

The Mindful Coach

CPA and Mindfulness Coach George Marino takes you on a journey to discover the 3 B's: Beyond, Balancing, and Books. Building on the work of scientists, mystics, poets, artists, physicians, psychologists, business leaders, accountants, other professionals- and even the wisdom of trees-you will be introduced to:- Powerful mindfulness exercises and everyday practices you can start doing today to reconnect with your true nature - Ways to integrate your unique set of core values- An accounting tool that really counts when it comes to creating a satisfying and balanced life Beyond Balancing the Books asks empowering questions that may rattle your current perceptions and assumptions. Marino guides you to discover what being a mindful professional really means and why it is important for finding deep meaning and purpose in work and life. Chronicling the true story of one entrepreneur's journey, The Mindful Entrepreneur provides a raw, brutally honest account of how to transform the frustrations, pain and struggles faced by countless business owners into stability, growth, freedom and meaning.

Praise for The Mindful Coach "Success in business is predicated on eliciting the best from people. The Mindful Coach clearly articulates the essentials of how to do this. As someone who believes deeply in the potential of all people, I found Silsbee's approach both practical and profound. This is a must-read for everyone concerned with people and learning."—Arthur M. Blank, philanthropist; cofounder, The Home Depot; and owner and CEO, Atlanta Falcons "The Mindful Coach is not just another coaching model. It is a frame of reference for anyone involved in developing people. This highly readable book should serve as a reference for anyone genuinely concerned about helping others. It has had a significant impact on the way I approach coaching and developing others."—James N. Bassett, M.Ed., employee development, Institute of Nuclear Power Operations "The Mindful Coach digs deeply, offering a lens and structure for understanding the intimate and necessary connection between relationships and human development. No other skill set, knowledge, or awareness is more important to educators, leaders, and managers than what is presented in this precious volume."—Robert C. Pianta, Ph.D., dean, Curry School of Education, University of Virginia "This revised edition provides the structure for presence, through which new solutions become available. This book itself is a practice in the art of 'becoming,' while providing a clear action framework for powerfully engaging others with their own development. Silsbee has provided a gift to leaders, teachers, and coaches!"—Connie Maltbie-Shulas, manager, V-22 Training Systems, Boeing "This book has broad appeal not only for coaches, but also for managers, executives, and consultants. Leaders of all kinds can benefit from Silsbee's clear and caring process for bringing out the best in people. This is a must-read book for anyone who wants to jump-start themselves and others on their journey to their potential."—Diana Whitney, Ph.D., author, The Power of Appreciative Inquiry "This is the guide for leaders committed to helping others learn. The seven roles will help any leader facilitate more meaningful development conversations. This new edition engaged me instantly, with immediate applications in key relationships."—Darelyn "DJ" Mitsch, MCC, president, The Pyramid Resource Group; former president, The International Coach Federation

For overscheduled professionals looking to incorporate mindfulness into their daily

lives, this bestselling, step-by-step guide draws on contemplative traditions, modern neuroscience, and leading psychology to bring peace and focus to the home, in the workplace, and beyond. Designed for busy professionals looking to integrate mindfulness into their daily lives, this ultimate guide draws on contemplative practice, modern neuroscience, and positive psychology to bring peace and focus to the home, in the workplace, and beyond. In this enriching book, noted mindfulness expert and international teacher and business leader Laurie J. Cameron - a veteran of the Search Inside Yourself Leadership Institute, a Senior Fellow at the Center for the Advancement of Well-Being at George Mason, and 20-year mindfulness meditation practitioner - shows how to seamlessly weave mindfulness and compassion practices into your life. Timeless teachings, compelling science and straightforward exercises designed for busy schedules -- from waking up to joy, the morning commute, to back-to-back meetings and evening dinners - show how mindfulness practice can help you navigate life's complexity with mastery, clarity and ease. Cameron's practical wisdom and concrete how-to steps will help you make the most of the present moment, creating a roadmap for inner peace - and a life of deeper purpose and joy.

