MINDFUL COACHING WORKSHOP

Join Liz Hall and Edwina Love-Lawrence for an experiential mindful coaching workshop.

"Mindfulness is intentional focused awareness in the present moment, without judgement and with curiosity and compassion"

Explore how practicing mindfulness can transform our coaching by
♦ nurturing self-awareness, and an increased ability to focus
♦ enhancing authenticity, intuition, and presence
♦ fostering compassion

And how we can help clients
♦ be more creative
♦ harness emotional intelligence
♦ manage stress and work constructively with anxiety
♦ work with complexity and ambiguity

There will be plenty of opportunity for discussion, to practice mindfulness and to try out coaching mindfully. You will be introduced to the FEEL model developed by Liz for mindful coaching. You will also have the chance to purchase Liz´s book, due out in April, at a 20% discount. See a sample chapter here: www.koganpage.com/mindful

The workshop will be held in the Jamyang Centre, a beautiful former courtroom and haven of tranquility in central London. Weather permitting, we will be able to enjoy its stunning courtyard.

PRICE: £130.00 to include unlimited tea/coffee, tasty vegetarian food and cake

TIME: 9.30-4.30 pm Tuesday 16th April

LOCATION: Jamyang Centre, London SE11 4NA www.jamyangrooms.co.uk

LIZ HALL is the editor of *Coaching at Work* and author of *Mindful Coaching* (Kogan Page, April 2013). She speaks widely on mindfulness in coaching, and has run a number of one-day workshops on the topic, including for i-coach academy and the NHS. She has been meditating for many years and her coaching practice is informed by mindfulness, somatics and transpersonal coaching among others.

EDWINA LOVE-LAWRENCE is a Senior Practitioner coach with a background in organisation development and group facilitation. She has been meditating for 40 years, and is aware just how deeply this informs her coaching and her life.

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