MINDFULNESS BASED COGNITIVE COACHING

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What is Mindfulness Based Cognitive Coaching (MBCC)

MBCC brings together:

- The skills of Cognitive Behavioural Coaching
  \((\text{thoughts, feelings, behaviours and physiology})\)
- The skills of Mindfulness \((\text{focused awareness})\)
"Mindfulness has been described as an intentional focused awareness. A way of paying non-judgmental attention on purpose, and in the present moment."

Jon Kabat-Zinn
Mindfulness Based Cognitive Coaching: Downside of 21st Century Living

- Live mostly in a state of Automatic Pilot
- Experience high Stress levels
- Less able to tune into our Emotional Intelligence
Mindfulness Based Cognitive Coaching: The Downside of 21st Century Living

- Become disillusioned
- Diminish our creativity
- Loose our sense of purpose and vision
- Internally rather than externally focussed
Mindfulness Based Cognitive Coaching: Biological Evidence

- Stress increases Cortisol
- Excessive Cortisol is toxic and can prevent new brain cell growth
- Meditation changes the brain structurally and increases ability to withstand stress
Mindfulness Based Cognitive Coaching: Benefits

- Greater ability to manage stress
- Clearer and more effective communication
- Increased stability during periods of change
Mindfulness Based Cognitive Coaching: Benefits

- Overall improvements in workplace functioning
- Improved abilities to address conflict in the workplace
- Improved teamwork
- Enhanced creativity and leadership in the workplace
Mindfulness Based Cognitive Coaching: Research

Sensory Awareness Mindfulness Training in Coaching: Accepting Life’s Challenges
Mindfulness Based Cognitive Coaching: Client Comments

“When I first started practising mindfulness I never thought I would take to it. Now, however, I look back and can see the positive changes to my performance – I do more in less time.”

Senior Partner, City Law Firm

GMc/PC 2012
Mindfulness Based Cognitive Coaching: Client Comment

“MBCC has enabled me to communicate more effectively within my organization. I now realise I was pretty difficult to work with and put myself under intense pressure. I can now listen effectively, save time and have far more productive relationships with colleagues”

Chief Information Officer, Multinational Retail Corporation
Mindfulness Based Cognitive Coaching: The CBC Model

- Situation
- Physiology
- Emotions
- Actions
- Cognitions
Mindfulness Based Cognitive Coaching: CBC Principles

- Beliefs, underlying assumptions, negative automatic thoughts
- Realistic thinking
- Identifying cognitive distortions
- Impact on emotions, behaviours and physiology
Mindfulness Based Cognitive Coaching: CBC Principles

- Behavioural Experiments
- Challenges to create self enhancing thoughts and new behaviours
- Collaborative process
- Add in other aspects as required – e.g. Personal branding etc
Two routes: ‘asked for’ and ‘introduced’

- Explanation
- Client agreement
- Practices introduced during additional sessions
- Homework practices
- Additional materials/MP3s/CDs etc
Mindfulness Based Cognitive Coaching: Integrating Mindfulness

- Exploration of learning both in session and from homework practices (e.g. thoughts, feelings, behaviours and physiology)
- Session Reflection Sheet
Mindfulness Based Cognitive Coaching: Brief Practices

- Mindful Breathing (5 minutes)
- Positioning breathing throughout the day
- Walking, eating, tooth-brushing!
Mindfulness Based Cognitive Coaching: Brief Practices

- Take 5 minutes in the morning to be quiet and meditate, listen to the sounds of nature, gaze out of the window, take a quiet walk, really be present when having a shower!

- When you sit down in your car, become aware of the quality of your breathing and how your body feels.
Mindfulness Based Cognitive Coaching: Brief Practices

While sitting at your desk, bring attention on a regular basis to your bodily sensations and your breath. Some people use the full hour as a time to check on their breathing and make sure it is slow and comfortable. ‘Just be’ for a few minutes every hour.
Mindfulness Based Cognitive Coaching: Brief Practices

- Take something beautiful/meaningful to your workplace: it could be a photo of somebody you feel close to, a plant you like, a photo of a special nature scene. Place it where you can see it easily.

- Take time at lunch or during breaks to connect with others in the workplace whose company you enjoy. Invite them to talk about things that are not work related.
Change out of your work clothes when you get home. This helps the transition into your next "role" of the day. If you live with others, say hello to each of them. If you live alone, enjoy the feeling of quiet and peace in your own environment.
Mindfulness Reading Resources

- Full Catastrophe Living by Jon Kabat-Zinn (Piatkus Books, 1990)
- The Mindful Workplace, 2011, Michael Chaskalson, Wiley-Blackwell
Mindfulness Based Web Resources

- The official UK website of Mindfulness Based Cognitive Therapy. http://mbct.co.uk/
- Useful information on Mindfulness www.mindfulnet.org
- Mindfulness information from the Mental Health Foundation www.bemindful.co.uk
Thank you for listening

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