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Titolo	Living mindfully : discovering authenticity through mindfulness coaching // Gary Heads
Pubbl/distr/stampa	Chichester, West Sussex, UK : , : John Wiley & Sons, Inc., , 2017
ISBN	1-119-16322-6
Descrizione fisica	1 online resource (x, 227 pages)
Disciplina	158.3
Soggetti	Mindfulness (Psychology) Meditation - Therapeutic use Personal coaching
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Mindfulness -- Living mindfully: a five-week programme -- The art of orientation -- The inquiry process -- Moving out of automatic pilot and being more aware of our bodies -- Being present in mindfulness of the breath and the body in movement -- Staying present and dealing with difficult thoughts and emotions -- Accepting and letting be -- Bringing it together, looking after yourself, and moving forward -- Integrating mindfulness and coaching -- The TIME programme: development and rationale -- Authenticity and its impact upon confidence and self-esteem -- Acceptance: working with negative beliefs and emotions -- Communication: releasing our words to the universe -- Planning the way forward: an unfolding journey -- In conclusion.
Sommario/riassunto	Written by a practitioner with over 25 years of experience, Living Mindfully shows how mindfulness can be integrated with coaching in order to enhance motivation and achieve an authentic life. Combines mindfulness techniques designed to explore an individual's relationships to thoughts, values and emotions with coaching strategies that build self-confidence and motivation Details the Living Mindfully program and the practical coaching intervention, Training Individuals in Mindfulness and Excellence (TIME), with tips, exercises, further resources and client testimonials Discusses important aspects of mindfulness, including awareness, staying present, acceptance, authenticity, and dealing with negative beliefs and emotions Outlines

the requirements for setting up and maintaining a mindfulness program for mindfulness teachers, coaches, counselors, policymakers, and government departments.

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