

The Mindfulness Centre of Excellence and Learn Mindfulness
Presents

Mindfulness Intensive for Executive and Leadership Coaches and Consultants

with Shamash Alidina and Dr. Tamara Russell

- *Coaches are traditionally focused on goal-setting.*
- *Mindful Coaches have the courage and wisdom to explore the richness of the present moment.*
- *It is from this point that our most skilful and authentic behaviours can unfold to help achieve your long-term vision.*

Dates: November 12th and 13th (2011) and January 14th (2012)

Location: Central London, TBC

Total package - £2400 inclusive (includes 4 x one-to-one coaching sessions and course material)

Bookings made before October 20th receive a 5% discount.

Please note: Strictly limited to 10 places

Learning Objectives:

1. To know what mindfulness is and how to integrate mindful approaches into your work and daily life.
2. To begin exploring ways of using mindfulness with your clients to optimise their performance and sense of wellbeing.

Day 1 of the weekend intensive introduces mindfulness through a variety of didactic and experiential teaching methods. It covers the business case for mindfulness and reviews creative ways to practice mindfulness yourself and engage with your clients more mindfully. Day 2 provides a more in depth practice of the core mindfulness skills that we know can dramatically change how we experience our working day and improve our performance at work and enhance our experiences at home. It additionally covers an introduction to the way mindfulness changes the structure and function of the brain, to help you understand why these techniques are so powerful. At the end of the weekend you will have an excellent basic understanding of mindfulness and its potential, as well as detailed experience in a number of key mindfulness exercises. The training ends with a planning session to help you clarify how to integrate mindfulness into your daily life, for the benefit of you *and* your clients.

Following the weekend, each participant will receive two 30 minute individual sessions, one with Tamara and one with Shamash, to support you in your practice back in the real world. These sessions are completed over the phone or using Skype.

Further advanced training is available in the form of a full day on January 14th 2012. Mindfulness for Executive Leaders and Coaches in the morning session covers ways of working mindfully with the body to better understand emotional reactivity and interpersonal conflict and mindful communication skills. The afternoon is for those coaches who are managing a regular practice and using mindfulness with their clients. It covers in depth the process of mindful inquiry and ways in which the Coach can instruct clients in mindfulness as well as an introduction to Mindfulness Supervision techniques. Both training days are highly experiential and additionally include two thirty minute individual follow-up sessions.

You leave with a certificate stating you have completed Mindfulness training for Executive Coaches and Consultants with Shamash Alidina and Dr. Tamara Russell.

About Tamara - Tamara Russell, BSc, MSc, PhD, D.Clin

Tamara is a clinical psychologist and neuroscientist. She works as a mindfulness therapist and consultant, using mindfulness based approaches to alleviate mental distress and give individuals a more skilful means of dealing with distressing mental experiences. She also works with organizations, in the private and public sector in the UK, Brasil and the West Indies, delivering mindfulness training for staff and teaching others to deliver mindfulness training. In 2012 Dr. Russell will speak at the inaugural Mindfulness at Work Conference (Oxford, UK) discussing how mindfulness and neuroscience intersect to promote healthier and more productive working. She also runs training for the British Psychological Society Division of Organizational Psychology on the application of Mindfulness at work as relates to emotional resilience in the workplace.

Tamara is an editor of the MIT Press publication “Methods in Mind” and in Sept 2011 was invited to attend a dialogue with His Holiness the Dalai Lama in Sao Paulo, Brasil to discuss the clinical applications of mindfulness. She is also a martial artist with a black belt in Shaolin Kung Fu and draws extensively on this training in her integrative mind-body work.

About Shamash - Shamash Alidina MA(Ed.), MEng, PGCE, Cert. Coaching

Shamash is a well-known professional mindfulness trainer and coach, based in the UK. He is international bestselling author of ‘Mindfulness For Dummies’. Shamash has been featured on TV, in numerous newspapers, magazines, and radio shows all over the world. Based in London but often teaching on the phone or Skype, he coaches people to live in the present moment in a calm and focused way, leading to greater health and wellbeing, as has been proven scientifically.

For further information please contact Shamash Alidina:

shamash@learnmindfulness.co.uk

+44 (0)7903 343 893

Full time-table available at learnmindfulness.co.uk/mindfulness-for-executive-coaches