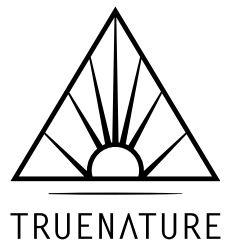
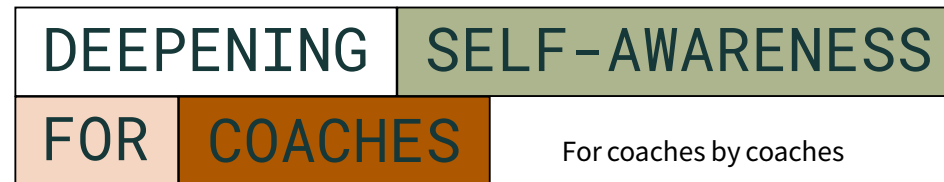


# MINDFULNESS LEVEL 1 COURSE BROCHURE

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2023-2024

*A series of 4 week-ends course for certified coaches*





## WHAT IS MINDFULNESS AND SELF-AWARENESS... AND HOW CAN THAT HELP YOU AS A COACH?

Mindfulness is an innate ability that we all possess.

It means paying attention, on purpose, and without judgment to what is happening in our mind, body, and environment in the present moment. Bringing this quality of presence to our experiences allows us to move from “autopilot” to “aware”.

Neuroscience supports the claim that mindfulness builds self-awareness, which is the entry door to emotional intelligence and the starting point of any self-development journey

Therefore, a regular mindfulness practice helps enhance coaching qualities like being fully present, having awareness/clarity of our own experiences, acceptance, compassion and equanimity. It also creates the ability to be with ‘not knowing’, to listen deeply and trust emergence.

While an embodied mindful attitude creates the condition for attuned responses (being less reactive) and enables a resonant connection with your coachee, allowing you to use your inner resources more freely and effectively in the coaching practice.

There is also more a sense of ease and joy, and less ‘striving or working hard’, in coaching people.

Finally, mindfulness practice prevents empathic fatigue by using practical regenerative mindfulness meditation exercises you can integrate in your daily life.

## WHY CHOOSE THIS COURSE?

Our **Deepening self-awareness for coaches’** course uses a mindfulness-based approach to understand cognitive and emotional processes, which provides the ability to regulate and manage emotions. It is designed for today’s minds and is backed up by modern neuroscience.

In fact, our course integrates established Buddhist and contemporary psychological theory and practice.

It includes an unique emphasis on kindness and compassion from the start, which facilitate curiosity and deeper exploration of our own experiences.

Throughout our course, participants learn how to develop useful habits through an effective and regular daily mindfulness practice.

**Dedicated to certified coaches**, our course is delivered by three facilitators who are also experienced coaches and meditators. It allows exchanges oriented toward learning about ourselves to better show up for others, and it brings a unique touch to discussions and exchanges.

