
ONE-TO-ONE MINDFULNESS FOR LEADERS

OVERVIEW

My work with leaders is based on developing a trusting relationship and exploring how mindfulness can have a real and direct impact in your daily life.

There are three phases that I guide you through: **Establishing**, **maintaining**, then **owning** a mindfulness practice. This takes on average between 3 to 6 months to achieve, though no one individual is the same and our work together is regularly reviewed.

- **Establishing:** I'll introduce you to my approach to mindfulness and we'll get to know each other so I can understand your situation and goals and we can shape a daily mindfulness practice that works for you.
- **Maintaining:** We'll work together as you grow in confidence applying mindfulness to your life and explore key areas where you feel pressure, reactivity and opportunities to develop.
- **Owning:** The final phase is to ensure you feel confident in using and adapting your mindfulness practice to support your life ongoingly. We'll look at next steps and tips to keep your practice fresh.

SESSION STRUCTURE

Each session last 50-60 minutes and follows the following structure:

- **Check in:** You can reflect on the past week, with a particular focus on issues that have arisen and feedback about your mindfulness practice.
- **Meditation:** I'll guide you through a meditation.
- **Check out:** We'll review the meditation, I'll give you some guidance on using and deepening your mindfulness practice and we'll set intentions for the week ahead.

I encourage daily independent practice where possible and will signpost additional resources to help with this. I can provide audio guided meditations and recommend that you download the Mindlabs app (wearemindlabs.com), a leading platform which I contribute to.

COST & TERMS OF SERVICE

- One-to-one leadership online: £250 per session
- One-to-one leadership in-person: £350 per session

Sessions are held weekly, usually on the same day and time each week. Cancellations must be communicated 48 hours before the session otherwise you will be charged. Currently I can only offer London-based in-person sessions. Concessionary rates are available in some circumstances, please contact me for more information.

Income from Mindful Peak Performance one-to-one leadership coaching supports our social vision to bring mindfulness to disadvantaged groups of young people. Learn more about our community projects by visiting www.mindfulpeakperformance.com/community

