psychological concepts in coaching Ranging from cognitive behavioural coaching gestalt and positive psychology to neuroscience and mindfulness this indispensable book will give any serious coach the tools they need to get the best from their clients

Presence-Based Coaching Doug Silsbee,2008-11-03 Presence Based Coaching offers coaches a hands on resource for developing the capacities and skills needed to be reliably present in all situations and shows how to let go of habitual and often ineffective ways of responding As author and leadership expert Doug Silsbee explains once a coach has mastered the inner moves of directing their own attention they can work to develop the same capability in their clients The ability of a coach to facilitate lasting sustainable development in leaders rests on the presence a coach offers to the coach client relationship

Anytime Coaching Teresa Wedding Kloster,Wendy Sherwin Swire,2015-05-01 Transform Your Workplace with Anytime Coaching The Practical Leader series offers a roadmap for individuals striving to achieve leadership effectiveness within the context of today s complex world Each book explores a different essential element of successful leadership providing readers with insightful real world perspectives as well as practical tools and techniques to help them maximize their potential personally and professionally Real life stories practical tips and techniques and the Anytime

Coaching model equip managers with a set of coaching tools they can use immediately to transform the way they work with employees and colleagues This second edition describes how recent findings in neuroscience support the effectiveness of Anytime Coaching practices You will also discover how the practice of mindfulness can enhance your ability to observe yourself and others Practical tools and exercises to help you be more present aware and focused in day to day interactions are included Whether you lead a cross functional team on a short term project or formally manage large groups of people on a daily basis Anytime Coaching will help you improve performance and achieve results

Mindful America Jeff Wilson, 2014-07-01 Thirty years ago mindfulness was a Buddhist principle mostly obscure to the west Today it is a popular cure all for Americans daily problems A massive and lucrative industry promotes mindfulness in every aspect of life however mundane or unlikely Americans of various faiths or none at all practice mindful eating mindful sex mindful parenting mindfulness in the office mindful sports mindfulness based stress relief and addiction recovery and hire mindful divorce lawyers Mindfulness is touted by members of Congress CEOs and Silicon Valley tech gurus and is even being taught in public schools hospitals and the military Focusing on such processes as the marketing medicalization and professionalization of meditation Jeff Wilson reveals how Buddhism shed its countercultural image and was assimilated into mainstream American culture The rise of mindfulness in America Wilson argues is a perfect example of how Buddhism enters new cultures and is domesticated in each case the new cultures take from Buddhism what they believe will relieve their specific distresses and concerns and in the process create new forms of Buddhism adapted to their needs Wilson also tackles the economics of the mindfulness movement examining commercial programs therapeutic services and products such as books films CDs and even smartphone applications Mindful America is the first in depth study of this phenomenon invaluable for understanding how mindfulness came to be applied to such a vast array of non religious concerns and how it can be reconciled with traditional Buddhism in America

Evoking Greatness Megan Tschannen-Moran, Bob Tschannen-Moran, 2017-07-20 Discover coaching strategies to inspire greatness in any educational leader Centered on evocative coaching a person centered no fault strengths based coaching model this book will equip those who coach educational leaders to host engaging and productive coaching conversations Coaches who read this book will learn to LEAD Listen Empathize Appreciate and Design as well as to discover Guidance for coaching leaders with specific questions things to listen for and ways to generate new ideas and motivation Research based theories that ground the strategies presented in each chapter Real life vignettes that illustrate the evocative coaching model in action Reflection and discussion questions templates and other materials to scaffold the learning of coaches as they innovate their way forward Leadership coaching has arisen as a powerful intervention to support the professional learning of leaders In this book Megan and Bob Tschannen Moran invite us to see into their world of evocative coaching They demonstrate how coaching conversations can lead to a flow of energy enthusiasm and possibilities that bring out movement in people The authors combine their theoretical knowledge with their experience as coaches exemplified in

wonderful stories and practical examples As a coach myself I could not stop reading because I was so curious about the next chapter The book is a great example of how high quality professional learning can enhance educational leaders daily leadership practice Marit Aas Associate Professor University of Oslo Oslo Norway

