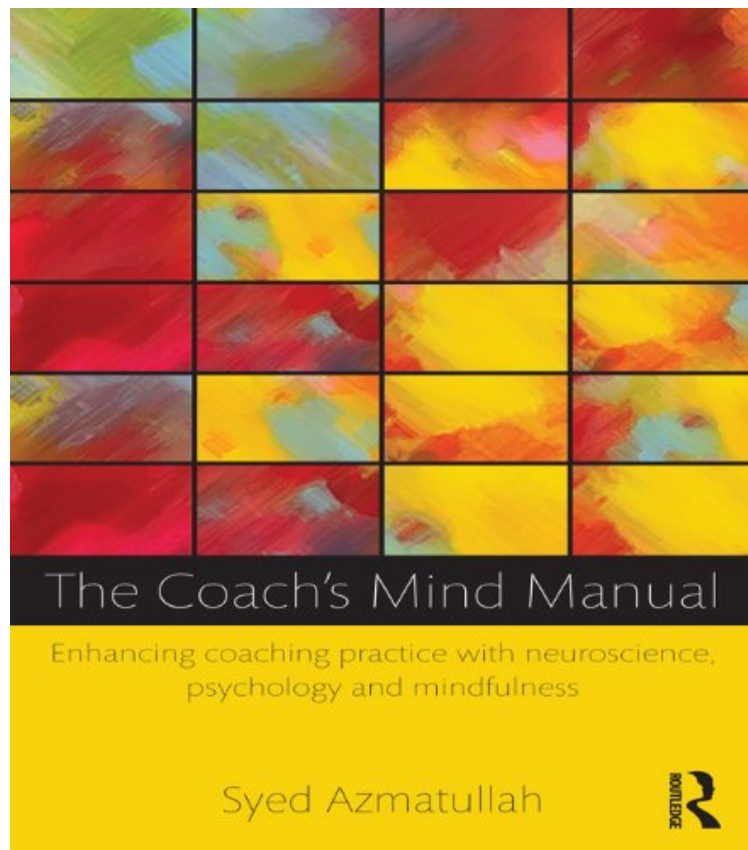


(Download free ebook) The Coach's Mind Manual: Enhancing coaching practice with neuroscience, psychology and mindfulness

The Coach's Mind Manual: Enhancing coaching practice with neuroscience, psychology and mindfulness

Syed Azmatullah

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Syed Azmatullah : The Coach's Mind Manual: Enhancing coaching practice with neuroscience, psychology and mindfulness before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Coach's Mind Manual: Enhancing coaching practice with neuroscience, psychology and mindfulness:

1 of 3 people found the following review helpful. Neuroscience for everyone - essential for the coach. By Gareth Noble Great read. An approach that brings everyone a good insight into the workings of the mind. For coaches a must have!

The Coach's Mind Manual combines the latest findings from neuroscience, psychology, and mindfulness research to provide an accessible framework to help coaches and leadership development specialists improve their awareness of the mind, enhancing their coaching practice. Syed Azmatullah explains how such knowledge can be used to guide clients on a journey of self-discovery, facilitating transformational changes and enriching their performance and personal lives. Part One considers the mind's management committee, the cerebral cortex, and how its contrasting functions can be accessed to improve problem solving skills. Part Two considers the mind's middle

management, the limbic system, balancing executive direction with our social and emotional needs, driving motivation around core values. Part Three examines how the environment, via the body, influences our mental infrastructure at various stages in life, guiding the selection of interventions. Part Four looks at interpersonal dynamics and how to maximise team performance. Part Five considers the power of collaboration for generating the culture needed to improve the sustainability of our global community. Each section contains self-reflection exercises and experiential role-play to help clients derive benefit from their new personal insights. Coaches are encouraged to combine the broad range of concepts presented with their own experience, creating a contextually-driven coaching process. By focusing on the mind as the target for coaching interventions Azmatullah establishes a comprehensive framework for achieving transformational change. The Coach's Mind Manual is ideal for all professionals engaged in adult development including executive coaches, business coaches, human resource development professionals, leadership development professionals, management consultants and organisational development professionals.

'This sophisticated yet accessible book elegantly connects the fields of neuroscience, organisational theory, coaching and transformational learning. Using metaphors from organisational life to explain the workings of the brain, coaches and their corporate clients will be able to harness the immense potential of the science of brain functioning and its implications for personal and professional growth. As coaching matures as a profession this book stands to make a significant contribution to sharpening and refining coaching practice, rooted in sound principles derived from the field of neuroscience.' Simon Cavicchia, Joint Programme Leader MSc Coaching Psychology and MA Psychological Coaching, Metanoia Institute, London 'Executive coaching as an emerging discipline is often perceived as an eclectic blend of multidisciplinary techniques. What is needed is a framework that does justice to the complexities of organisational life and to leadership. Dr Azmatullah's work is precisely that: it provides a pioneering and comprehensive framework which firmly anchors executive coaching in the workings and intricacies of the human mind. The work is timely and comes highly recommended.' Bernd Leygraf, Consultant Psychotherapist, Director Naos-Institute About the Author Syed Azmatullah obtained a neuropharmacology PhD in 1983 and went on to lead global transformational change initiatives as a senior manager in the pharmaceutical industry. He pursued interests in executive coaching and psychotherapy at the London Gestalt Centre, The Grove and the Karuna Institute. He is a member of the Association for Coaching and is currently director of Kadak Consulting Ltd.