

Lifeforce Coaching

Business and Personal Coaching



Client

Date

Coach & Facilitator: Vicki Childs

SESSION 3 – OUTDOOR ACTIVITIES

LIFEFORCE COACHING

Business and Personal Coaching

WELCOME BACK TO SESSION 3

In the last two sessions, we have been exploring many different parts of self. We have been looking at SMART goals, time management strategies, how effectively we use our time, and of course identifying where our unique Strengths and Weaknesses are within the scope of both our professional and personal lives.

At this stage, some of your results may have been quite different to what you were expecting, in some cases shocking and in others surprising.

It's important to remember that the process of coaching and undertaking any form of personal development can be challenging and often that's where we find the real mechanism for long lasting change.

Knowing and understanding WHO you are as a whole person allows us to make changes to areas where we feel we may not be living our best, most valued or authentic life.

In this next module, we will look at Values, Mindfulness, and start the process of understanding HOW we learn as a person, including defining your own learning style, and becoming aware of the two primary hemispheres in the brain and how they affect our personal style and the way we operate in many areas of our lives.

You will also be issued with a Mindfulness Meditation in MP3 format, delivered straight to your device of choice for easy listening.

So, let us take a deep breath and continue your journey towards higher self-knowledge, understanding and continued personal development.



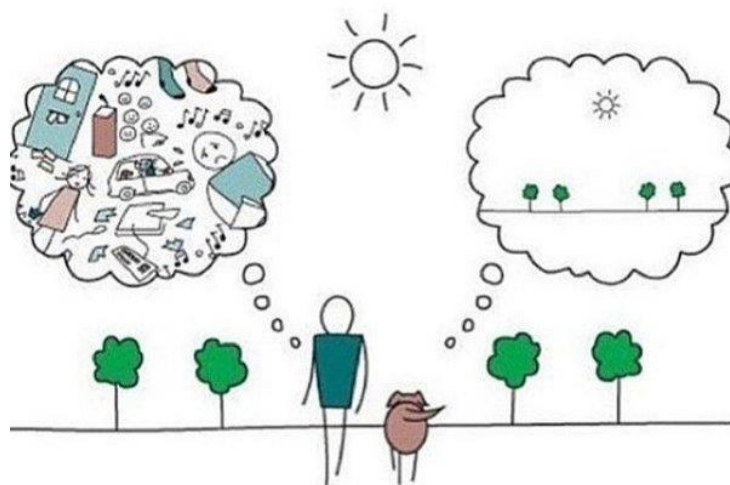
Mindfulness

WHAT IS MINDFULNESS?

Mindfulness is the short term for mindfulness meditation practice. This is a form of self-awareness training adapted from Buddhist mindfulness meditation.

Mindfulness is about being aware of what is happening in the present, moment by moment, without making judgements about what we notice.

Mindfulness meditation practice is a key ingredient in a variety of evidence-based psychotherapies, including dialectical behaviour therapy (DBT), and acceptance and commitment therapy (ACT).



Mind Full. or Mindful?

WHY SHOULD I PRACTICE MINDFULNESS IN EVERYDAY LIFE SITUATIONS?

Our minds can be focused on things in the past, present or future. We often find ourselves ruminating about things that have already happened, or worrying about things that may happen. This can often be distressing and stressful. Mindfulness is a practice, which encourages us to attend to the present moment. There is good evidence that mindfulness practice can help people cope with a wide variety of feeling states, such as depression and anxiety, but also physical health conditions including pain and chronic illness.

HOW MINDFULNESS CAN HELP YOU IN YOUR PERSONAL AND PROFESSIONAL LIFE

Allows you to 'attend' (observe) what is happening internally and externally.

Allows you to pay attention 'on purpose', exercising a non-judgemental state of being.

Allows you to 'watch' your thoughts and register sensations in your body without being caught up in them or driven by them.

Allows you to become a witness to the ever-changing flow of our experiences, rather than be carried away with the current of our mind.

Teaches you how to simply 'be' and exist within the moment.

Teaches patience and persistence.

Teaches you to live in the moment (as opposed to FOR the moment).

Teaches you to be reflective, rather than being reactive.

