

Chapter 1 Reflection Questions: Cultivating Mindfulness in Coaching

Understanding Your Current Mindfulness

1. When do you feel most present and focused in your coaching conversations?
2. What typically pulls your attention away during coaching interactions?
3. Currently, how do you mentally prepare for coaching sessions?

Exploring Implementation

4. Which times in your daily schedule would work best for brief mindfulness practices?
5. What specific situations in your coaching work would benefit most from increased presence?
6. What potential barriers might affect your mindfulness practice, and how could you address them?

Determining Impact and Integration

7. How might greater mindful presence affect your coaching relationships?
8. What would success look like in developing more mindful coaching practices?
9. How will you track your progress in building mindful awareness?