



## Mindfulness based Coaching & Mentoring by Tanzi Samsudeen

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally” – JonKabat Zinn

Coaching and mentoring requires that both coach and coachee and mentor and mentee are fully present in the coaching and mentoring conversation to create relevant psychological and behavioural change. The best results are possible when both parties are fully present in the conversation in a purposeful manner and practice non-judgemental openness.

### The benefits of Mindfulness Mentoring & Coaching

- Improve the ability to refine focus and have mental clarity during the coaching process.
- Feel more inspired and engaged to guide and facilitate the coaching process effectively.
- Develop a profound level of self-awareness both personally and professionally.
- Learn to coach in a manner that the coachee will create ‘out-of-the-box’ solutions.
- Develop more intuitive discernment and guide the coachee to practice it as well.
- Help the coachee/mentee:
  - develop a greater sense of clarity, calmness and purposefulness.
  - develop connection, cooperation and empathy towards self and others.
  - improve the contribution towards an effective work environment.
  - improve the ability to deal with habitual and negative patterns of thought.
  - improve the productivity, efficiency and the decision-making ability.
  - realise their full potential.

### Programme Outline

The two-day programme will cover both the theoretical and practical aspects of mindfulness based coaching and mentoring. It will include some of the world’s best known mindfulness practices and techniques. As coaches the participants will also have the opportunity to practice mindfulness based coaching and mentoring through role playing.

- Introduction to mindfulness and benefits of mindfulness.
- Routines to develop mindfulness.
- Emotional awareness and emotional self-regulation.
- Introduction to coaching and mentoring: similarities and differences.
- Developing a mindfulness driven coaching approach
  - Non-judgmental openness, curiosity and empathy
  - Mindfulness for preparation of coaching and mentoring
  - Paying attention during interactions (thoughts, emotions, sensations, happenings)
  - Letting go (practice non-attachment to outcomes)
- Practice: an empathetic mind, non–reactivity, permissive attention

## Your Facilitator

### Thanziza Samsudeen (Tanzi)

A Senior Management Consultant for Sensei International; Tanzi's career in Training and development spans over a period of 17 years. Prior to starting a career in management consulting she spent her early years in different sectors of the service industry. Her 22 years of professional experience comes from teaching, and the service industry, including mobile and fixed phone, entertainment, real estate, talent sourcing and Consulting.

She holds a Bachelor's Degree in Natural Science, a Diploma in Psychology, an advance Diploma in Counselling and Life Coaching, a Master of Science in Psychology and Master in Business Administration (MBA). She is currently reading for her PhD at the faculty of Graduate Studies of the University of Colombo.

Her training and facilitation experience includes guiding participants from over 20 countries including Europe, Middle East, the Far East and South Asia for the past 10 years. Tanzi comfortably accommodates a range of programmes and participants from a single participant to more than a thousand. This includes executive coaching, personal counselling, small group coaching, management consulting, focus group discussions, personality profiling, training and keynote speeches. An expert in both indoor and outdoor learning experiences, she ensures that the organizations and participants she works with gain sustainable value from her contribution.

Tanzi has had the opportunity of working with big brand names such as Tom Peters, Ron Kaufman, Bob Ulrich, Stephen Covey, Robert Holden, Jack Trout and Omar Khan. She works closely with her business partner Ranjan De Silva in developing and delivering transformation solutions to Sensei clients. Her development initiatives combine management and psychology that makes her contribution effective, fun and engaging. With an eye for continuous improvement, Tanzi focuses on introducing innovative methods into her practice.

### Participation details:

<b>Country</b>	<b>Dhaka - Bangladesh</b>
<b>Venue</b>	Six Season Hotel, Gulshan 2, Dhaka.
<b>Dates:</b>	6 <sup>th</sup> , 7 <sup>th</sup> April 2019[2-day workshop]
<b>Timing:</b>	8.30AM- 6.30 PM
<b>General Fee –</b>	Tk. 15,000/- <b>(this includes lunch &amp; refreshments)</b>
<b>Early Bird Fees</b>	Tk. 13,500/- for payments before 25th March 2019
<b>Bulk Discount</b>	15% discount for 15 or more participants, 10% discount for 10 or more participants and 5% discount for 5 or more participants.
<b>For more details and Registration</b>	Call: +8801844526731 or email <a href="mailto:ramna@sensei-wisdom.com">ramna@sensei-wisdom.com</a>