



Mindfulness Coaching Certification

COURSE HANDBOOK

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COACHING OUTSIDE THE BOX

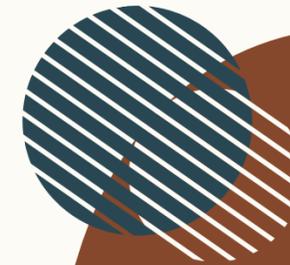




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What exactly is Mindfulness Coaching?

Mindfulness Coaching is *the art of partnering with clients in a grounded and thought-provoking process* that nurtures their awareness in the present moment.

Looking for more detail? Read [here](#).





Mindfulness Coaching Certification

5

5 weekly
sessions



9 Oct - 6 Nov
on Thursdays



4-6 PM
CET



ICF accredited
course

10

10 hours
of training



Fully Online
training

LIVE

Live
sessions



Attendance
is mandatory



Through this course, you can..

- ✔ Integrate mindfulness principles into your coaching to create a safe space to for your clients.
- ✔ Gain theoretical knowledge, practical experience, mentorship, and qualifications recognized globally.
- ✔ Help clients deepen their self-awareness through sensations, triggers, beliefs, values, needs, and wants.
- ✔ Guide your clients to connect deeply with their inner selves, fostering deeper transformations.



Learning outcomes from this course



01

Shift your attention to what is happening in the **here-and-now** and stick to it

02

Make more **conscious choices** about who you are being in the room

03

Welcome **strong** emotions with no judgement

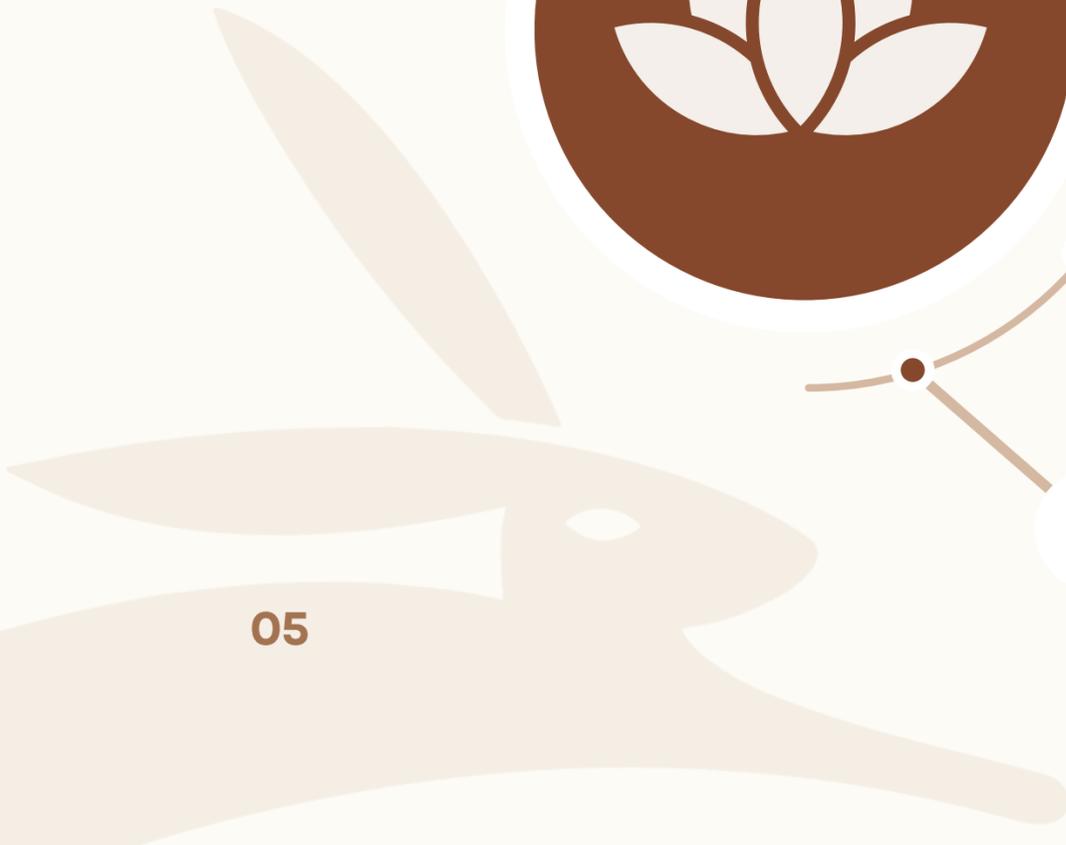
04

Don't believe **everything** your clients tell you and treat their stories as a result of their perceptions

05

Leverage your own **and** your client's present experience in service of their growth

05





Earn 15 CCE Units

This course offers an immersive experience that *balances theory with hands-on practice*. It consists of 5 weekly sessions, each lasting 2 hours.

It is accredited with ICF for Continuing Coaching Education (CCE), ensuring that it meets the *highest standards of coach training excellence*.



Earn
15 CCE units
towards your
ICF certification
renewal



Course Outline

Session 01 Being Grounded As We Start

- Core principles of mindfulness and its benefits
- Techniques to ground yourself & help your client center themselves at the start of each session.
- Present-focused session agreements & factors that shape your coaching presence.

Session 02 Harness the Present: The Coach

- Self-awareness in the present moment as a tool to use the self in your conversations.
- Connect with yourself & use current experiences for insights into your client's inner world.

Session 03 Harness the Present: The Client

- Utilize present experience and non-judgment to boost client self-awareness
- Deepen self-connection for deeper insights.

