

Karl Albrecht *International*

“Mindfulness” Coaching

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The concept of *mindfulness* is now being recognized as an important aspect of the psychological functioning of high-performing people. Mindfulness coaching is a specialized form of personal development, in which one learns to apply certain advanced thinking processes and methods in everyday life situations.

Far from being a “far out,” new-Age indulgence, mindful thinking is a practical skill for everyday living. Mindfulness coaching is an eye-opening, evolutionary experience that gives you new options for thinking about problems, issues, and decisions in more flexible, creative, and constructive ways.

You learn to “hear” yourself think (the “observing self”); detect various self-defeating reactions, attitudes, and emotions; disconnect irrational “hot-button” reflexes; remain “at cause,” when dealing with others; let go of socially programmed “slogan” thinking; become less critical and more open to new ideas and possibilities; use your language more skillfully to think, express yourself, and influence the thinking of others; organize your thoughts more clearly; and influence others to see things more clearly as well.

A mindfulness coaching experience typically involves two kinds of processes: 1) “replay,” in which you review a previous experience and the way you dealt with it, considering some alternative mental “frames,” reactions, strategies, and behaviors you might have applied; and 2) “rehearsal,” in which you anticipate a future experience or situation, identify your preferred outcomes, and consider various frames, strategies, and behaviors for getting what you want.

With both processes, you use active visualization – “mind movies” – to enrich your understanding of your life experiences. You learn to create success movies, which visualize deliberately planned scenarios in which you act to achieve your goals.

The emphasis in a mindfulness coaching experience is less on *what* you’re thinking, and more on *how* you’re thinking. The mindfulness coach serves primarily as a mirror and a sounding board, helping you apply the advanced thinking processes you’re learning, and making these techniques a regular part of your everyday life.

Dr. Karl Albrecht is one of the pioneers of psycho-cognitive training and coaching techniques. He provides coaching assistance to a limited number of clients. A coaching relationship usually involves a series of meetings, either in person or online, with an hourly fee and a basic minimum charge.

<http://www.KarlAlbrecht.com>