Mindful Leadership Coaching takes an in-depth look at the coaching processes. The insights provided here will help coaches and executives to use frameworks for transforming attitudes, beliefs, and behaviors. It advises on how the best leadership coaches help their executive clients create significant personal and professional change.

Mindfulness-Based Relational Supervision explores a relational and mindfulness-based approach to adult learning and development that is mutually transformational. The initial focus of the book is a case study that shows the evolution of a dialogical supervision relationship that was transformational for both parties. The authors present their reflections and analysis of key transformational moments that brought insights which significantly enhanced their personal and professional development. The authors adopt an interdisciplinary approach, discussing relational neurobiology and relational mindfulness practice together with ideas from child and adult development, attachment theory, intersubjectivity, somatic experiencing, and adult learning theories. The case study narrative charts the development of the authors' supervision relationship, following which they share a meta-perspective on their learning journey. Finally, they discuss the implications of the study for the education and training of relational practitioners in supervision, coaching, and related fields. The book will appeal to students, practitioners and supervisors in the helping professions, in particular counselling, psychotherapy, and coaching.

Discover and tap your full potential Self-Coaching is the steering of one's own self-development in a mindful and conscious way. The mindful Self-Coaching approach builds on creating an Inner Coach and mindful companion. With a serene mind-set this can build a creative inner dialogue that reveals hidden potential, unused resources and paves the way to achieve self-development goals. This book explains Self-Coaching and how to develop Self-Coaching skills. Why you might be interested in this book: Since years we've been learning to better manage our time, prioritise and order tasks, etc. This is termed self-management. The related required methods and tools have become standard today. In spite of these methods and tools and our good intentions, goals, tasks, schedules, and prioritizations we are still not achieving what we intended.

Why? It is as though there is someone in us who has different goals and is not disclosing them. Over time, we realize that we cannot simply manage ourselves because there is a lot more inside affecting us than we can consciously perceive. It is therefore worthwhile to consider oneself mindfully and address the facets, layers, impulses, feelings and subconscious brain activity that make up our personas. Even better is to be a mindful and supportive companion (coach). This book teaches the reader how to adopt mindfulness and apply it to active self-development.

Clarity is PowerMindful Journal is a mindful journal for helping you to archive clarity about your daily life and life in general. Questions for every day that will make your days conscious again. Our brain loves automation. For thousands of years, those are helping us, humans, to survive. Yet, at the same time, they have the drawback that we sometimes do things, that we aren't conscious about like eating a bar of chocolate in one go and wondering where it has gone. In the end of year, we are surprised that Christmas is already there, yet we are still stuck thinking last News Years Eve was yesterday. Where did the year go? Sadly, the same auto-pilot is also the reason, why we often don't realize how our life is. Mindful Journal will help you to put your life into your consciousness again so that you can take control of the steering wheel. Use the auto-pilot where it is useful, and control the rest by yourself again. You can start any any given day. Mindful Journal is dateless and not fixated to any calendar week. Every week in the Mindful Journal is 7 days long and you decide when to start. The Journal is structure into the following sections.:: Weekly goal planning Daily reviews Weekly review Notes Weekly Goal Planning At the start of each week, it is time to plan your goals for the week. Write down what you want to archive this week, what obstacles could prevent you from reaching them and how you will handle that. If you think about it in advance, you will, usually, have more possible actions at your fingertips when those things will happen. Daily Review Each day you review your day while your memory is fresh; at best in the evening or in the morning of the following day. If you do it later, it may already get blurry and harder to write down the important things. The journal will guide you with a couple of questions. Use the Smiley for how the day felt for you. If it was great, let him smile or frown, cry if the day sucked. Do as you wish. Sometimes I love to color mine out. Weekly Review At the end of each week, you'll do a review of the week. It follows the same structure as the daily reviews and in addition, checks for your goals. Notes At the end of the book, there is plenty of space for making more notes. Sometimes it happens, that you want to write a lot in a review, but space is not enough. That's where you can keep going in the notes section. The pages are numbered so you can refer to them easily in your reviews. Content The Journal is 92 pages thick. Weekly Goal Planning (1 spread per week) daily review (1 spread per day) Weekly review (1 spread per week) Notes (8 spread pages) It covers 4 weeks. Why only 4 weeks you might be thinking? Three reasons: I update it regularly based on my experiences and feedback by readers and clients. You always benefit from getting the most recent version fast. If would be over 860 pages thick for a whole year, which nobody wants to write in or even carry; besides such a monster will kill any will to change one's life in the beginning. Thick journals scare people. What emotions triggers such a monster in you? Boring, hard to read school books?

