

Mindful Presence: Insights From Neuroscience

AN 8-WEEK ON-LINE COURSE: May 16-July 8, 2011 ❖ INSTRUCTOR: Janet Baldwin Anderson, Ph.D.

Hosted by:



Janet Baldwin Anderson, Ph.D.

The latest discoveries in neuroscience underscore the power of mindful awareness practices for health, well-being, and personal effectiveness. In this 8-week online course, explore these exciting new findings and consider their implications for your practice. To strengthen our learning, we will engage in mind-body awareness practices. Through weekly readings, practice assignments, and guided discussions, we will discover evidence-based ways to enhance mindful presence and foster

personal and professional growth. The course will address basic concepts—such as neuroplasticity, attunement with self and others, and the social nature of the brain—and explore how mindful awareness and findings from the new brain science can help us create positive change in ourselves and in the lives of our clients. In addition to weekly online discussion, participants also will attend two 90-minute conference calls with expert guest presenters, Rick Hanson (Week 3) and Doug Silsbee (Week 6).

“The readings on the brain were fantastic. My ability in gauging my own presence has grown dramatically, from the practices and in-class reading. Janet is an excellent teacher, facilitator, and moderator.”

— MARY O’NEILL

“This marvelous course has helped me be much more observant and compassionate about my own behaviors and stories, as well as those of others. I am also encouraged about the possibility for change with this new understanding. It has already impacted my presence and effectiveness.”

— PATTI COTTON PETTIS

Course Objectives

- Understand the basic concepts of the new brain science and implications for mindful awareness.
- Discover impacts of mindful embodied awareness in cultivating coaching presence
- Use knowledge of neuroscience and the practice of mindfulness to facilitate personal and professional development and foster positive change.

Required Reading

Siegel, D. (2010). *Mindsight: The New Science of Personal Transformation*. Bantam Books.
Silsbee, D. (2008). *Presence-Based Coaching: Cultivating Self-generative Leaders through Mind, Body, and Heart*. Jossey Bass.
Supplemental articles will be provided through Fielding Graduate University Library Services.

COURSE CREDIT AND COURSE REQUIREMENTS: Continuing Coach Education Credits (CCEUs) will be offered for this course. In addition, 3 academic graduate credits will be awarded. To receive graduate credit, you must have at least a bachelor’s degree or equivalent. For more information, contact Amy Boutell (aboutell@fielding.edu).

TUITION: \$1,920 for this 8-week course. 20% discount for Fielding alumni.

REGISTER ONLINE NOW for Neuroscience, Mindfulness, and Coaching, OMD 665 at <http://www.fielding.edu/programs/ProfessionalDevelopment/coaching>. For administrative questions, contact Amy Boutell (aboutell@fielding.edu) or Geren Piltz (gpiltz@fielding.edu).

TO LEARN MORE: Email Janet Baldwin Anderson, Ph.D. at janet@jbacoaching.com or visit www.jbacoaching.com