

Mindfulness-based Integral Coaching Enrolment Form

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Coaching is not therapy or mentoring. Coaching is done with a mutual commitment by client and coach. It is a conversation between client and coach in order to understand the client's structure of interpretation; areas experiencing stuckness and the behavioural patterns that are maintaining the status quo. What is the person's essential positive quality that has allowed them to succeed so far? What needs to shift?

As a coach I do not offer solutions. The premise is your **inner knowing/truth** is what is best and wise. The coaching process helps uncover, tap into and explore your inner resources; resilience and building of capacities where needed to, in order to grow and thrive.

As a Coach this is what I do offer: attentive presence; open to the process; safe space to explore current patterns/narrative so that you identify what patterns are no longer working; exploring of possibilities and a new narrative to facilitate behavioural change and growth; a way of being that promotes whole-hearted-integrated way of being in the world.

There are three outcomes to a "successful" coaching programme.

1. Self-correcting
2. Self-generating
3. Improved capacity to do and discover new possibilities.

A coaching programme is a minimum of 8 sessions every second week (4 month process) this may extend longer if need be however does not usually extend beyond a 12 month period.

I am in the process of gaining the necessary coaching hours to register with the ICF (Internal Coaching Federation).

The coaching programme consists for the following 4 stages:

1. **Intake** –conversation for relationship and an opportunity for the coach to understand the clients SOI (structure of interpretation) and the "presenting issue" they would like to bring to the coaching programme. During this time Coach and Client explore the current narrative and how it is resulting in areas of "stuckness" or patterns of behaviour that are not helpful to growth.
2. **Conversation for possibility** – The New narrative is presented and opportunity for the client to explore this new way of being. Opening up possibilities; seeing in a new way. To invite change, which leads into the third stage
3. **Action** – the client is given specific Self-observations; practices; reading; reflections to help facilitate this new way of being. Build capacity to achieve purpose and outcomes of the programme. An embodiment of the new narrative.

4. **On-going coaching** – a deepening and embodiment of the New narrative; identify what is and isn't working. Obstacles and possible changes to the programme.

Client

I,.....commit to enrol and participant in the above Coaching Programme for a minimum of 8 sessions every 2nd week.

Date.....Signature.....

This is your process, at any stage you are invited to bring forward what is and isn't working for you. As the coach I commit to being open and attentive to this process together; to be part of your support network during this time and maintaining confidentiality at all times, unless given permission by yourself otherwise.

Coach

I,.....Date.....Signature.....