MINDFULNESS IS NOT

Impulsive

Reactive

Daydreaming

Multitasking



WHAT ARE THE MAIN COMPONENTS OF MINDFULNESS?

NON-JUDGEMENT

Mindfulness is cultivated by assuming the stance of an impartial witness to your own experiences. You simply 'observe yourself'. To do this you become aware of the constant stream of judgement and reaction to inner and outer experiences that we normally allow ourselves to become immersed in. Mindfulness allows you to step back and simply be present without judgement. We react in terms of what we think has value to us. This habit of 'judgement' locks us into auto reactions (autopilot). Learning to become aware of these automatic thoughts can liberate us from such thoughts and learned patterns.

PATIENCE

Being open to each moment as it occurs, as it unfolds, accepting it in its entirety.

BEGINNER'S MIND

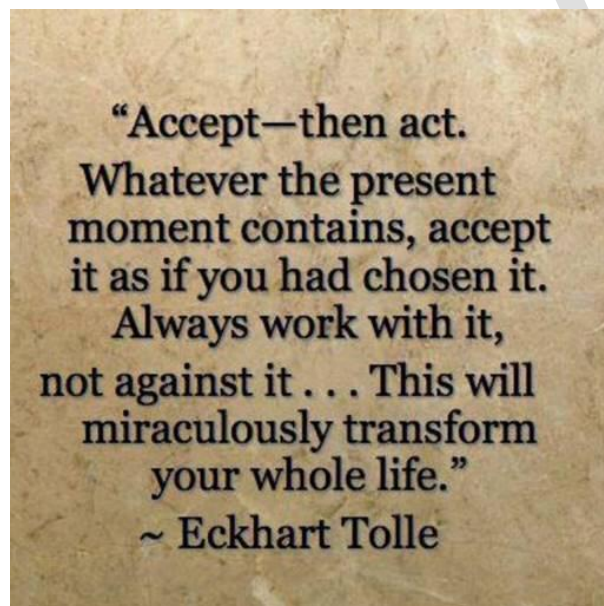
Often our thinking about what we know prevents us from seeing things as they really are. A beginner's mind is willing to see everything as if it is for the first time. Next time you see a familiar person ask yourself if you are seeing this person for the first time, for who they really are or if you are seeing them as a reflection of your own thoughts about this person. You may also benefit by practicing some introspection and asking yourself if you are seeing yourself or your environment or workplace through a veil of your own thoughts and opinions, rather than how they actually are too.

ACCEPTANCE

Acceptance is seeing things as they truly are in the present. If you have a toothache, accept that you have a toothache. If you are overweight, accept it is a description of your body at this time. Before you can change anything, you need to **accept it** first. We spend a lot of time resisting what is fact. This does not mean you have to like everything or become passive. It certainly does not mean you are abandoning your values, but once you accept what is, it is easier to change what we do not like.

LETTING GO

There are certain things that we want to hold onto, however, that prevents us from experiencing the current moment for what it is. Learn to fully and completely let go.



THE BENEFITS OF MINDFULNESS

Makes you less impulsive.

Makes you more reflective, not reactive.

Prevents relapse of past undesirable behaviour.

Decreases avoidance. (Such as staying in bed all day).

Increases responsibility.

Increased Conscious living.

Allows you to attend to the present.

Reduces pain and enhances your ability to cope with pain.

Increases ability to manage symptoms of anxiety and stress.

Decreases depression and anxiety.

MINDFUL EXPERIENCES:

Sounds

Sights

Scents

Smell

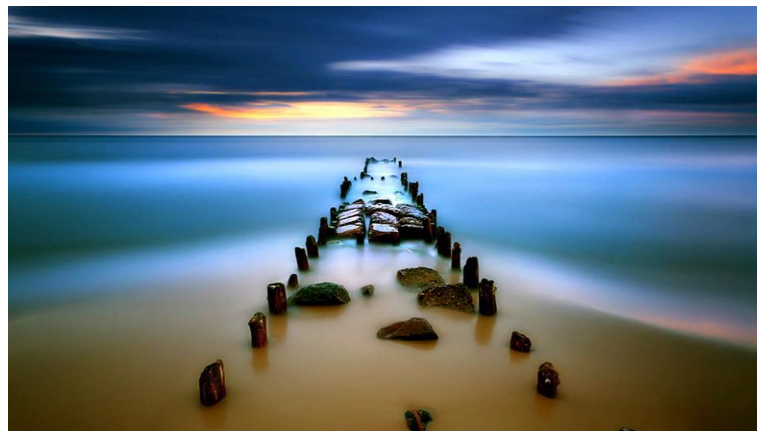
Touch

Taste

Walking

Eating

Sitting



As part of this Module, you will need to complete 2 Mindfulness exercises. One involving food and one involving Walk & Talk Therapy.

Please advise the Clinic if you have an allergy to any specific food or if you are Diabetic or have any specific dietary requirements.

You will also need to have average level fitness for the Walk & Talk Therapy.

Please provide feedback here: Mindfulness Tasks.

Mindful Eating
Walk & Talk Gratitude Therapy

VALUES

Our Values reflect what we find meaningful in life. They are what you care about, deep down, and what you consider important. Everybody's values are different, and they can change over time. They reflect how we want to engage with the world, with the people around us, and with ourselves.

Values are different from goals. The simple difference being goals can be achieved whereas values are more like **DIRECTIONS** that we want to head in. You might have the goal of going for a jog while placing value upon our physical health.

EXAMPLES OF VALUES



Honesty
Respect
Integrity
Creativity
Love
Humour
Curiosity
Humility
Transparency
Simplicity

To further your understanding of Values, see if you can answer the questions below. Before doing so, remember that values -

- Are not Goals.
- Are not Feelings
- Are not Outcomes
- Are not in the Future

WHAT IS MOST IMPORTANT TO YOU?

WHAT GIVES YOUR LIFE MEANING?



WHAT DO YOU WANT YOUR LIFE TO STAND FOR?

LEARNING STYLES ACTIVITY

In two minutes write down as many words or phrases as you can think of that relate to the words **BEACH** and **OCEAN**. There is no correct number of words for this activity. But it must be timed at 2 minutes.

SAMPLE

INSTRUCTIONS FOR YOUR RESULTS

Sort the words above according to whether they are:

Visual

Something that was seen. E.g. blue sky, image of water, watching children playing.
Place a 'V' beside that word on your list.

Auditory

A sound memory, e.g. hearing children laughing, waves crashing, seagulls squawking.
Place a 'A' beside that word on your list.

Kinaesthetic

An action, feeling or emotion. E.g. Feeling the cold water, warmth of the sun, taste of salt water, sense of peace.
Place a 'K' beside that word on your list.

Count how many visual, auditory and kinaesthetic words you have used. You will probably have more words in one category than the others. This demonstrates that you have a preference for this sense (style) and will most effectively learn by using this learning style. If you scored a fairly even number of words for each sense (style) then you are lucky, you are highly adaptable in the way you approach learning.

It is important to understand your preferred learning style, as identification of such can assist you to quickly and efficiently grasp new concepts and ideas.

By understanding your VAK learning style, you can also see how it benefits Organisations to know how their staff best absorb knowledge.

Often, if you are performing poorly in a role, it may be due to information being imparted in a style, which is not in your best interest or ability to completely understand and this can be through no fault of your own.

<p>Visual</p>	<p>Visual learners need to see what is going on. Visual learners like reading, television and looking at photos, plans or cartoons. Visual learners will be attracted to words like ‘see, look, appear, picture, make clear, overview, imagine.” Visual learners often find spelling or grammatical mistakes very distracting and may often need to correct them before being able to read the text clearly. They may not talk much, dislike listening for too long and untidiness or movement may distract them.</p> <p>All about SEEING and LOOKING Upward Eye Movements</p>
<p>Auditory</p>	<p>Auditory learners learn by listening. Auditory learners love to talk, they are attracted to sound and distracted by noise, and prefer to hear things rather than read them. Auditory learners read in a ‘talking’ style, hearing the text as they go and appear to daydream whilst ‘talking’ inside their heads. They may also love talking on the phone and adore music of any type.</p> <p>All about HEARING and SOUND Sideways Eye Movements</p>
<p>Kinaesthetic</p>	<p>Kinaesthetic learners learn by doing. Kinaesthetic learners move around a lot, tap pens and shift seats. They may want many breaks, enjoy games and not really like or enjoy reading much. They will remember best through practice.</p> <p>All about MOVEMENT and ACTION Downward Eye Movements</p>