The Complete Handbook of Coaching Elaine Cox,Tatiana Bachkirova,David A. Clutterbuck,2014-04-01 This second edition provides the most comprehensive guide to the field of coaching exploring a range of coaching theories and approaches genres and settings and professional issues It supports trainees and professionals to identify and develop a personal style of coaching Its three parts cover The theoretical traditions underpinning coaching such as cognitive behavioural Gestalt and existential Contexts and genres such as life executive peer team and career coaching Professional issues such as ethics supervision continuing professional development standards and mental health issues Written by leading international authors each chapter makes links between theory and practice and includes discussion questions to facilitate reflection on the topic further reading suggestions and case studies This new edition includes completely revised and updated chapters throughout an additional emphasis on cross cultural coaching and new chapters on Health and Wellness Coaching and Researching Coaching The handbook is a unique resource that has helped thousands of practitioners and trainees from a variety of professions and multi disciplinary backgrounds including health education business and management and psychology throughout their coaching career

Professional Coaching Susan English,Janice Sabatine,Philip Brownell,2018-12-07 Incorporating a wealth of knowledge from international experts this is an authoritative guide to provide a comprehensive overview of professional coaching Grounded in current research it addresses the historical ethical theoretical and practice foundations of professional coaching and examines such key therapeutic approaches as acceptance and commitment internal family systems psychodynamic and interpersonal In easily accessible language the book discusses core considerations for effective practice such as presence meaning making mindfulness emotions self determination and culture The reference examines the variety of practice settings for the profession including executive life personal health wellness spiritual team education and career coaching along with critical issues such as research advances credentialing and training Further contributing to coaching savvy the book has techniques for measuring client progress applications of adult development intentional change theory and more Chapters include recommendations for further reading Key Features Provides a comprehensive overview of a fast growing field Includes contributions from international experts Covers historical professional philosophical and theoretical foundations as well as important applications and practice settings Includes suggestions for further reading

Teaching and Coaching Lifestyle Sports Thomas M. Leeder, Lee C. Beaumont,2025-02-11 Lifestyle sports have witnessed unprecedented growth in recent years with it being accepted that these activities can contribute significantly to national sport and physical activity agendas appeal to contemporary youth culture and provide an alternative to mainstream achievement sports within school physical education However this popularity has led to increased professionalisation and

institutionalisation meaning there is now a demand for educated teachers and coaches to facilitate learning through effective pedagogical approaches. Consequently *Teaching and Coaching Lifestyle Sports Research and Practice* is the first book of its kind to provide both theoretical and empirical insights into the process and practice of teaching and coaching lifestyle sports across school community and high performance sport contexts. Drawing upon a variety of lifestyle sports including skateboarding, freestyle BMX, parkour and freeskiing, this book develops readers' understanding and conceptualisation of the issues, challenges and opportunities associated with teaching and coaching lifestyle sports. Each chapter, grouped via a broad focus on either teaching or coaching, offers novel perspectives towards current trends, pedagogical approaches and steps forward in relation to lifestyle sports within physical education and sport coaching. This book covers contemporary and important topics within lifestyle sports such as coach development, enhancing youth sport participation, facilitating athlete learning and creating a meaningful physical education experience. Drawing upon global examples, each chapter generates new knowledge associated with the teaching and coaching of lifestyle sports while critically discussing areas for future research alongside practical implications for teachers, coaches and sports organisations. *Teaching and Coaching Lifestyle Sports Research and Practice* is a valuable resource for researchers and academics in addition to students and practitioners who are currently working across the overlapping fields of physical education, sport coaching, sport development and leisure studies or have an interest in lifestyle sports.

Coaching in the Library Ruth F. Metz, 2011. Outlines a focused and results oriented plan for achieving the best results from staff members through a coaching style of management. Complete with new forms, reader friendly tables and annotated references. Page 4 of cover.

The Handbook of Knowledge-Based Coaching Leni Wildflower, Diane Brennan, 2011-05-18. PRAISE FOR THE HANDBOOK OF KNOWLEDGE BASED COACHING: Definitive with extensive references and a commitment to connecting theory to practice in every chapter, this important contribution is a delicious and wide ranging exploration of the lineages that have shaped the modern practice of coaching. Doug Silsbee, author *Presence Based Coaching* and *The Mindful Coach*. The translation of theories from multiple disciplines to the practice of coaching makes this book a must read. Terrence E. Maltbia, senior lecturer, Adult Learning and Leadership and faculty director, Columbia Coaching Certification Program, Teachers College, Columbia University. If you have an appetite for the scientific roots of what works best in coaching and you are hungry for an easy to digest translation of the science to practice, this book is a feast and will be on your plate for many years to come. Margaret Moore, Coach Meg, founder and CEO, Wellcoaches Corporation and codirector, Institute of Coaching, McLean Hospital, Harvard Medical School. Whether you're a beginner or an experienced coach, this rollicking ride through dozens of the most important theories and perspectives in coaching will be a vital companion. With quick and helpful summaries of key ideas and their use and selective bibliographies, should you wish to go deeper into a particular area, this book will help you support your clients in a targeted and sophisticated way. Jennifer Garvey Berger, author *Changing on the Job: Growing the Leaders Our Organizations Need* and

