



**Mindfulness**

by Energy House

# Mindfulness

## **Coaching Training**

*ICI Accreditation Program*





# Mindfulness Coaching Training

ICI Certified



## Training Title:

Mindfulness Coaching Training – ICI Certified

## Organizer:

Dr. Darko Cvetković

## Trainer:

Dr. Darko Cvetković, ICI Coach Master Trainer

## Duration:

6 days / 40 hours total (approx. 6.5 hours per day including breaks)



## Entry Qualification:

Minimum requirement to participate the training is ICI Coach.

## Format:

Interactive workshop including meditations, coaching exercises, pair work, and live sessions

## Training Description:

The Mindfulness Coaching Training is a comprehensive course designed to equip coaches and trainers with mindfulness-based coaching tools. It integrates mindfulness principles, NLP elements, and coaching skills to help participants foster emotional clarity, self-awareness, and transformation in clients.

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## Methodology:

Interactive, experiential learning including:

- Guided meditations and breathing exercises
- Coaching demonstrations and triad work
- Reflection exercises and metaphor creation
- Writing and leading guided mindfulness sessions
- Audio and worksheet materials provided

## Training Structure:

<b>Day 1: Introduction to Mindfulness Coaching</b> <ul style="list-style-type: none"> <li>• What is mindfulness and its role in coaching</li> <li>• Awareness as a tool for state change</li> <li>• Breathing, centering, and grounding exercises</li> <li>• NLP and mindfulness: integrating body, breath, and mind</li> <li>• Practice: Creating a personal inner safe space</li> </ul>	<b>Day 2: Conscious Listening and Awareness</b> <ul style="list-style-type: none"> <li>• Active listening and powerful questioning</li> <li>• The role of silence and mindful dialogue</li> <li>• Perceptual positions through a mindfulness lens</li> <li>• Practice: Mindful conversation and client presence</li> </ul>	<b>Day 3: Emotional Regulation and Somatic Awareness</b> <ul style="list-style-type: none"> <li>• Emotional intelligence in coaching</li> <li>• The body as a guide: somatic coaching practices</li> <li>• Techniques for working with emotions mindfully</li> <li>• Practice: Body scan coaching intervention</li> <li>• Triad coaching sessions (practice)</li> </ul>
<b>Day 4: Identity and Inner Dialogue</b> <ul style="list-style-type: none"> <li>• Inner voice and belief transformation</li> <li>• Mindful Reframing techniques</li> <li>• Writing and using metaphors in mindfulness and coaching</li> <li>• Practice: The role of the inner witness</li> <li>• Who am I when I'm in balance?</li> </ul>	<b>Day 5: Leading Mindfulness Sessions</b> <ul style="list-style-type: none"> <li>• Session structure: opening, guiding, closing</li> <li>• Rapport building through presence</li> <li>• Designing short mindfulness protocols</li> <li>• Practice: Leading a meditation for a partner or small group</li> <li>• Feedback and reflection</li> </ul>	<b>Day 6: Practice and Final Presentations</b> <ul style="list-style-type: none"> <li>• Triad work: coach – client – observer</li> <li>• Final coaching sessions using mindfulness techniques</li> <li>• Personal protocol presentations</li> <li>• Discussion on integration into private practice</li> <li>• Closing circle and certification ceremony</li> </ul>

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## Certification Requirements:



- 100% attendance
- Final project: personal coaching protocol presentation
- Demonstration of knowledge via verbal evaluation
- Active participation in practical exercises

 <b>Expected Outcomes:</b>	 <b>Working in Triads – Coaching Sessions:</b>
<ul style="list-style-type: none"> <li>• Ability to lead individual and group mindfulness sessions</li> <li>• Integration of mindfulness in personal coaching approach</li> <li>• Use of metaphors, body awareness, and presence in transformational work</li> </ul>	<p>Participants are grouped into triads, rotating through three roles:</p> <ul style="list-style-type: none"> <li>• <b>Coach:</b> Practices guiding the session using mindfulness and coaching tools.</li> <li>• <b>Client:</b> Brings a real or simulated topic to explore.</li> <li>• <b>Observer:</b> Watches the session mindfully, giving feedback on presence, question clarity, and energy management.</li> </ul> <p>Each participant experiences all three roles, deepening practical skill integration, receiving diverse feedback, and learning through observation.</p>



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## Mindfulness Techniques in Coaching:

### 1) Mindful Breathing

Used for centering and emotional regulation, focusing on inhale and exhale.

### 2) Body Scan

Raises awareness of body and emotional signals through guided scanning.

### 3) 3-Minute Pause

A quick mindfulness reset combining breath and emotional observation.

### 4) Thought Noting

Observing thoughts without judgment, useful for creating mental distance.

### 5) Safe Place Visualization

Creates an internal anchor of calm and resilience for the client.

### 6) Grounding Techniques

Focuses attention on physical sensations and surroundings to stabilize presence.

### 7) Mindful Listening

Full attention to the speaker, strengthening rapport and deep connection.

*\*\*\*This program is structured to meet ICI standards for certification and includes both theoretical understanding and extensive practical application of mindfulness in a coaching context.*

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