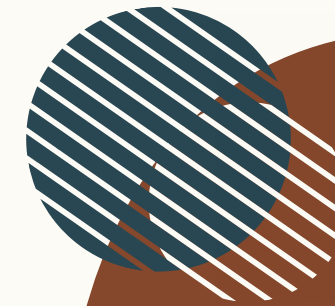




# Mindfulness Coaching Certification

**CHEAT-SHEET TO WORK  
WITH LIMITING BELIEFS**

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COACHING OUTSIDE THE BOX**





# About this Cheat Sheet to Work with Limiting Beliefs

We created this **cheat sheet** to provide a **foundational toolset** to help you facilitate your clients' thinking as they identify and transform their limiting beliefs.

This guide is ideal for **coaches who wish to integrate mindfulness into their sessions**, enabling clients to navigate their internal landscapes with greater clarity and compassion.

We hope you love it as much as we loved creating it for you!

Lucia & Maria

01





# Examples of Limiting Beliefs

A noncomprehensive list of limiting beliefs we typically encounter in our conversations.

- ✓ **Approval and Love:** "I need to work hard for approval or love."
- ✓ **Self-Worth:** "I am not worthy of being loved; I don't deserve to be happy."
- ✓ **Self-Protection:** "I need to protect myself or I will get hurt."
- ✓ **Perfectionism:** "I need to be different (more attractive, intelligent, confident, successful) to be loved or at peace."
- ✓ **Feeling Misunderstood:** "Other people don't understand or appreciate me."
- ✓ **Self-Condemnation:** "I am fundamentally flawed."





# Powerful Mindful Coaching Questions

## Identifying the Belief:



What belief or thought are you holding onto right now?



How does this belief show up in your life?



Where did this belief come from?  
Whose opinion is this?



Is this belief helping or hindering you in this situation?



# Powerful Mindful Coaching Questions

## Non-identification with the Belief:



What would your life look like if this belief no longer held power over you?



What would it look like to replace this belief with something more empowering?



Can you think of an instance where this belief wasn't true?



If you were to let go of this belief, what would you be open to receiving instead?



# Powerful Mindful Coaching Questions

## Moving Into the Present:



What is the current moment showing you about this belief?



Can you be with the discomfort this belief creates, without needing to change it right now?



How does your present experience align or clash with this belief?



What do you notice when you simply allow yourself to be present with this belief, without judgment?



# Powerful Mindful Coaching Questions

## Shifting the Narrative:



How would you feel different if you wouldn't believe this?



What do you need to hear from yourself right now to help soften this belief?



What empowering belief would replace this one, and how would it serve you?



What part of you might be trying to protect you with this belief?



# Thank you for your interest in Mindfulness Coaching!

If you have any questions or comments, **we are always happy to chat.**

If you'd like to deepen your practice of working with limiting beliefs or integrate more mindfulness into your coaching practice, we invite you to **take a look at our Mindfulness Coaching Certification Course.**

We hope to see you in class!  
Lucia & Maria

**LET'S CONNECT**



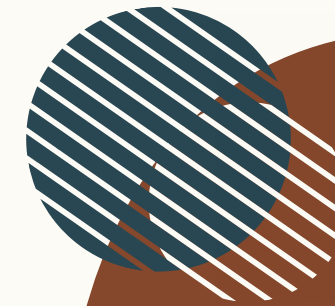




# Mindfulness Coaching Certification

**COURSE HANDBOK**

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COACHING OUTSIDE THE BOX**





# Table of Contents

**02** Intro to Mindfulness Coaching

**03** About this course

**05** Learning Outcomes

**07** Course Outline

**08** Who this course is for

**09** Meet Our Instructors

**10** Resources Included

**11** Registration

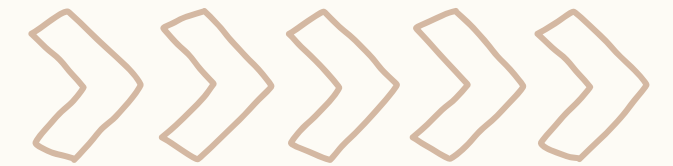


# What exactly is Mindfulness Coaching?

Mindfulness Coaching is *the art of partnering with clients in a grounded and thought-provoking process* that nurtures their awareness in the present moment.

