

Saturday 27th June, 2009

Mindfulness for Coaches

with Michael Chaskalson

The Mindfulness for Coaches workshop is aimed at coaches, consultants, trainers and other professionals who support clients in functioning effectively in high performance environments.

Michael Chaskalson, who will present and facilitate the workshop, is a leading teacher of mindfulness-based approaches to work. He trains senior executives, executive coaches and others in this radical approach to leadership and personal effectiveness.

Mindfulness is a way of paying attention from moment to moment to whatever arises. It leads to an enhanced awareness of yourself, others and the environment. Derived from the Buddhist meditative traditions and now finding its way increasingly into secular contexts, the mindfulness approach to personal effectiveness has been subject to considerable scientific research – some of which will be discussed in the workshop.

Over the course of the day you will learn methods to enhance the quality of present moment attention and new ways of being with your clients and yourself. By developing your capacity to listen for and attend to the quieter intuitions of your heart and the vital sensory cues of your body, you will discover and explore new ways of knowing – following your own moment to moment experience.

You will learn skills that will increase your capacity to:

- listen more attentively
- communicate more clearly
- direct your thoughts appropriately
- be fully present, in the moment
- be more emotionally alert
- distinguish subjective thoughts from objective facts
- develop greater appreciation of present moment experience



Michael Chaskalson has an MA with distinction in the clinical applications of mindfulness and a thirty year personal practice of mindfulness and related disciplines. He is an honorary lecturer at Bangor University, where he teaches an MA module in the Department of Psychology. A member of the core team at the Centre for Mindfulness Research and Practice in Bangor, Michael's teaching is both theoretical and practical, fusing the ancient art of meditative practice with current scientific research.

Michael has trained a number of the UK's leading business coaches in mindfulness skills. As a coach and mindfulness trainer he has worked with people from PricewaterhouseCoopers, AXA PPP, Barclays Bank, Deutsche Bank, Scottish Re, Pinsent Masons, KPMG, the National Health Service, the Home Office, the Cabinet Office and several top UK business schools.

When: Saturday 27th June, 2009. 10.00 am to 5.30 pm.

Where: Regents College, Regents Park, London

Cost: £145 + VAT (total: £166.75)

To Book: Tel: 0845 122 7200, or email: sarah@coachingdevelopment.com