

5 Mindfulness BENEFITS FOR COACHES



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Practicing mindfulness meditation can help coaches by encouraging development of these five must-have traits.



EMPATHY

Mindfulness meditation practitioners reportedly show more empathy towards their clients than their non-meditating counterparts. A benefit of mindfulness is being able to see through to your client's core issues, a skill greatly aided by empathy.

COMPASSION

Mindfulness means being open to not judging and not reacting to what unfolds during meditation. By not judging and not reacting to your clients, you are showing compassion and making them feel more comfortable. Mindfulness practice strengthens your ability to be in and remain in coach position.



COACHING MASTERY

Mindfulness increases attention, comfort with silence, and interpersonal connection. Ensuring you understand a client's needs, feel comfortable with silence while your client ponders questions, and maintaining fluidity with your coaching practice are skills that are integral in aiding your coaching clients.

REDUCED STRESS & ANXIETY

Mindfulness meditation has been proven to help reduce stress, anxiety, fatigue, and symptoms of depression in those participating in mindfulness-based stress reduction training.



IMPROVED QUALITY OF LIFE

In addition to lowering stress, anxiety, and fatigue, mindfulness training has helped those who practice it to improve their Emotional Intelligence (EQ) and social connectedness to others. All together, this helps improve one's quality of life!

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