Looking for more detail? Read [here](#).

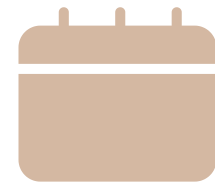




# Mindfulness Coaching Certification

5

**5 weekly**  
sessions



**10 Apr - 08 May**  
Duration



**4-6 PM**  
CET



**ICF accredited**  
Course

10

**10 hours**  
of training



**Fully Online**  
training

**LIVE**

**Live**  
sessions



**Attendance**  
is mandatory



## Through this course, you can..

- ✔ Integrate mindfulness principles into your coaching to create a safe space to for your clients.
- ✔ Gain theoretical knowledge, practical experience, mentorship, and qualifications recognized globally.
- ✔ Help clients deepen their self-awareness through sensations, triggers, beliefs, values, needs, and wants.
- ✔ Guide your clients to connect deeply with their inner selves, fostering deeper transformations.



# Learning outcomes from this course



01

Shift your attention to what is happening in the **here-and-now** and stick to it

02

Make more **conscious choices** about who you are being in the room

03

Welcome **strong** emotions with no judgement

04

Don't believe **everything** your clients tell you and treat their stories as a result of their perceptions

05

Leverage your own **and** your client's present experience in service of their growth

05





## Earn 15 CCE Units

This course offers an immersive experience that *balances theory with hands-on practice*. It consists of 5 weekly sessions, each lasting 2 hours.

It is accredited with ICF for Continuing Coaching Education (CCE), ensuring that it meets the *highest standards of coach training excellence*.



Earn  
**15 CCE units**  
towards your  
ICF certification  
renewal



# Course Outline

## Session 01 Being Grounded As We Start

- Core principles of mindfulness and its benefits
- Techniques to ground yourself & help your client center themselves at the start of each session.
- Present-focused session agreements & factors that shape your coaching presence.

## Session 02 Harness the Present: The Coach

- Self-awareness in the present moment as a tool to use the self in your conversations.
- Connect with yourself & use current experiences for insights into your client's inner world.

## Session 03 Harness the Present: The Client

- Utilize present experience and non-judgment to boost client self-awareness
- Deepen self-connection for deeper insights.

## Session 04 Small Group Practice

- Practice learning from previous sessions and receiving feedback in small groups.
- Identify questions that still need an answer.

## Session 05 Mindfulness Coaching in Action

- Integrate previous learnings by observing and analysing a recorded coaching conversation.
- Implement learnings during extensive practice with mentor feedback.





# This course is for you if..



You get ***stuck in models, tools, and frameworks*** during your sessions



You allow the client to ***stay in the past or future*** but not so much in the present



You make clients ***reflect on problems*** instead of how they feel about it



You ***avoid 'places you don't want to visit'*** from your own experience



You catch yourself ***making judgments or having pre-conceptions*** about the client's challenge



You consider your client's ***goals more important than their well-being***



You feel ***uncomfortable when strong feelings*** show up in sessions



You ***believe everything your client tells you***



# Meet Your Instructors

An ICF Master Certified Coach, Certified Enterprise and Team Coach, Lucia is the **founder of Coaching Outside the Box**. She has trained & mentored **hundreds of coaches worldwide**. She also has **20+ years of experience** coaching multicultural and distributed organisations.

**Lucia Baldelli**

**ICF Master Certified Coach**



A Mindfulness Coach and Yoga and Mindfulness Meditation Teacher, Maria spent a few months in India to deepen **her understanding of mindfulness and how it can be integrated into our lives**. She developed a certification program to **bring mindfulness practices to organisations**.

**Maria Chietera**

**Mindfulness Meditation Teacher**





# Resources Included

WITH THE COURSE



## Course Materials

In-depth course materials that guide you throughout the training and beyond



## Exclusive Resources

Exclusive access to tools & resources integral for effective mindfulness coaching



## Certification Costs Included

Become a certified mindfulness coach at no additional fees



## Ongoing Access

Continue development with access to updated materials and support post-course



## Expert Support

Invaluable insights from seasoned experts in the field of mindfulness & coaching





# Registration

From Doing to Being in the Moment: Harness the Power of Now in Your Coaching Practice

**JOIN US**

Register [here](#).

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