coeditor Executive Coaching Practices and Perspectives This is a book I have been missing What a pleasure to read and what a stretching of my mind Kim G rtz senior consultant Copenhagen Coaching Center Anyone who is serious about improving the quality of coaching will find The Handbook an invaluable resource that reflects the breadth and richness of the growing evidence based approach to coaching practice David Clutterbuck visiting professor in the coaching and mentoring faculties Oxford Brookes and Sheffield Hallam Universities Patient Safety Coaching Susanne Knowles,2024-09-19 This book argues that patient safety is the cornerstone of high quality healthcare and that we need to highlight the positive impact of a Safety 11 approach to risk management to improve the quality of patient services and care Moreover the author emphasizes the importance of upskilling leaders with coaching capability within the healthcare facility so that decisions can be made quickly to prevent adverse events In light of this this book aims to equip clinical leaders across all levels and in all areas of healthcare organizations with the knowledge and skills to develop a patient safety culture in their team and organization based on evidence based contemporary research into patient safety practices The author also proposes strengthening leader capability by outlining how they can create a psychologically safe working environment and adopt a coaching leadership style that promotes staff wellbeing and patient care This book provides strategies for leaders so they can ensure staff wellbeing at work and a patient centric approach to patient care It outlines how clinical leaders can support team members to reduce their stress better utilize their strengths practice mindfulness remain positive and build resilience in the face of adversity whilst also fostering a workplace culture of trust support and compassion Lastly this book aims to provide high level executives and experienced clinical leaders with contemporary knowledge of governance issues and the best practice methods concerning patient safety as a quality improvement strategy **The Completely Revised Handbook of Coaching** Pamela McLean,2012-09-04 Praise for The Completely Revised HANDBOOK OF COACHING Pam McLean has written a jewel of a book Its straightforward easy to read style lays out an elegantly simple effective and agile coaching methodology This will become a well used dog eared in the days before e books guidebook for both the new and the seasoned coach MARY BETH O NEILL author Executive Coaching with Backbone and Heart A welcome and comprehensive update of the original Handbook this theoretically grounded yet highly practical book presents important integrative coaching models that deal with complex coaching issues in an easy to read way This book will be of use to novices and experienced coaches alike ANTHONY M GRANT Ph D coauthor Evidence Based Coaching Handbook faculty University of Sydney I love this book Pam McLean offers the most comprehensive and clear explanation of use of self why it is important and where we need to focus our attention that I have ever read In addition she describes the robust Hudson coaching methodology clearly with lots of examples and always links theory to practice RICK MAURER author Beyond the Wall of Resistance faculty Gestalt Institute of Cleveland The new Handbook of Coaching is intellectually satisfying and pragmatically rich a tour de force grounded in a thorough exploration of adult development and coaching models This major rework of Hudson s classic offers practitioners

extensive guidance on coach methodology the system dynamics of change and the crucial use of self Leadership coaches at any level will find this an invaluable resource DOUG SILSBEE author Presence Based Coaching With an emphasis on thoroughly understanding one s self as a coach and supporting one s clients to understand themselves as well as their contexts Pam s book is very resourceful both practically and conceptually Her very current real life examples are insightful and useful EDIE SEASHORE M A author Triple Impact Coaching

Coaching with the Brain in Mind David Rock,Linda J. Page,2009-08-06 DISCOVER THE SCIENCE BEHIND BRAIN BASED COACHING By understanding how the brain works coaching professionals can better tailor their language strategies and goals to be in alignment with an individual s hard wired way of thinking Written by two well known coaching professionals David Rock and Linda Page Coaching with the Brain in Mind presents the tools and methodologies that can be employed by novice and experienced coaches alike to create an effective and ultimately more rewarding relationship for both coach and client This informative guide to the neuroscience of coaching clearly demonstrates how brain based coaching works in practice and how the power of the mind can be harnessed to help an individual learn and grow Illustrated with numerous case examples and stories this book is organized for immediate use by professionals in their client work Coverage includes A succinct but comprehensive overview of the major scientific and theoretical foundations for coaching and their implications for practice How the language of coaching setting goals making connections becoming more aware seeking breakthroughs and taking action parallels what neuroscientists tell us about how the brain operates Neuroscience as a natural platform for the ongoing development of coaching Building on the existing foundation of coaching by adding neuroscience as an evidence base for the profession Coaching with the Brain in Mind shows that it is possible to become a better professional coach by understanding how the brain works As well the authors through their research present that an understanding of neuroscience research however new and speculative can help coaches and leaders fulfill their potential as change agents in the lives of others

