



The Gift of Mindfulness in Coaching

Science has some exciting news that will appeal to and inspire coaches.

*Mindfulness in its most general sense is about waking up from a life on automatic, and being sensitive to novelty in our everyday experiences....Instead of being on automatic and mindless, **mindfulness helps us awaken, and by reflecting on the mind we are enabled to make choices and thus change***

becomes possible.

~ Dr. Daniel Siegel: The Mindful Brain

Mindful awareness has been scientifically proven to enhance physical, mental and social well-being. By incorporating the skill of mindfulness in their practices, coaches can assist clients to make breakthroughs where they would usually get stuck. Clients are then able to increase their tolerance for change, build their resilience and self-acceptance.

Recent neurological research has proven **that mindfulness helps us become more integrated;** when we can slow down and get connected to our whole self everything becomes easier: **body, mind and spirit.** **The science of mindfulness will move the coaching profession forward by adding a new dimension to the way that coaches coach.**

By applying mindfulness to their repertoire coaches will enhance their own way of being. They will enhance the client's ability to gain insight, perspective and a sense of overall well-being. As coaches add this valuable and essential skill set to the coaching conversations, they will assist their clients to move forward more quickly.

By science proving what we already know about human development, the profession of coaching gains momentum in being adopted by a larger audience. As more people read the scientific literature on mindfulness, they will seek out practitioners who incorporate that model in their work.

*This transformation of our very physiology and mental life cultivates well-being by creating an integrated state of brain function, one that fosters an **array of benefits** from **emotional balance and improved cardiac and immune functions** to an enhanced **sense of empathy and self-understanding.** Developing these traits allows us to **face the challenges of life with a new sense of equilibrium and clarity.***

~ Dr. Daniel Siegel: Mindsight: the New Science of Personal Transformation

As coaching incorporates both mindfulness and the wisdom of the body into their work clients become more tuned into their own intuition and inner knowing.

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