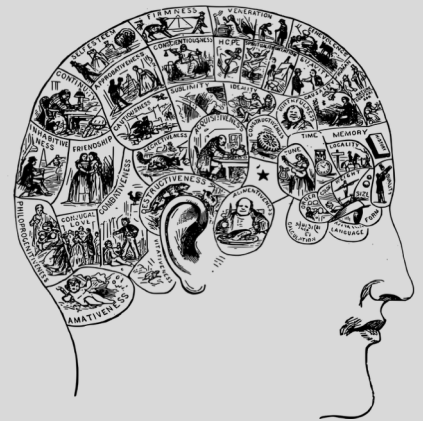




Mindfulness (noun) mʌɪn(d)fʊlnəs

The quality or state of being conscious or aware of something.

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.





What's your coaching journey?





“partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential, which is particularly important in today’s uncertain and complex environment”.

The book cover features a photograph of a sunset over the ocean. The sun is low on the horizon, creating a vibrant orange and red sky. The water is dark, with white foam from breaking waves visible in the foreground. The overall mood is serene and contemplative.

IT'S NOT ABOUT THE COACH

Getting the most from coaching
in business, sport and life

STUART HADEN

IT'S NOT ABOUT THE COACH
STUART HADEN

How coachable are people at work? 60%

Can an increased focus on “coachability”
improve the coaching experience?

How “coachable” are you?



Coaching Contract



- Clear shared agreement about the goal of their work – the direction and the desired outcome.
- A clear understanding about how the coaching work will happen and what will be the role or tasks of each party.
- Bonds of mutual respect and empathy. A relationship in which the coachee experiences him or herself to be understood and warmly accepted even after he has shown his vulnerabilities.



The Power of Questions

Simply Listen



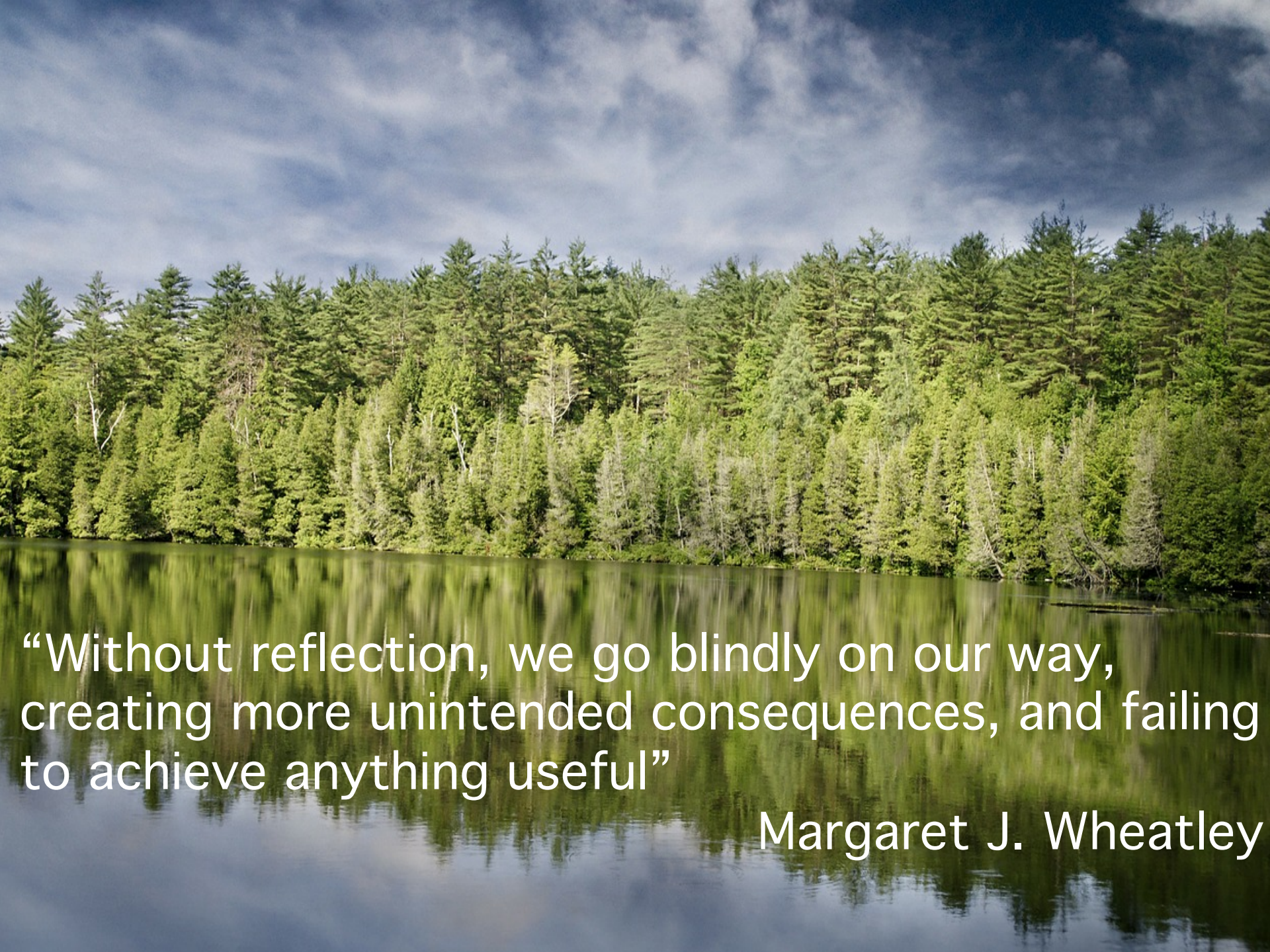


Let's have a conversation...



“There are many spokes on the wheel of life.
First, we’re here to explore new possibilities”.

Ray Charles



“Without reflection, we go blindly on our way,
creating more unintended consequences, and failing
to achieve anything useful”

Margaret J. Wheatley

Final Thoughts

1. What is the most important thing you learned today?
2. Describe how you will change your practice back in work
3. Talk for 30 seconds about what you just learned
4. What are you going to tell colleagues about the course so far?
5. Give another member of the group a piece of positive feedback
6. Give yourself a piece of positive feedback

Where Next?

www.mindtools.com

International Coach Federation

World Executive & Business Coaching Summit (WBECS)

Coaching for Performance – John Whitmore

Mastering Coaching or Tao of coaching – Max Landsburg

TEDx GatewayArch – Building Your Inner Coach (Brett Ledbetter)

Future Learn – Mindfulness for Wellbeing & Peak Performance



*“Coaching is unlocking a person’s potential
to maximise their own performance”*

John Whitmore



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www.rfmcoaching.com
anna@rfmcoaching.com
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