

# A GUIDE TO MINDFULNESS LIFE COACHING

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# What is Mindfulness Life Coaching?

Mindfulness life coaching is a highly creative form of coaching. Whilst it builds upon traditional models of life coaching, it draws upon a wide range of other modalities to cultivate harmony between mind and body.

When your mind and body are harmonised, you will feel a sense of wholeness and connection; as you become more whole and connected, your intuition and self awareness will increase beyond what you imagined. Life will flow perfectly as you will learn to listen to the body and you will notice changes in the very essence of your being.

Mindfulness life coaching engages with the psycho-spiritual aspects of the self, this is the part of you that holds the key to your ability to flourish. It also works on the parasympathetic nervous system, which has a rest and digest function. When this is working better it helps us to preserve energy and achieve a state of homeostasis, vital for balance, stability, positive mental health and physical well-being.

# Why it's Important

Emotional trauma and chronic stress affects the brain's ability to function, including the regulation of emotions causing you to feel stuck in life. Self esteem is also damaged by traumatic experiences, through different forms of abuse, or accidents. These experiences have a physiological impact which can lead to chronic and more serious health problems. This arises from being in a constant state of stress or fear, often without even realising it.

Fear and stress blocks you at every stage of life, it keeps you imprisoned and not only stops you from achieving positive goals, it disallows you from feeling that you deserve happiness, well-being and abundance.

Mindfulness teaches you to create new neural pathways, this is a scientifically proven way of rewiring the brain. Neurons are created through setting new patterns of thinking. All this takes is for you to embed positive intentions and habits and you will start to notice changes in how you think, feel and behave.

# Thoughts, Feelings and Behaviours

What we think we manifest. Evidence from Cognitive Behaviour Therapy is a good example of this. A whole bunch of negative experiences, can be created merely through thoughts, feelings and behaviours.

Life Coaching is also a cognitive process, which allows you to tap into the limiting beliefs and then teaches you to challenge those beliefs, replacing them with new beliefs.

Is this Making sense? You may think that you are fully aware of your own limiting beliefs, but it is not that simple. The limiting beliefs are stored with the unconscious mind. The unconscious mind takes up a lot of room and therefore the conscious part of you is operating in limited capacity.

This is why you will need a helping hand with the journey into exploring the hardwired stuff that blocks you.

# The Process

The life coaching process is based on 4 core stages of development. This is known as the GROW model.

Goal

Reality

Options

Way Forward/Will

The Grow model was invented by Graham Alexander, Alan Fine, and Sir John Whitmore, all of whom were coaches.

Whilst the model looks simple, the skills are complex and requires good training to master the process, pitfalls and roadblocks. Have you ever wondered why some people in life are so successful and yet others struggle? Well the secret is not something out there but it is something within you, within all of us.

# The Approach

Some people learn the secrets to success and happiness early in their life. These people learn the power of thought and the skills for transferring thoughts into actions.

For most people, it's not that simple, because every negative experience becomes stored and lodged with your psyche and it acts as a controller. There is a process of learning and un-learning that is necessary before moving into a different energetic space for the purpose of creating new and meaningful experiences.

This is where mindfulness life coaching comes in. Mindfulness life coaching is not just about the GROW process, it incorporates mindfulness practices and principles. It can be likened to transpersonal coaching, however, it is a different modality that supports a deeper connection with the higher self, the part of you that has holds the power to cultivate personal growth.

# My Experience

Life coaching alone is a powerful step towards making changes in your life, for a healthier and happier life style. Here is where my story comes in. I have been able to achieve all that I have wanted in my life, but there was something missing. I found myself exhausted by doing jobs that did not really suit me. I was highly driven, but I was perpetuating a cycle of burn out and sensory overload because I was being driven by limiting beliefs, trying to prove something to myself and the rest of the world.

Whilst I had the drive to achieve, I was also avoiding the most important areas of my life that I needed to change. I did not have access to my higher self, the part of me that knows what is good for me. The higher self puts you in touch with the authentic self. When you are fully functioning as your authentic self, then you know how to make better choices, you will feel drawn to people who will have a positive impact on your life and you will find ways of managing stress and avoiding stressful situations.

# The Mindfulness Element of Coaching

When you train to become a life coach, eventually you will master the skills of self coaching. This is how it works. Obviously the more work you do on yourself, the better you will become in creating a pleasurable and flourishing life. This is where mindfulness life coaching comes in.

When I blended mindfulness with life coaching the results were phenomenal. The process of mindfulness expanded my consciousness in ways I never imagined possible. I felt more joyful, more calm, more grounded and most importantly I knew my life purpose and direction. I started to develop new healthier habits with a whole body approach and everything around me changed. The problems that had been bubbling on the surface for years began to disappear.

Relationships improved and new friendships evolved. Tasks became simpler, more enjoyable and I discovered an abundance of exciting opportunities. Good experiences started to happen on a daily basis and the loneliness inside of me abated, replaced with a sense of wholeness and connectedness.



# The Principles

The principles of mindfulness life coaching are based on 26 themes of life. The themes are essential for creating a happier life that focuses on your sense of direction and journey through life.

These themes are incorporated within a deck of 26 cards to assist you in daily mindfulness practice alongside the life coaching experience. The themes include: healing; energy work, creativity; personal transformation; integration of self; understanding your journey; your role in human agency; your purpose; well-being; compassion, gratitude, self love, management of ego; finding your own truth; engaging in the right sort of learning; using one's intuition; developing a sense of oneness; enlightenment; meditation; restoration; balance; becoming grounded and connecting with higher power.

# Training in Mindfulness Life Coaching

Conventional methods of life coaching typically involve a conversational approach. As the coachee, you will learn a lot about yourself and the coach will support you facilitate change. The work itself enables you to deconstruct your core beliefs, establishing new patterns of thinking and being. Essentially the process is goal orientated and action focused.

In training to become a mindfulness life coach, you will need to develop the basic skills of a life coach together with mindfulness which is integrated within the coaching process. As mindfulness life coach you will need to embed additional skills to support the coachee to expand sensory awareness. They will learn a range of creative visualisation techniques, meditations, affirmations and other methods, such as working with symbolism and archetypes to support the life coaching process. The process also encourages the use of the mindfulness coaching cards, a valuable tool for connecting with the inner self and evoking change.

## Further Information

If you are interesting in becoming a mindfulness life coach, you will need to be willing and ready to embark on the journey of experiencing the embodiment of mindfulness during your training.

Perhaps you are already practising mindfulness which will bring added value to the training. Should you be interested in the training, then do not hesitate to contact me via the contact section on my website below and we can arrange a free telephone consultation to help you decide on whether the training is suitable for you.

[www.thecentreformindfulness.co.uk](http://www.thecentreformindfulness.co.uk)