Positive Psychology Coaching Susanne Knowles,2022-01-01 This book provides evidence for coaching from psychology perspectives aiming to inform academics researchers and students of the efficacy of positive psychology coaching practice for both individuals and organizations It integrates three areas of research providing a multifaceted analysis of coaching from traditional psychology positive psychology and coaching research findings Finally it introduces a comprehensive new model of coaching COACH based on the psychological and educational foundations of coaching explaining its effectiveness and adaptability across settings and individuals

Coaching Models: A Cultural Perspective Diane Lennard,2013-02-01 In addition to providing an extensive analysis of strategies for changing performance and the factors that can impact coaching effectiveness this book offers what may be a unique value instead of promoting one approach as the best Dr Lennard guides readers through a highly customized process of developing our own individualized coaching model As a result of the book s thought provoking activities I strengthened my own sense of personal authenticity and saw new ways to coach and collaborate fully with

employees who may have very different perspectives Tita Theodora Beal Learning nothing is imposed Readers are invited to reflect on unique and defining experiences strengths values perspectives and style and to begin creating their own work in progress Coaching Models will be a compelling read for experienced coaches and new coach practitioners alike Bethene LeMahieu Ed D Professional Coach and Conversation Conservationist Coaching Models A Cultural Perspective encourages and assists students and practitioners of business coaching to develop and apply their own coaching models The entire field of coaching will benefit from having coaches who use their models to continually improve their practice The first part of this book presents the model development process by looking at the relationship among culture beliefs and behavior in the coaching context It explains the importance of identifying cultural factors that influence the way coaches approach coaching interactions and their coaching models The second section provides coaches with information and strategies for developing personalized coaching models applying them to specific contexts and reflecting on their interactions to refine their core coaching practices The third part describes the evolution of the author s own coaching model the Performance Coaching Model and illustrates how one coach incorporates unique perspectives and sets of skills knowledge and experience in her coaching practice

Coaching Supervision Jo Birch, Peter Welch, 2019-05-13 Coaching and mentoring supervision is a rapidly expanding field This book is a curated collection of contemporary thinking presenting cutting edge contributions from international writers leaders in the professional field academics and practitioners who offer a range of accessible applied research practice examples case studies guidelines and reflective prompts to readers As in art galleries some pieces require reflection and return visits may be necessary The work is edgy and new and yet totally grounded in the coaching and mentoring supervisor experience bringing pragmatic solutions to current complex challenges Over the last decade coaching supervision has moved from a rare and privileged audience to being common place amongst best practice coaches This book harnesses the current surge in curiosity knowledge and practice in coaching and mentoring supervision and provides a collective statement of our times Each chapter in its highly individual way equips us to face the demands of the VUCA environment In turn the book resources coaching and mentoring supervisors to support their supervisees coaches and mentors who work with leaders grappling with global community and personal challenges in this uncertain fast moving world Supervision for mentors is developing alongside coaching supervision and at present there appears to be no obvious distinctions with little current research focussing on the mentoring supervision experience However its distinctive identity is still forming We invite mentors and mentor supervisors as they read these works to consider the emerging similarities and differences in addressing requirements for mentoring supervision The book brings together pioneering research and practice and as such will remain current for many years This book will be popular with experienced professionals who want to stretch and deepen their practice keep up to date with current studies challenge and catalyse their own thinking and embrace learning from real world practitioner examples and applied research

Whispering the Secrets of Language: An Psychological Journey through **The Mindful Coach**

In a digitally-driven world wherever screens reign great and quick communication drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases frequently go unheard. However, located within the pages of **The Mindful Coach** a charming fictional value blinking with raw emotions, lies an exceptional journey waiting to be undertaken. Written by an experienced wordsmith, that enchanting opus encourages readers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the very cloth of each and every word. Within the psychological depths with this emotional review, we shall embark upon a heartfelt exploration of the book is primary styles, dissect their charming writing design, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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The Mindful Coach Introduction

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