## Objectives



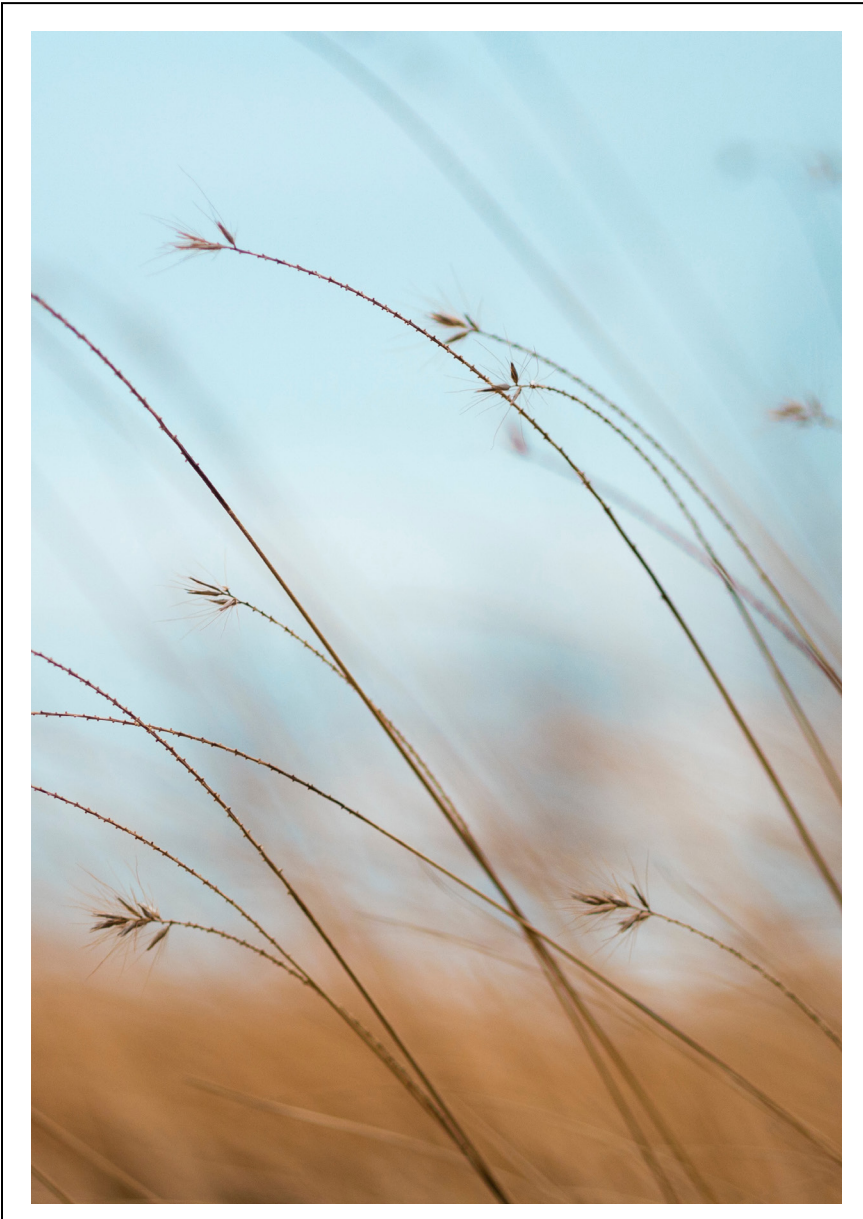
### WHAT ARE THE OBJECTIVES & BENEFITS OF THE COURSE?

Our Deepening Self-awareness for coaches' course is an intensive mindfulness retreat online that provides a unique introspection experience:

- *It allows you to develop a mindfulness-based approach to your coaching.*
- *It equips yourself with mindfulness-based tools and approaches for your clients.*
- *It is built to develop a community of care and support amongst coaches that will be sustained beyond the end of the course.*

Completing this Deepening self-awareness Level 1 program is the first step into the Mindfulness Certified Teachers pathway, if you wish to continue in this path. It enables you to continue your journey with our Level 2 Programme: Responding with Compassion.

This course is also the prerequisite to share the benefits of mindfulness if you would like to teach this program and embark on our Teacher Training Pathway.



### AT THE END OF OUR COURSE, YOU WILL:



- *Have gained a better understanding of your usual thinking patterns and habits.*
- *Have acquired practical means and practices to deal with difficult thoughts and emotions in a constructive manner.*
- *Have learnt a series of practices that promote personal resilience.*
- *Have tools that you can apply in your daily life to help manage stress and emotions*
- *Develop the skills for harnessing mental clarity and focus in uncertain and ambiguous times.*
- *Have become aware of your emotions and your emotional range.*
- *Be able to lead your own personal mindfulness meditation practice.*
- *Have a good understanding of the benefits of mindfulness meditation and the neuroscience that supports those benefits.*
- *Understand the distinction between mindfulness and meditation.*
- *Have broaden your perspective of your own experience via small and larger group discussions together with other fellow coaches.*
- *Strengthen your self-awareness for increased confidence, clarity, and decisiveness.*
- *Have the credential needed to subscribe to the Mindfulness Teacher Training course.*
- *Be part of a community of link-minded coaches.*

### WHAT IS THE CONTENT OF THE PROGRAMME?

Our in-depth Mindfulness course takes place over four week-end modules, spread out over a six-month period to give you time to reflect, practice and understand the power of Mindfulness. A strong emphasis is placed on experiential learning.

