



Break the Urgency Cycle Through Mindfulness Practices

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Covey's Time Matrix

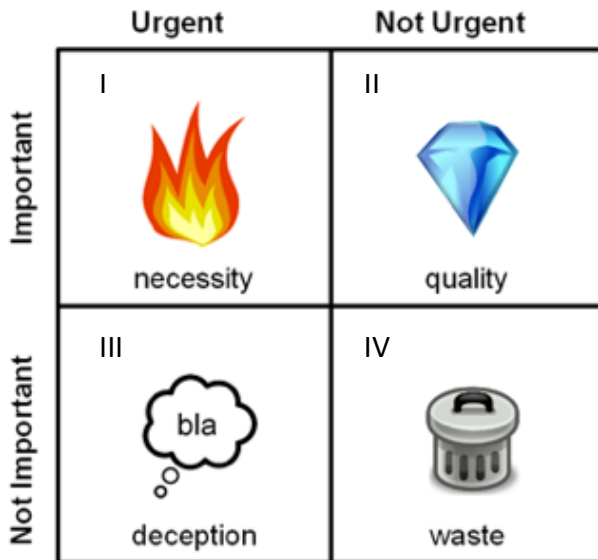


Figure 1

The Amygdala and Related Brain Structures

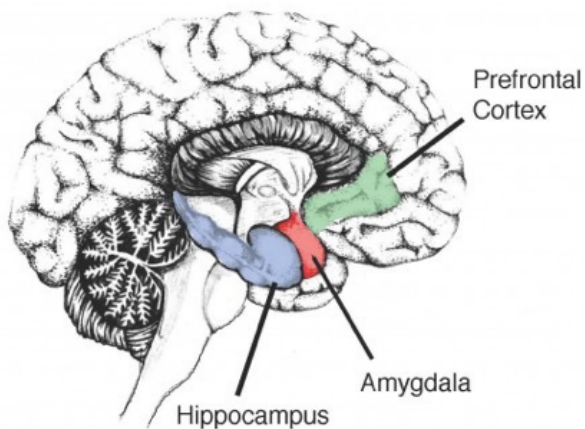
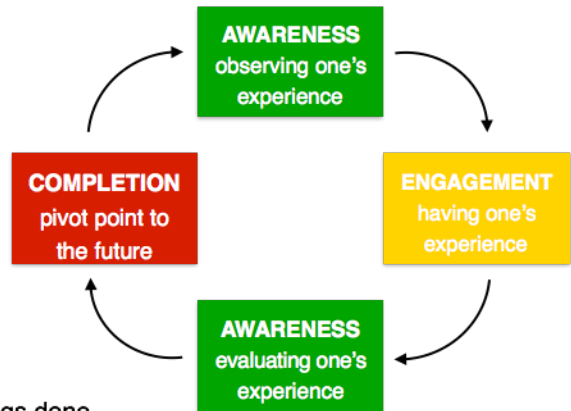


Figure 2

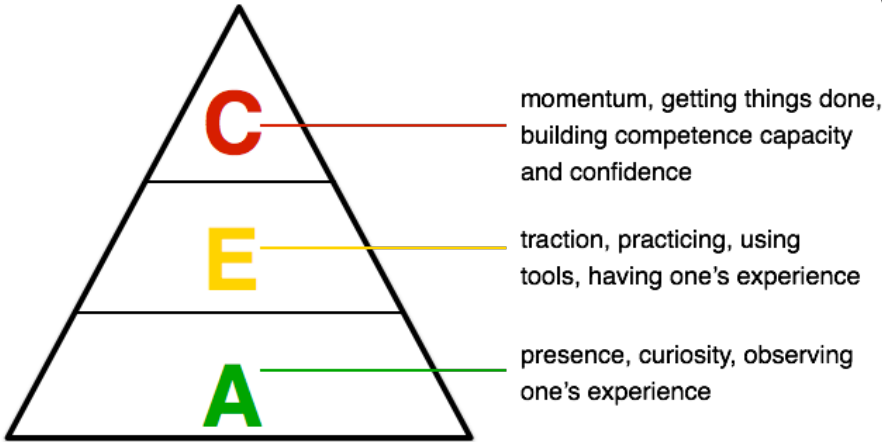


AEC

AEC Model for Change



AEC Foundations Model



Rope Bridge Exercise – Heightening A and C



One client, coach and observer

Client comes focused on a particular engagement (E) where they are feeling a sense of urgency.

Agreement: Coach and client are practicing mindfulness, creating awareness and educating about AEC

Coaching objective: Build A and C with your client using the AEC process and the following coaching skills-

Educate

Model

Cue

Listen

Articulate



ABROS™ Exercise - Reengage the E in a Mindful way with your client

	Example	Practice
<p>Actions Committed</p> <p>Clear, specific and measurable action(s) the client commits to take by a certain deadline; commitment includes sharing the experience with the coach</p>	<ul style="list-style-type: none"> • Committed to exercise program: going to the gym four mornings a week 	
<p>Benefits of Outcome</p> <p>The positive outcome the client will receive after completing the action(s)</p>	<ul style="list-style-type: none"> • Decrease stress, which is an obstacle • Set a good tone for the day • Increase energy 	
<p>Resources to Tap</p> <p>The client's resources Expectations, Time, Roles Strengths, skills, talents, past experiences and successes, supportive people and tools</p>	<ul style="list-style-type: none"> • There's a gym on-site • Has coworkers who work out in the morning • Is former athlete; knows value of exercise 	
<p>Obstacles to Overcome</p> <p>The potential challenges that may get in the way of completing the actions</p>	<ul style="list-style-type: none"> • Forgets in moment • Logistics difficult due children school drop-off • Too much on plate 	
<p>Support Engaged Now</p> <p>The coach's accountability support: "What support do you have or want here?"</p>	<ul style="list-style-type: none"> • Wife will take kids 1 day • Will make plans to meet a specific coworker at gym • Willing to review w/coach 	



Resources - An extended resource page can be found at <http://wp.me/P70ffu-wT> Pw: mindful

Figure 1 Covey's Time Management Matrix. Retrieved from <http://onewomanshop.com/2014/experiments-covey-matrix/>

Figure 2 Schematic Image of Hippocampus and Amygdala. Retrieved from <http://guardianlv.com/wp-content/uploads/2013/10/Image-showing-the-Hippocampus-in-the-human-brain-450x348.jpg>

Books

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Goleman, D. (2006). *Social Intelligence*. New York: Bantam Dell.

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Ratey, D. (2001). *A Users Guide to the Brain: Perception, Attention and the Four Theaters of the Brain*. New York: Random House.

Rock, D. (2009). *Your Brain at Work*. New York: HarperCollins.

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Lewis, T., (2014, October 3). Being Curious can Boost Your Memory. Live Science. Retrieved from <http://www.livescience.com/48121-curiosity-boosts-memory-learning.html>

Plattner, H., (2015, October 9). An Introduction to Design Thinking Process Guide. Retrieved from <https://dschool.stanford.edu/sandbox/groups/designresources/wiki/36873/attachments/74b3d/ModeGuideBOOTCAMP2010L.pdf?sessionID=68deabe9f22d5b79bde83798d28a09327886ea4b>

TED Talks

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Thuret, S. (2015). You Can Grow New Brain Cells. Here's How. TED. https://www.ted.com/talks/sandrine_thuret_you_can_grow_new_brain_cells_here_s_how?language=en