



Mindful Coaching: How Mindfulness can Transform Coaching Practice

Liz Hall

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Mindfulness is a way of paying attention to the present moment, helping us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we're better able to manage them. Mindful Coaching is the complete resource to using mindfulness in coaching. It helps coaches work with clients on a range of issues including work-life balance; stress management; decision-making; coping with ambiguity; dealing with crises; employee engagement; heightening focus and clarity; communication; increasing presence; improved listening and more. It also helps them become more resilient themselves, particularly helpful in the current climate in which many coaches are facing increasing challenges. The book helps coaches appreciate the benefits of mindfulness, work out with which clients and in which situations it could be useful and illustrate how it can be applied with case studies and resources.

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