#### **Course structure**

- *A series of (4) week-end modules facilitated by our 3 co-teachers who are also certified coaches.*
- *A series of (3) 2-hr pod meeting, delivered after module 1, 2, and 3 and facilitated by 1 of our co-teacher*
- *Presentations, guided practice, and smaller group sessions to develop your progressive skills in Mindfulness*
- *Home assignments between modules that include regular mindfulness practice, daily life exercises and journal writing.*

“ BE SELF-AWARE ”





### 1-SETTLING THE MIND *START WHERE YOU ARE*

Mindfulness is defined as paying attention to our moment-by-moment experience in a way that is non-judgmental and kind.

We are initiated into this graduated process through the core practices of settling, grounding, resting and mindfulness support.

Also, we practice body scan and walking meditation and simple practices for integrating mindfulness into daily life. We simultaneously work on developing kindness as a basis for self-compassion.



### 2 - WORKING WITH DISTRACTIONS

Having had the opportunity to practice settling, grounding, resting and support daily since module one, we are now in a position to become more familiar with how the mind moves and the unique pathways of habit it follows.

We become increasingly familiar with the changing dynamic of mindfulness and distraction, and begin to see how distraction reveals an inner world of habitual patterning that ensnares our energies.

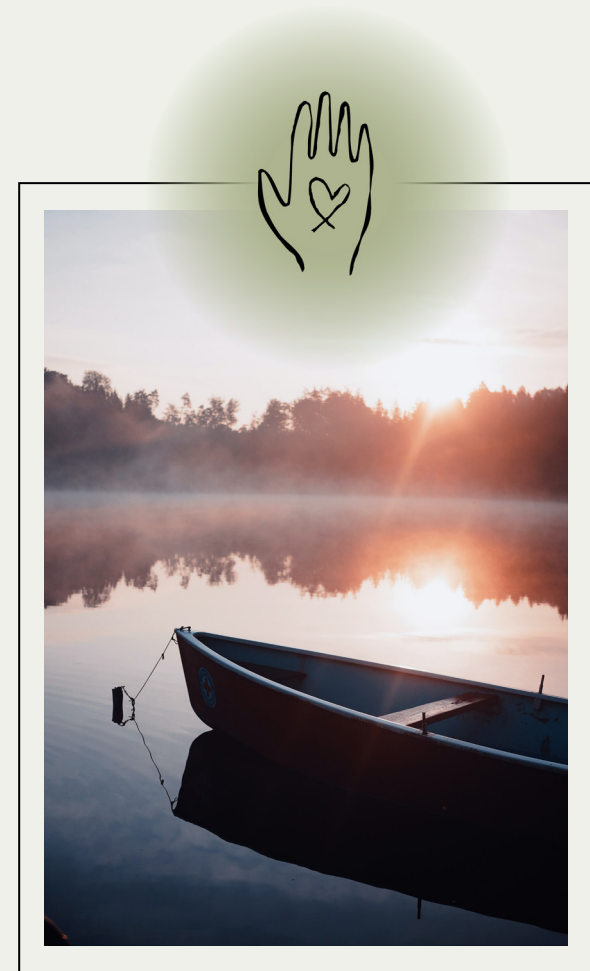
We also begin to recognize attitudes of preference – like and dislike – and see how they narrow and contract our awareness, imprisoning us. In this context we are referring to our habitual reactions driven by conditioning, not informed choices based on intelligent discernment.