Mindful Cricket is about one thing that powers a thousand other things: MINDSET. No one masters the game of cricket with the wrong mindset, and everyone can play better

with a Game Mindset. Mindful Cricket shows you how to create the mindset you need to be the cricketer you want to be.?

"I'm busy" is no longer just an exasperation. It is an addiction. People are increasingly uncomfortable with stillness, and the incessant engagement with the outer world fractures our connection to our own inner awareness. Cami affirms that living into the power of the pause supports your efforts to stop the relentless pace and intensity of life, breathe your way to inner stability and peace, think about your self-care and growth process, and choose to engage in life aligned with meaning and purpose. The Mindful Pause process interrupts the autopilot pattern that often accompanies busy and complex lives. If you're exhausted and overextended, enduring a personal crisis or life transition, this book may be the perfect remedy for relief and show a new path forward that is filled with clarity and peace. Warning: If you burn the wick at both ends and feel deeply satisfied, resilient, and convinced that rest is only for the faint of heart, enjoy the ride while it lasts. Life has a way of bringing most everyone to a crisis experience that requires the skills in this book not only to survive but to thrive in the midst of change or adversity. Mindful Pause is a self-care strategy for those ready to elevate their personal and professional performance. It is also a remedy that provides immediate relief for those experiencing dissatisfaction with life, work, or relationships. The book's four sections follow the simple steps of a Mindful Pause: Stop, Breathe, Think, Choose. Each section introduces you to wellness strategies that increase your self-awareness, grow your resilience, and train self-regulation that leads to personal growth and transformation.

"This 'little black book' is a practical book which all coaches should read before they decide to enter the business world of coaching. It is an easy read that is packed with a number of useful tips and practical advice of how to both develop and implement your business." Yvonne Thackray How do I set up a coaching business? How do I find clients? How do I market myself successfully? If you are considering these questions, then this is the book for you. The coaching market is thriving but many coaches need practical help on how to develop and grow their businesses. Being a good coach is never enough. This book gives practical help based on many years of successful experience. Many coaches make the mistake of starting too broadly when the secret is to find a niche - but how do you do this? How do you find your natural clients? How do they find you? What should you charge? Should you have an office or can you work from home? Start-up costs are never as minimal as they might look, so how do you sustain yourself while you are building the business? It is essential to promote your fledgling business but which methods work and which are just a waste of time and money? You must have a web site but what should it contain to carry the right message about you and your coaching practice? Then there is the whole question of selling - a process many coaches dread but which has to be done because word of mouth on its own will never generate enough clients to earn a decent living. Finally, how big do you ultimately want your business to be? What are the plusses and minuses of growth? This book explains step by step how to build a successful new coaching business using an innovative method of selling with integrity. Using helpful case studies, Jenny Rogers clearly analyses the practical issues that can make or break a new venture. This book is the first step in running a successful coaching business.

Drawing from modern Buddhist perspectives on mindfulness, this important book

skillfully integrates the key practice of self-awareness with seven essential roles played by any professional charged with supporting learning, growth and change. With exercises, sample dialogues, and application models, *The Mindful Coach* offers a systematic approach for developing yourself as a coach.