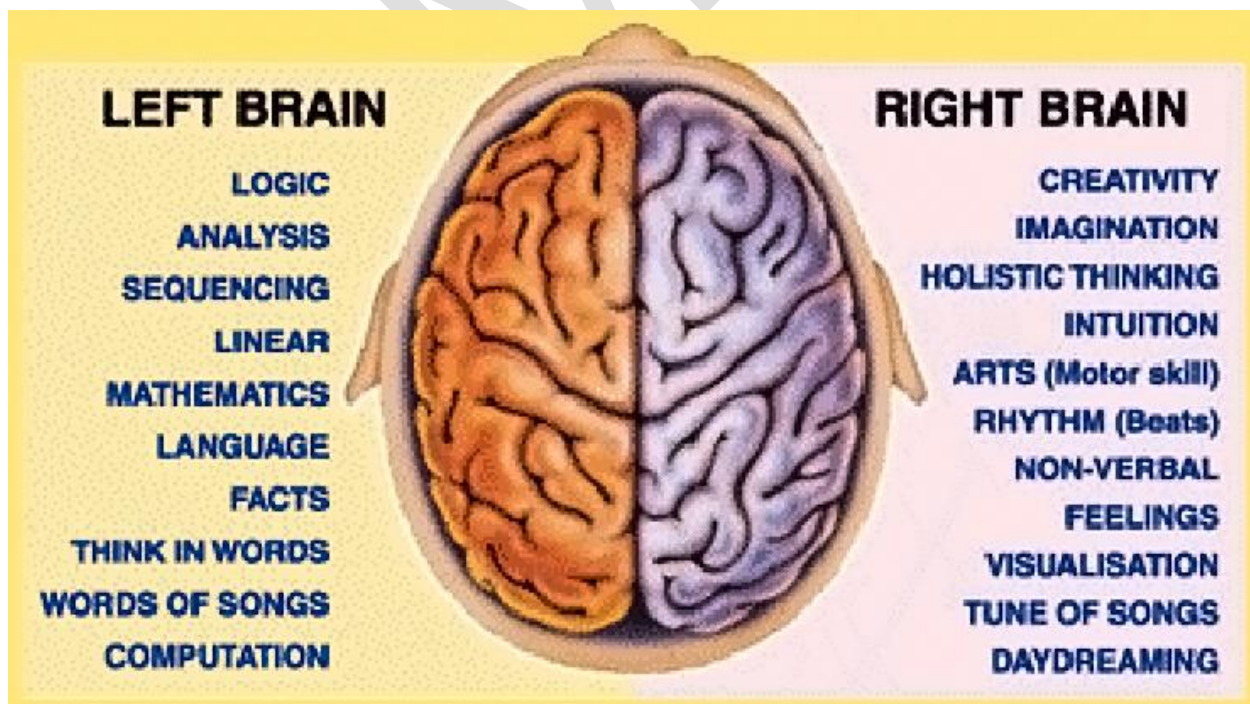
Brain Functions and Characteristics

Another model that explores the way we prefer to learn focuses on the two hemispheres of our brain and how we use them. Anatomically, the brain is divided into two hemispheres; the LEFT and the RIGHT. Studies have indicated that the two hemispheres have different functions and characteristics.

Which of the following functions are most familiar to you?

While you may feel that one side describes you better than the other may, research about learning indicates that learning is most effective when we integrate left and right hemispheres and use whole brain thinking.

When dealing with family, friends, peers, work colleagues, associates or various stakeholders, it is often helpful to understand that while you may be a Left hemisphere thinker, the recipient of your words, thoughts, actions and communications may be a Right hemisphere thinker. This will translate to a difference in how an individual approaches and understands not only language, but also all information and how it is processed.



SAMPLE

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