

ALIGNING BODY, MIND AND EMOTIONS THROUGH ONTOLOGICAL COACHING TO PROMOTE WELL-BEING AND RESILIENCE

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INTRODUCTION

In this VUCA World in Executive Coaching coaches need to change their approach, shifting perspective from focusing on performance to focusing on the wellbeing of coachees. My purpose is to stimulate participants to develop awareness on how to align body, mind and emotions in order to enhance well-being and reduce stress.

AIM:

Share with the participants coaching tools and techniques through an holistic coaching approach in order to align body, mind and emotions in a coaching conversation to boost well-being and resilience.

MATERIALS AND METHODS:

Powerful questions, linguistic tools, mindfulness, somatic coaching the ingredients of this coaching approach, I will offer the participants tools and techniques to boost awareness, wellness and well-being.

RESULTS:

I will share with the participants my experiences in Executive Coaching with coachees from multinational organizations all over the world, demonstrating all the benefits coming from an holistic and ontological approach to the coaching conversation.

CONCLUSIONS:

To bring about lasting and sustainable change in a coaching process we need to generate simultaneous changes in the coachee's internal dialogue, body and emotions

KEYWORDS:

1 3 domains

2 aligning body, mind and emotions

BIOGRAPHY:

Roberta has a BA in Theatre and Mass Communication, a Master in Human Resources and a Diploma in Executive Coaching. She has a solid experience as a coach and mentor with top management and executives in multicultural contexts. She owns the ICF Credential PCC and she has more than 10 years of experience as trainer and supervisor in Certification Coaching Course, in Italy and Asia, being also provider for ICF accredited courses for coaches. She is also guest speaker in international coaching and HR conferences. In 2018 she received 100 Top Global Coaching Leaders Award, during the World Coaching Congress, where she participated as a speaker