A new generation of business leaders is turning to mindfulness as a cutting-edge leadership tool. Scientific research suggests that the practice of mindfulness (a technique for learning to live in the present moment) can help individuals to gain clarity, reduce stress, optimize performance, and develop a greater sense of well-being. In *The Mindful Leader*, Michael Carroll explains what mindfulness is and how to develop it in the hectic and often stressful environment of the twenty-first century workplace. He focuses on ten key principles of mindfulness and how they apply to leading groups and organizations. Along the way, Carroll addresses a range of topics, including how to: heal the "toxic workplace," where anxiety and stress impede performance cultivate courage and confidence in the face of workplace difficulties pursue organizational goals without neglecting what's happening here and now lead with wisdom and gentleness, not just with ambition and power start a personal meditation practice to develop your innate leadership talents Full of engaging stories and practical exercises, *The Mindful Leader* will help leaders in any field to discover their innate intelligence, bravery, and joy on the job.

In *The Path of the Mindful Teacher*, Danielle A. Nuhfer introduces educators to a process that will help them positively manage stress, find work-life balance, lessen symptoms of burnout, and increase classroom job satisfaction. Teachers walking this path will be able to determine their own needs and the needs of their students, so they can successfully and sustainably do one of the most important jobs in the world: teaching the future of our planet. Drawing on Danielle's experience as a teacher, mindfulness practitioner, and teacher wellness coach, *The Path of the Mindful Teacher* will: Explain the basics of mindfulness and how it can inform teaching practice. Illustrate a simple step-by-step path that will help teachers choose calm over chaos and serenity over stress. Provide ways to integrate mindfulness practice into the classroom and beyond. Offer mindfulness activities that can be adapted to an individual teacher's needs. Present tools to balance the ever-changing landscape of teaching.

MINDFUL LEADERS: A SELF-COACHING GUIDE & TOOLKIT Mindful leaders are powerful leaders. They lead from the inside out-with self-awareness, authenticity, compassion, vision, and wisdom. Mindfulness is a state of optimal functioning-characterized by clarity, presence, flexibility, and control. We all have the natural ability to live in this state but few do. It takes practice. Whether you lead by example, manage a small team, or are an executive of a multi-national enterprise, this workbook equips you with the tools to cultivate mindful leadership. These practical techniques are based on a modern view of mindfulness, including mindfulness practices with and without meditation. They are developed from decades of research on mindfulness through disciplines such as positive psychology, management studies, sports psychology, and neuroscience, and such universities as Harvard, University of Michigan, and Stanford. This book provides simple, straightforward tools for learning some essential practices of mindful leadership. You will learn to: * Step out of conditioned behaviors, unconscious biases, and reactivity. * See the bigger perspective. * Maintain focus and clarity in the midst of high stakes challenges. * Improve decision-making and judgment.*

Direct positive conflict and orient others toward solutions.* Unlock your potential to be a mindful leader. * Transform your own life, your team, your organization, and the world with mindfulness.

This book offers a practical and theoretical guide to the benefits of Mindfulness-Based Stress Reduction (MBSR) in the workplace, describing the latest neuroscience research into the effects of mindfulness training and detailing an eight-week mindfulness training course. Provides techniques which allow people in organizations to listen more attentively, communicate more clearly, manage stress and foster strong relationships Includes a complete eight-week mindfulness training course, specifically customized for workplace settings, along with further reading and training resources Written by a mindfulness expert and leading corporate trainer

This book is a comprehensive resource on the history, theory, and practice of mindfulness in sport. The authors present their empirically-supported, six-session mindfulness program adapted for specific athletic populations.

Presence-Based Leadership is founded on this liberating premise: leaders' most crucial and complex challenges, rather than being obstacles, are actually doorways for becoming precisely the leader that current conditions require. Here is a rich field guide to the territory of complexity, and how leaders can navigate it with leading-edge approaches that generate clarity, resilience, and results that actually matter. Silsbee's new book is his most expansive. A master of integration, he seamlessly weaves fields as disparate as complexity, leadership and adult development theory, mindfulness, and interpersonal neurobiology into a deeply human exploration of how leaders can bring the fullness of their humanity to the most intractable challenges they face. His immensely pragmatic approach grounds new perspectives with intimate real-world examples. He offers specific, field-tested experiments and practices that invite the reader into discovery and application. This is a radically new and integrated approach to leadership, through which leaders can tap the creativity and resourcefulness of their internal complexity in order to meet a complex world. Through cultivating an embodied leadership presence, readers will become more dynamic shapers of the context in which they lead, and a creative force for what matters in a fractured and dynamic world. Presence-Based Leadership is the third and final volume in Doug Silsbee's groundbreaking and influential trilogy on coaching and leadership.