Session 04 Small Group Practice

- Practice learning from previous sessions and receiving feedback in small groups.
- Identify questions that still need an answer.

Session 05 Mindfulness Coaching in Action

- Integrate previous learnings by observing and analysing a recorded coaching conversation.
- Implement learnings during extensive practice with mentor feedback.



This course is for you if..



You get ***stuck in models, tools, and frameworks*** during your sessions



You allow the client to ***stay in the past or future*** but not so much in the present



You make clients ***reflect on problems*** instead of how they feel about it



You ***avoid 'places you don't want to visit'*** from your own experience



You catch yourself ***making judgments or having pre-conceptions*** about the client's challenge



You consider your client's ***goals more important than their well-being***



You feel ***uncomfortable when strong feelings*** show up in sessions



You ***believe everything your client tells you***



Meet Your Instructors

An ICF Master Certified Coach, Certified Enterprise and Team Coach, Lucia is the **founder of Coaching Outside the Box**. She has trained & mentored **hundreds of coaches worldwide**. She also has **20+ years of experience** coaching multicultural and distributed organisations.

Lucia Baldelli

ICF Master Certified Coach



An ICF Professional Certified Coach, Mindfulness Coach and Yoga and Mindfulness Meditation Teacher, Maria spent a few months in India to deepen **her understanding of mindfulness and how it can be integrated into our lives**. She developed a certification program to **bring mindfulness practices to organisations**.

Maria Chietera

Mindfulness Meditation Teacher





Resources Included

WITH THE COURSE



Course Materials

In-depth course materials that guide you throughout the training and beyond



Exclusive Resources

Exclusive access to tools & resources integral for effective mindfulness coaching



Certification Costs Included

Become a certified mindfulness coach at no additional fees



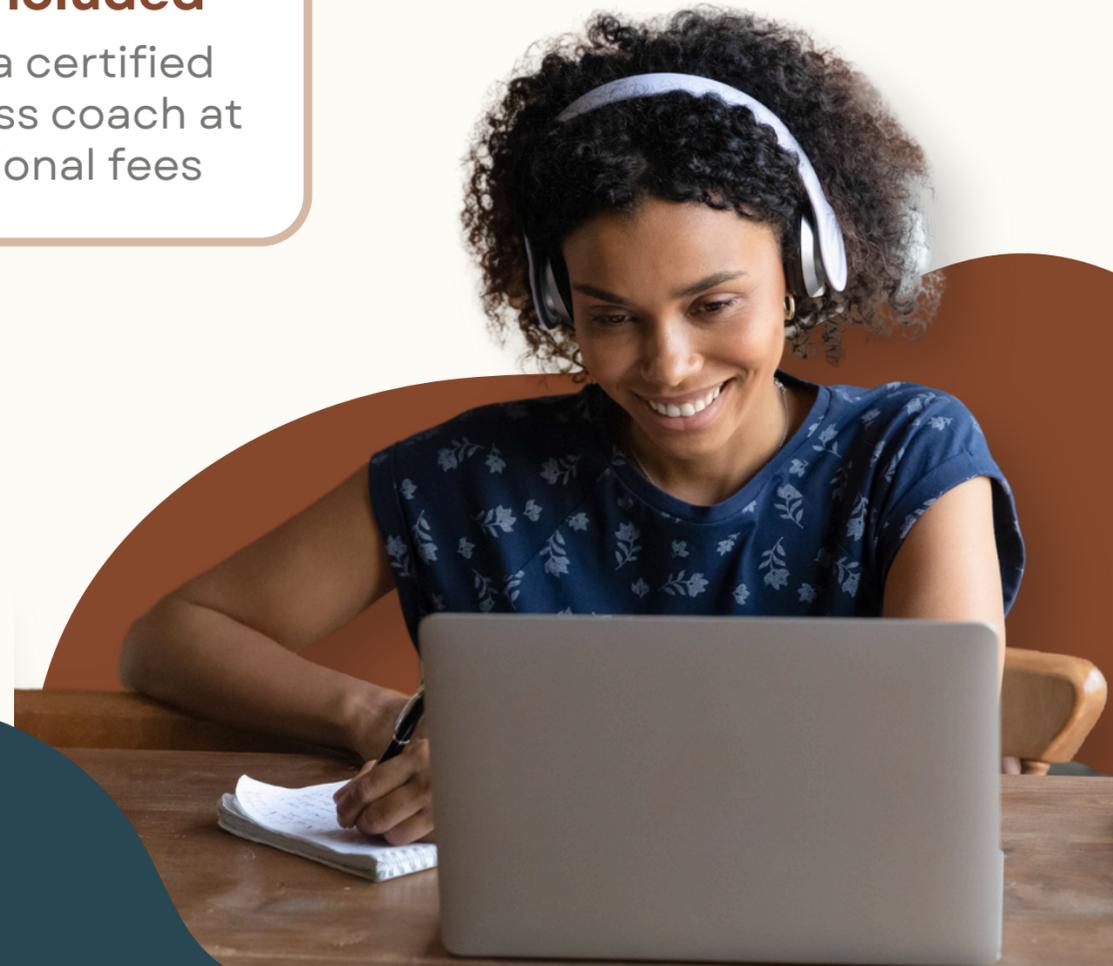
Ongoing Access

Continue development with access to updated materials and support post-course



Expert Support

Invaluable insights from seasoned experts in the field of mindfulness & coaching





Registration

From Doing to Being in the Moment: Harness the Power of Now in Your Coaching Practice

JOIN US

Register [here](#).

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