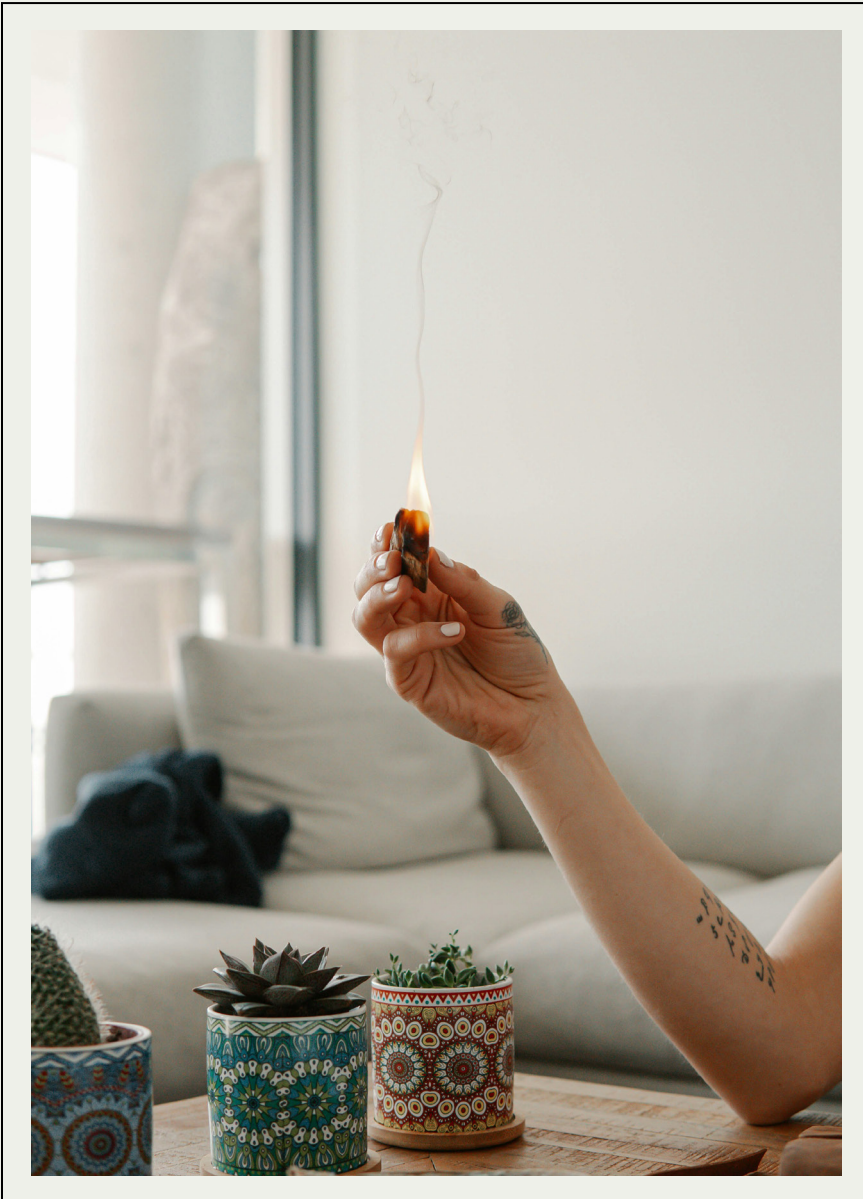
### 3 - SELF - ACCEPTANCE

Throughout our training, we are working in two areas – redirecting our attention to the present moment by using a mindfulness support, while at the same time learning to accept the diverse range of our inner experience.

Part of mindfulness practice is learning to work with strong emotions that arise and developing the capacity to ‘hold’ difficult experiences within body and mind. Identifying our reactive patterns of preference reveals how working on attitude is all important, and so, through training in acceptance, we learn to acknowledge and come to terms with difficult thoughts and emotions by paying them close attention, with a kind and inclusive attitude.

This leads to a gradual dis-identification with the contents of our experience and shift in perspective in which we come to see that we are not our thoughts. This allows for a more open and wider perspective which creates new possibilities and a whole system approach versus only seeing its parts.





## 4- THE UNDERCURRENT AND OBSERVER

During this last module, we bring together all the themes from the previous three modules and help you set up an ongoing mindfulness practice for going forward in your life.

At this point, we explore the model of ‘undercurrent and observer’ as a way of mapping out the inner landscape of our mind and identifying where change can take place.

The ‘undercurrent’ refers to the continuous stream of thoughts, emotions, memories and images that stream through our mind, moment by moment, whether we like it or not. If left unattended we get hijacked by them and as a result lose our inner stability and freedom of choice (or our response-ability).

The ‘observer’ refers to that part of our mind that sees the undercurrent and has the capacity to reflect on itself.

As our practice deepens, we learn to step out of the undercurrent and simply leave it alone. Instead, we focus on working with the attitudes of preference and assumptions, prejudices, or preconceived opinions in our observer as this is where genuine change can take place.







### WHO ARE OUR TRAINERS?

Our three certified coaches and trainers are experienced mindfulness practitioners. They are entrepreneurs who run their own coaching, mindfulness and emotional intelligence teaching businesses. Together, they combine more than 60 years of daily meditation and mindfulness personal practice. They also have thousands of hours of meditation retreat experience.