“Leisa has a truly unique gift and has designed a path that will transform your relationship with money.”—Grant Sabatier, author of Financial Freedom and creator of Millennial Money In the world of personal finance the biggest challenge is the sense that there’s never going to be enough. It is this mindset of scarcity, and not the amount spent on lattes, that holds people back the most from achieving their financial dreams. Using techniques she’s developed as a financial planner and spiritual coach, Leisa Peterson guides you to dig deeper and discover the root of your financial thinking to change not just the way you save and spend, but the way you live your life. Through powerful practices, compelling stories and extensive research, The Mindful Millionaire meets you

wherever you are in your money journey by exploring: *Where your current money habits come from and why you feel the way you do about money and success. *How to break the cycle of fear, grief, and shame that often surrounds your money habits. *How to write a new money story that inspires joy, satisfaction and prosperity. *Why wealth building isn't just about positive thinking and "manifesting" things into reality. *How to stop financial self-sabotage and procrastination. *Where practical financial advice misses the mark. *The most effective tools for changing how you think and feel about money. *What true financial independence looks like and how to discover the millionaire within. "This book helps you realize your intrinsic value so your financial decisions reflect what matters most to you. This is the key to true financial freedom."—Ivan R. Misner, Ph.D., Founder of BNI and New York Times bestselling author of Truth or Delusion? Busting Networking's Biggest Myths "If you've read other finance books and still felt empty, this is the book you've been waiting for."—Joe Saul-Sehy, Creator and Co-Host, Stacking Benjamins Podcast

You don't have to turn to food in difficult times. Well Nourished shows you how to develop a mindful relationship with food as you nourish yourself emotionally. There is much more to nourishing yourself than simply eating food. After a long day of feeling run down and exhausted, what you're likely really hungering for are other forms of nourishment. Well Nourished is here to show you how to live a life where you can feel nourished emotionally, intellectually, physically, socially, and creatively. This is your chance to be mindfully present as you receive, experience, and engage in the nourishing activities and moments that will sustain you on levels other than what your stomach is telling you. You will learn to maintain an inner sense of balance and nourishment even when the waters of life are pitching you around like a ship in a storm. Well Nourished gives you the tools and practices to accomplish all of this when you might otherwise turn to food in these difficult times. With Well Nourished, you will develop a mindful relationship to food and craft your well-nourished life.

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 are better able to manage them. Mindful Coaching is a comprehensive guide to using mindfulness effectively in coaching. It enables coaches to work closely with their 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, improving listening and communication, and increasing presence. Mindful Coaching includes a range of real-life examples and practical exercises to enable coaches to become more resilient in their practice, something that is of particular importance at a time where coaches are facing increasing challenges in defining clarity in their work.

A practical guide for cultivating a truly sustainable mindfulness practice, Mind Your Life combines elements of Shinzen Young's Unified Mindfulness system

with proven coaching methods for positive change over the long term. Whether you have only a few minutes a day to start, or have been meditating for years, this book is for you.

It has never been a more challenging time for managers and leaders to maintain a happy, healthy workforce. The pace of change and increasing uncertainty in most industries has resulted in a rapid increase in stress and anxiety in the workplace, and most organizations are poorly equipped to respond to these challenges in a meaningful and supportive way. Penguin Business Experts: Coach Your Team is a practical guide for leaders who want to foster a culture where everyone has a chance to flourish, create and innovate while being happy and more resilient. It draws on cutting-edge evidence-based techniques in coaching that focus on developing mindfulness and compassion in leaders, their employees and throughout their organisation with case studies of best practice from around the world. It covers everything you need to know to develop your own approach to coaching starting with learning how to coach yourself through to techniques to foster a coaching culture rooted in mindfulness and compassion within your team, and ultimately your organisation.

