

# THE EXECUTIVE COACHING UNIVERSITY



*The Global Leader in Executive Coaching and Mindfulness Training™.*

## Who We Are

The Executive Coaching University is a leading Executive Coaching and Mindfulness training firm headquartered in Golden, Colorado. We are a talented team of seasoned business executives with diverse experience, yet we all share the same commitment: a deep investment and creative engagement in our clients long term success and well being.

## Who We Serve

The Executive Coaching University serves both individuals and organizations who are interested in learning about Coaching, as well as Mindfulness programs, both of which are focused on financial and health benefits within organizations. We've proudly trained thousands of professionals in 39 countries over the last 17 years.

## What We Do

We leverage our unique expertise in coaching, mindfulness training, and physical well being, to realize world class results.

- Executive Coaching
- Retreats & Facilitation
- Executive Coaching Certifications
- Mindful Leader Certifications
- Organizational Mindfulness Certifications
- Mindfulness Workshops

## Programs We Deliver



## Accreditations



## Partnerships



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**Mindfulness is focusing your awareness on the present moment without judgment**

## **Current Studies Have Shown...**

- Stress costs U.S. businesses \$326 Billion a year
- 85% of all illness is stress related
- 40% of people have an addiction issue
- *Employing Mindfulness principles within organizations has led to a direct measurable reduction in healthcare costs*

## **Areas of Expertise**

Mindful Leadership Practices

Executive Coaching

Retreats and Facilitation

Leadership Development

Physical & Physiological Performance

## **Organizational Results**

- |  |                                 |
|--|---------------------------------|
| ✓ Strong resilient Culture               | ✓ Improved                      |
| ✓ Sustainable Mindful Training Platforms | ✓ Communication                 |
| ✓ Lower Attrition                        | ✓ Focus on Strategic Objectives |
| ✓ Dynamic Engaged Leaders                | ✓ Creative Problem Solving      |
| ✓ Lower Health Costs                     | ✓ Empowered Workforce           |
| ✓ Enhanced Engagement                    | ✓ Recruiting Capital            |

***Improved Bottom Line!!!***

***Individual & Organizational Transformation***

# THE EXECUTIVE COACHING UNIVERSITY



*The Global Leader in Executive Coaching and Mindfulness Training™.*

The Mindful Leader Movement™ is our core training platform, and is approved by the *International Mindfulness Federation*

## Certified Mindful Organization™

- ❑ Organizations adoption of mindfulness as a key tenet of their daily practices and culture
- ❑ Organizations agree to the principles outlined by the International Mindfulness Federation
- ❑ CMOs are recognized as world class organizations in mindfulness principles and practices

## Certified Mindful Leader™

- ❑ Apex level of mindfulness practices, ability to teach mindfulness principles in the workplace
- ❑ Course is focused on the five guiding principles of the International Mindfulness Federation
- ❑ This IMF certified curriculum is delivered in person and virtually over a 10 week period

## Mindful Mentor™

- ❑ Intermediate level mindfulness practices, and introduction to mindful coaching
- ❑ Introduction to the IMF guiding principles, meditation, coaching, and leadership
- ❑ This is delivered in person and virtually over a 3 month period

## Mindful Leader™

- ❑ Introduction to the basics of mindfulness in the workplace
- ❑ Areas of focus include, meditation, communication, listening, and gratitude
- ❑ This is delivered through a half day off-site workshop