



[WWW.THECENTREFORMINDFULNESS.CO.UK](http://WWW.THECENTREFORMINDFULNESS.CO.UK)

# Mindfulness Life Coaching Residential Course

**ACCREDITED DIPLOMA LEVEL 4**

**19TH - 25TH OCTOBER 2019**

Become a certified Life Coach in just 7 days in a luxury retreat style setting at Salomons Estate in Kent.

# THE COURSE SETTING

## *Beautiful Surroundings !*

Situated just two miles outside the spa town of Royal Tunbridge Wells, Salomons Estate is a stunning Victorian mansion, designed by the acclaimed architect Decimus Burton. Set in 36 acres of rolling gardens, parkland and woods, it enjoys an enviable location in the heart of England's garden, yet within an hour's travel of Central London.

Salomons Estate is the perfect setting for the life changing experience of becoming a Mindfulness Life Coach, with added benefits of beautiful surroundings, for mindfulness walks and meditation.

## ALL MEALS INCLUDED

*Breakfast, Lunch and Evening Meal are included in the Cost*

Whilst the course is intense, there will be plenty of time to enjoy the social benefits of quality dining in one of the grand dining suites with the option of having quiet time after dinner or to re-join as a group in the evenings.

This wonderful retreat style package has no restrictions, whether you are vegan, vegetarian or non- vegetarian the food is suitable for all, including those who enjoy a glass of wine in the evenings.

Please let me know about your dietary requirements  
contact us at 07813616008 or email  
[info@thecentreformindfulness.co.uk](mailto:info@thecentreformindfulness.co.uk)





# **MINDFULNESS LIFE COACHING**

## ***What it is ?***

This unique model of Mindfulness Life Coaching incorporates 26 essential themes for a rich, happy and meaningful life. Using an integrative approach this course encourages student's to connect with the inner self and develop new behavioural patterns. As a mindfulness life coach you will be directing and supporting others (both children and adults) towards positive change. As coaches we too need to cultivate new ways of feeling, thinking, seeing and being. When we look beyond the naked eye, our perception of life changes in a way we never imagined possible and only then can we see the real magic of life.



# MINDFULNESS LIFE COACHING

## *How does it differ?*

Mindfulness life coaching is different to traditional methods of life coaching. However, on the course you will receive training in traditional models of life coaching in addition to the mindfulness model of life coaching.

Whilst life coaching can greatly enhance and enrich our lives, mindfulness life coaching goes a step further in working towards personal transformation, addressing inner conflicts to bring about healing. Personal transformation is not just about achieving our dreams; it's also about re-discovering and re-shaping ourselves to be the authentic and happy person that we can be. Mindfulness Life Coaching provides a window into the depths of our inner self, encouraging new insights, a sense of real purpose, direction and ability to self regulate.

# HOW IT WORKS

## *Connecting to the Higher Self*

Imagine for one minute how it feels when you are wide-awake without anything troubling you? In a nutshell this is what mindfulness life coaching can do for you as a coach and coachee. Essentially mindfulness life coaching awakens the senses and stimulates the higher-brain (also known as the super- brain). When the senses are awakened we are generally more alert and in tune with what we need, which means we are:

- More focused
- Directed
- Energised
- Self-aware
- Able to self regulate
- Grounded
- Calmer
- Less reactive
- More assertive
- Fulfilled
- At peace
- More connected
- More resilient in relationships
- In touch with the psycho-spiritual self

## FURTHER BENEFITS

### *Self Healing!*

All of the above mentioned contribute to greater self-esteem, new insights and a positive mental attitude. When all this changes, our dreams become reality.

Additionally mindfulness life coaching works with the parasympathetic nervous system responsible for 'rest and digest.' Consequently this model encourages self-healing through acknowledging complex emotions and releasing them.

Everyone holds toxins within their bodies. Toxins not only derive from chemical substances found within foods or within polluted air. Toxins are also formed from energetic states that are created in moments of stress and trauma and in turn become lodged within the body. These toxins are trapped emotions that resurface at every opportunity, often becoming triggered by challenging situations that remind us of the past.

# A DUAL QUALIFICATION

## *Life Coaching - Mindfulness Coaching !*

This allows you to work more flexibility as life coach or a mindfulness life coach. The element of mindfulness is a great bonus which enables you to work more creatively and effectively using a range of techniques.