Big results come from small steps. Written with school leaders in mind, this inspirational yet practical handbook teaches you how to add mindfulness into your day, bit by bit, whether you are sitting in your office or walking down the hall. With mindfulness, you will get better at managing meetings, responding creatively to complex situations, and achieving resilience—you will become a more effective leader and a more positive force for your staff and students. Features include: Real-life profiles of mindful school leaders Practice exercises to try right away Guidance so you know if you are “doing it right” Hard-to-find resources, including mindfulness apps

Incorporating a wealth of knowledge from international experts, this is an authoritative guide to provide a comprehensive overview of professional coaching. Grounded in current research, it addresses the historical, ethical, theoretical, and practice foundations of professional coaching, and examines such key therapeutic approaches as acceptance and commitment, internal family systems, psychodynamic, and interpersonal. In easily accessible language, the book discusses core considerations for effective practice such as presence, meaning-making, mindfulness, emotions, self-determination, and culture. The reference examines the variety of practice settings for the profession, including executive, life/personal, health/wellness, spiritual, team, education, and career coaching, along with critical issues such as research advances, credentialing, and training. Further contributing to coaching savvy, the book has techniques for measuring client progress, applications of adult development, intentional change theory, and more. Chapters include recommendations for further reading. Key Features: Provides a comprehensive overview of a fast-growing field Includes contributions from international experts Covers historical, professional, philosophical, and theoretical foundations as well as important applications and practice settings Includes suggestions for further reading

The all-star adviser to athletes like Kobe Bryant and Michael Jordan shares his

revolutionary, mindfulness-based program for elevating your game “George helped me understand the art of mindfulness. To be neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be.” —Kobe Bryant Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger than life clients. His writing is down-to-earth and easy to understand and apply. *The Mindful Athlete* is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson.

Mindfulness for Coaches accessibly presents theory and research on the benefits of mindfulness training and explores how mindfulness can feature in coaching work. Michael Chaskalson and Mark McMordie explain how coaches can use mindfulness to become more deeply attuned to themselves and to clients, and to create transformational resonance. The authors present a systematic methodology to cultivate and embody a way of being that enables growth and transformation in oneself and in others. The first book of its kind, *Mindfulness for Coaches* provides an experiential guide, inviting and supporting coaches to engage with the programme included, sharing new qualitative research into the potential impact of mindfulness on coaching process and outcomes, and explicitly linking mindfulness practice to global standards of coaching mastery. Presented in two parts, the book first outlines a unique eight-week programme, *Mindfulness for Coaches*, and goes on to clarify the links between mindfulness, coaching mastery and different coaching approaches, share insights from the fields of psychotherapy, leadership and organisation development, and provide guidance for further learning. *Mindfulness for Coaches* will be insightful and inspiring reading for coaches in practice and in training, coaching psychologists and academics and students of all coaching modalities.

Coaching today's athletes is a challenging and demanding job but one ripe with opportunity. A coach's impact on young athletes' lives can be considerable. In *Game-Changing Coach*, author Dr. Mary Fenerty Schumann shares valuable insights for coaches who want to help their athletes and teams move toward peak performance. She presents anecdotes, briefly reviews relevant research, and, most importantly, gives

ideas and techniques on how best to work with athletes and teams. Tackling such topics as communication, motivation, positive coaching, and goal setting, she encourages coaches to follow certain practices when building teams that work well together. The chapters on self-efficacy and growth versus fixed mind-set add new perspective to teaching athletes constructive thinking. Additionally, she describes specific ways of intervening to help athletes deal with anxiety, slumps, and choking. Current issues such as dealing with parents, the use of technology, and academic performance are also discussed. She explores the use of mindfulness as a tool to help coaches teach present-moment focus. Schumann's breadth of knowledge comes from her work with Division I athletic teams, her experience teaching sport psychology, and her work as a clinical and sport psychologist. Offering practical tips and techniques, *Game-Changing Coach* gives fresh ideas for new coaches and encourages experienced coaches to try different things.

