

Mindful Awareness Practice for a Coaching Culture



An opportunity to learn, experience, and understand what mindfulness is and how to develop it.

Thursday, June 7

6pm to 8:30pm

Early Bird Pricing thru May 31 - **\$25** (Members and Non-Members)

Pricing June 1 - June 7 - **\$30** (Members and Non-Members)

Morristown Unitarian Fellowship (Terrace Room)

21 Normandy Heights Road
Morristown, NJ 07960

To register go to www.icf-nj.org

Mindful Awareness Practice for a Coaching Culture

An Opportunity to learn, experience, and understand what mindfulness is and how to develop it.

These days we hear a lot about this thing called “mindfulness” and how beneficial it can be for our well-being and happiness. It’s almost too easy for us to file this advice under the category of “things I know I should be doing” or “things I’ll someday get around to” or “things I wish I were better at”.

The good news is that mindfulness practice, rather than being some aspirational quality we hope to acquire in some distant future, is a set of skills we can all develop right in the midst of our busy lives. We can start (or restart) this practice at any time, using everyday experience in interaction with others, as well as when alone.

In everyday situations, mindfulness supports us in these fundamental competencies:

- Establishing trust and connection with others
- Living with presence – responding creatively and whole-heartedly rather than automatically reacting
- Listening deeply to ourselves and others
- Opening to awareness that encourages deep insight and learning for ourselves and others: clients, colleagues, family, and friends.

In this experiential, interactive workshop on mindful awareness practice we will explore:

- Practices you can begin to use right away in conversation with others: at work or at home
- Key concepts about the mind that will help you understand your experience better and support you in coaching yourself to develop these skills*
- Highlights from research in the neuroscience and cognitive science fields that help to explain how mindfulness practice impacts our physiology and internal experience.
- An introduction to mindfulness meditation**

*After you register for the workshop, you will receive an email with some pre-reading about these concepts.

**Following the workshop, you will receive an email with links to free, brief guided meditations you can begin to use right away.



Presented by

Patrick Briody, ACC, is a Certified Hudson Institute Coach, and a certified teacher of Mindfulness-Based Stress reduction.

His coaching and training work are founded on a successful 25-year career as global managing director of technology, software developer, strategic planner, as well as an earlier incarnation as an entrepreneur who established a successful recording and performing rock group.

He has worked with clients looking to get higher quality results from their teams, communicate more concisely and influentially with colleagues and clients, handle high stakes roles with less stress and more fun, and feel more connected to themselves and those around them.

Patrick’s work with individuals and groups is further grounded in over 20 years of dedicated study and practice of mindfulness meditation. His enthusiasm and commitment to this practice underlies all his work. You can find Patrick at www.creativebalancecoaching.com.