

Dive Kit

*Equipping Healthcare with
Coaching & Leadership Skills*



Webinar

Mindful Coaching in Healthcare Presented by Susan Czyzo on June 4 2024

About practicing mindfulness as Coaches & Healthcare Professionals:

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It is generally recommended that therapists who wish to use mindfulness techniques and processes maintain a personal practice of mindfulness, and this advice would hold for professional coaches as well.

..in the absence of ongoing experiential engagement with mindfulness practice an adequate understanding and expression of mindfulness is unlikely to emerge.

-Mario Virgili, 2013

”

Mindful Inquiry Questions:

- What did you notice during that practice? Or What stood out for you?
- Then what happened? Or What did you choose to do, if anything?
- How may this be different from your usual way of paying attention?
- How is this relevant to you? To staying well? Or What is the learning here?

Types of Mindfulness Practices:

- Mindfulness anchors - breath, body sensations, sounds, thoughts, emotions
- Focus in on an object and connect to it with all available senses
- Movement as a way into mindfulness
- Mindful walking, mindful eating
- Gratitude practice

Practice Links:

- Centering Practice for Coaches/Healthcare Professionals: Click [HERE](#)
- Anchoring Practice for Coachees/Clients/Patients: Click [HERE](#)

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