Praise for *The Handbook of Knowledge-Based Coaching* "Definitive, with extensive references and a commitment to connecting theory to practice in every chapter, this important contribution is a delicious and wide-ranging exploration of the lineages that have shaped the modern practice of coaching." —Doug Silsbee, author, *Presence-Based Coaching* and *The Mindful Coach* "The translation of theories from multiple disciplines to the practice of coaching makes this book a must-read!" —Terrence E. Maltbia, senior lecturer, Adult Learning and Leadership; and faculty director, Columbia Coaching Certification Program, Teachers College, Columbia University "If you have an appetite for the scientific roots of what works best in coaching, and you are hungry for an easy-to-digest translation of the science to practice, this book is a feast and will be on your plate for many years to come." —Margaret Moore (Coach Meg), founder and CEO, Wellcoaches Corporation; and codirector, Institute of Coaching, McLean Hospital, Harvard Medical School "Whether you're a beginner or an experienced coach, this rollicking ride through dozens of the most important theories and perspectives in coaching will be a vital companion. With quick and helpful summaries of key ideas and their use—and selective bibliographies should you wish to go deeper into a particular area—this book will help you support your clients in a targeted and sophisticated way." —Jennifer Garvey Berger, author, *Changing on the Job: Growing the Leaders Our Organizations Need*; and coeditor, *Executive Coaching: Practices and Perspectives* "This is a book I have been missing. What a pleasure to read and what a stretching of my mind." —Kim Gørtz, senior consultant, Copenhagen Coaching Center "Anyone who is serious about improving the quality of coaching will find *The Handbook* an invaluable resource that reflects the breadth and richness of the growing evidence-based approach to coaching practice." —David Clutterbuck, visiting professor in the coaching and mentoring faculties, Oxford Brookes and Sheffield Hallam Universities *Presence-Based Coaching* offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship.

"George helped me understand the art of mindfulness. To be neither distracted or

focused, rigid or flexible, passive or aggressive. I learned just to be." —Kobe Bryant

Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger than life clients. His writing is down-to-earth and easy to understand and apply. *The Mindful Athlete* is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson. "Self-consciousness is when you're focused on how you're doing instead of what you're doing. We have to learn how to push and challenge ourselves, but not in an insensitive way. Honing your performance really comes down to being comfortable with being uncomfortable."—George Mumford

In *The Path of the Mindful Teacher*, Danielle A. Nuhfer introduces educators to a process that will help them positively manage stress, find work-life balance, lessen symptoms of burnout, and increase classroom job satisfaction. Teachers walking this path will be able to determine their own needs and the needs of their students, so they can successfully and sustainably do one of the most important jobs in the world: teaching the future of our planet. Drawing on Danielle's experience as a teacher, mindfulness practitioner, and teacher wellness coach, *The Path of the Mindful Teacher* will:

- Explain the basics of mindfulness and how it can inform teaching practice.
- Illustrate a simple step-by-step path that will help teachers choose calm over chaos and serenity over stress.
- Provide ways to integrate mindfulness practice into the classroom and beyond.
- Offer mindfulness activities that can be adapted to an individual teacher's needs.
- Present tools to balance the ever-changing landscape of teaching.

World-renowned leadership expert Manfred F. R. Kets de Vries draws on his extensive experience in group leadership coaching to provide an in-depth look at the coaching process through the lens of psychodynamic mindfulness, considering the diversity of individual and organizational learning. Kets de Vries advises on how the best leadership coaches help their executive clients create the tipping points that lead to significant personal and professional change and explains the innovative tools to support this intervention technique. Including case studies and questionnaires that facilitate a deep understanding of the psychodynamics of personal and organizational change, this book will help coaches and executives to transform

their teams' attitudes, beliefs, and behaviors and create a 'best place' to work.