“NOTICE YOUR  
DISTRACTION”

## ANNICK NEVEJAN, MA, MSC

Annick is a lead tutor and supervisor for the Mindfulness Association (MA) since 2010 and delivers the MA's trainings, retreats and teaching skills trajectories in the UK and Europe. She was for 5 years an Honorary Teaching Fellow at the University of Aberdeen on the Master Studies in Mindfulness (MSc).

Annick works as an integral coach, trainer, and counsellor from her office in Amsterdam as an independent professional. Her work is based on an integration of Buddhism, Western psychology, neurobiology, and the Theory of Living Human Systems.

She is licensed in Systems-Centered® Training (by SCTRI in the USA), an innovative approach to sustainable change; seeing the whole picture instead of just our part and recognizing ourselves as active members in creating the systems that shape us.



“DEVELOP  
COMPASSION”

GENEVIÈVE MAJOR, PHD

Geneviève is a Coaching for Development graduate from The Center for Coaching. She holds a PhD in Human Nutrition and Human Kinetics from the Université Laval, Québec. Geneviève is passionate about the health and wellbeing of individuals and holds more than 7000 hours of personal practice and more than 200 days of mindfulness meditation retreats in India and Europe.

She is a certified teacher of the programs Search Inside Yourself (SIY), and Mindfulness-Based Living Course (MB-LC). Geneviève also teaches the science-based mindful eating programs MB-EAT (Mindfulness Based Eating Awareness Training) and ME-CL (Mindfulness Based Conscious Living). She is a member of The Center for Mindful Eating (TCME) and a Mental Health First Aider (ENSA).





“FOCUS YOUR  
ATTENTION”

## ROBBIE FENLON, PCC, IFMGA

Robbie is a PCC graduate from The Center for Coaching. He is a leadership and team dynamics coach, a workshop facilitator, a mindfulness and emotional intelligence certified teacher, and a professional mountain guide.

Robbie's specialization and expertise are mindfulness, emotional intelligence, leadership and integral coaching. His purpose is to help people discover how they can develop themselves through inner and outer explorations. He has a special interest in working with people and teams who want to make a positive impact in the world. His passion working with teams is about helping them build psychological safety, collaboration through connection and trust, since these are the principal factors of high performing teams.



## Additional information

### ANYTHING ELSE I NEED TO KNOW?

**Just a few practical details to help  
you organize your training!**

All modules are delivered on a Saturday  
and Sunday from 10 AM to 5 PM CET.

And all pod meetings are delivered on a  
Monday from 5PM to 7 PM CET.

Below are the dates of the various modules and pod meetings:

#### Module 1

*January 27-28, 2024*

*Settling the Mind-Start where you are*

#### Pod meeting 1

*Februrary 12, 2024*

#### Module 2

*March 9-10, 2024*

*Working with distractions*

#### Pod meeting 2

*March 25, 2024*

#### Module 3

*May 4-5, 2024*

*Self-Acceptance*

#### Pod meeting 3

*May 20, 2024*

#### Module 4

*June 1-2, 2024*

*The Undercurrent and Observer*

**This is the schedule of a typical training day:**

MORNING	CONTENT	TIME	LUNCH BREAK 13h00 - 14h00	AFTERNOON	CONTENT	TIME
	Course	10h00-11h15			Course	14h-15h15
	Break	11h15-11h45			Tea Break	15h15-15h45
	Course	11h45-13h00			Course	15h45-17h00



## Additional information

To follow the course, you will need to:

- *Have access to an individual computer with a video camera.*
- *Be a trained coach, but absolutely no previous experience with mindfulness is necessary.*

### FEES AND TERMS OF THE COURSE

Total cost : 2'150 CHF (3 monthly payments are possible)

**Price includes:**

- *4 X week-end modules*
- *3 X 2-hr pod meetings*
- *Your student's manual*
- *Unlimited access to our e-learning platform with all course content*
- *The recording of all our guided practices*

Should you have any more questions, please contact [genevieve@truenature.ch](mailto:genevieve@truenature.ch) or [book a chat](#) on the course [webpage](#).





RECOGNIZE THE LIGHT THAT  
SHINES BEHIND AND WITHIN  
EVERYBODY





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**Join the course**