The course is entirely interactive and there are no portfolios or essays to complete. The duration of course hours is 90 hours.

A total of 57 face to face teaching and 33 hours of on-line study, which includes, reading, multiple choice question assignments , mini case study and transcript. During the taught classes, participants are required to keep a learning record within a process diary and participate in group coaching, study groups and peer coaching

The course is divided into the following 4 modules, as follows:



# MODULE ONE

## *Essentials of Coaching !*

Identify personal strengths and journey

Learning styles - why they matter

Introduction to the course requirements  
assessment process and mutual expectations.  
What is life coaching, the role of life coaching  
and differentiation between other helping roles  
such as counselling, mentoring, teaching

Explanation of mindfulness coaching and how  
it works- the 26 themes of life  
Application of the coaching ethical  
framework

Explore GROW model (focus on the G working  
with life goals)

Explore relationship-based theory and models  
of practice

Coaching skills and skills practice

Boundaries and self-awareness

# MODULE TWO

## *How the Mind Works !*

Application of positive psychology

Exploration of neuroscience and mindfulness:

Structure of the brain and reactions to trauma

States of consciousness

Levels of the unconscious mind

Body, Soul Mind

Working with colour

Working with limiting beliefs

Neuro-Linguistic Programming

Grow model (focus on the R - reality)

Skills practice

# MODULE THREE

## *The Benefits Mindfulness !*

Mindfulness philosophy and spirituality

Spiritual self

Archetypes

The Shadow, Soul Spirit

Sensory processes

Self care

Belief Systems

Identify and manage ethical dilemmas;

Working with symbolism and metaphor

GROW model (focus on O - options)

## MODULE FOUR

### *Cycles of Development, Transitions and the Relationship Based Coaching*

Brief overview of attachment theory and other relevant psychological theories, theories of development and communication and models of intervention, including development across the life span, Erikson's model of psycho-social development, NLP, transactional analysis.

Transitions, psychological process

Working with ethical dilemmas

Practicalities of setting up a life coaching business

Managing the coaching relationship, resistance, barriers, change process and endings

TGROW model (focus on W - will or way forward)

For more details about the requirements, visit [reallygreatsite.com](http://reallygreatsite.com). For inquiries, contact us at (123) 456 7890 or at [hello@reallygreatsite.com](mailto:hello@reallygreatsite.com).



# BECOMING A COACH IN ONE WEEK?

## *Is That So ?*

Yes you've got it, you will become a certified coach in only one week, providing you attend all for the course and complete the on-line work. Part time life caching courses can take a year to complete at diploma level 4. I also offer longer courses, however, you will get the same learning experience.

So the residential course incorporates all of the material that is covered within a year long course. It is important to acknowledge that its what you do after the training that helps you to grow as a coach. The learning is on-going and and you will have access to further training with me through webinars and networking events. This is how you grow as a coach. Another important point is that you are learning within a small group, which means that you get more attention and support during the training.

The course is a fantastic self-investment even if you decide not to become a life coach; you will have the tools to help change your life and flourish.

# WHAT YOU GET!

## *During and after the Training !*

- 7 days of face to face teaching
- 6 nights accommodation at Salomon's
  - Breakfast, lunch and dinner
- 2 course hot buffet lunches on 7 days
- 2 course evening meals on 5 nights
- A special 3 course evening dinner on 2 nights at a different venue with transport included.
- 3 times 1- 2- 1 Skype mentoring with Jenny within 6 months of course completion
- 1 x 1-2-1 coaching with Jenny -within 3 months of course completion
- Your very own pack of Mindfulness Coaching Cards for professional and personal use.
- A dual qualification in Life Coaching & Mindfulness Coaching at Diploma Level 4 accredited by The International Authority for Professional Coaching and Mentoring
- Ongoing networking opportunities.

Essentially you are paying £399 per day for all of the above. For this you are getting access to 22 years of my expertise, a dual qualification, full board and unlimited teas, coffees, a valuable toolkit, a wonderful experience, a life time of support and a pathway to a successful and happy life.

[www.thecentreformindfulness.co.uk](http://www.thecentreformindfulness.co.uk)