Discover how mindfulness can enhance your running and make you a happier, more fulfilled person. By applying mental fitness training to your running regime, you tap into a powerful mind-body connection that not only optimizes sporting performance, but also boosts happiness both on and off the running trails. Mindful Running brings together scientific research, expert analysis, and elite athlete contributions to reveal how relating to your mind, body, and surroundings in a new way can help you run longer and faster, as well as offer a boost to your overall mental, emotional, and physical health. Devised with both the competitive and everyday runner in mind, Mackenzie L. Havey introduces an innovative, approachable, and authoritative guide designed to increase self-awareness, develop concentration, and improve endurance. Not only does this have the potential to translate into better running, it can also play a role in training you to endure life's challenges with greater ease and find joy in all things big and small. Mindful Running is a total body and mind fitness regime.

If you're feeling overwhelmed, pressured, anxious and disconnected, this book will change your life, one mindful step at a time. A guide from a popular podcaster to de-stressing and becoming happier by becoming more mindful in your everyday life. Learn why it's vital to prioritise self-care, wellbeing and mental health. Discover effective and practical mindfulness and meditation strategies and learn to apply them in all life areas, including work, relationships and self-care. Learn skills to increase resilience and improve wellbeing throughout their lives. Be encouraged and inspired to create an ongoing mindfulness practice.

The single most important skill in coaching is asking powerful questions. In this volume, master coach trainer Tony Stoltzfus joins with 12 other professional coaches to present dozens of valuable asking tools, models and exercises, then illustrates these coaching strategies with over 1,000 examples of penetrating questions. Covering the gamut from basic techniques like options and actions to advanced concepts such as challenge and reframing, *Coaching Questions* is a book that will find a home on any coach's short list of handy references. *Coaching Questions: A Coach's Guide to Powerful Asking Skills* includes: 1. Dozens of asking tools, models, and strategies. 2. The top ten asking mistakes coaches make, and how to correct each one. 3. Nearly 1200 examples of powerful questions from real coaching situations. 4. Destiny discovery tools organized in a four-part life-purpose model. 5. Overviews of 15 popular coaching niches, with a tool and examples for each. 6. A schedule of training exercises to help you become a "Master of Asking".

Despite the death of his father at age five, Assaad Mounzer, M.D., a native of Lebanon grew up in a loving home. But with a civil war raging in his homeland, he moved to the United States of America, where he became an Urologist. He discovered that patients appreciated his listening skills, and his compassion. He was so dedicated that eventually he began to suffer from empathy fatigue. While he did not realize it at the time, he was bringing home his patients suffering and problems. In this book he describes his own struggles and his journey from suffering to acceptance and peace. As a student of mindfulness and a teacher, he shares what he has learned so others can: overcome depression; increase daily enthusiasm; face feelings of fear and self-doubt; and build resilience to get through difficult times. Filled with inspirational quotes, reflections, and exercises to make mindfulness a part of your life, this book will move you from Burnout to Engagement.

Positive psychology focuses on finding the best one has to offer and repairing the worst to such a degree that one becomes a more responsible, nurturing, and altruistic citizen. However, since businesses are composed of groups and networks, using positive psychology in the workplace requires applications at both the individual and the group levels. There is a need for current studies that examine the practices and efficacy of positive psychology in creating organizational harmony by increasing an individual's wellbeing. *The Handbook of Research on Positive Organizational Behavior for Improved Workplace Performance* is a collection of

innovative research that combines the theory and practice of positive psychology as a means of ensuring happier employees and higher productivity within an organization. Featuring coverage on a broad range of topics such as team building, spirituality, and ethical leadership, this publication is ideally designed for human resources professionals, psychologists, entrepreneurs, executives, managers, organizational leaders, researchers, academicians, and students seeking current research on methods of nurturing talent and empowering individuals to lead more fulfilled, constructive lives within the workplace.

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