

# Mindful Reflection Groups, 2024

Coaching Supervision for All Practitioners to  
Support Well-Being, Learning, Growth, and  
Flourishing

Ken Giglio

[www.mindful-leaders.com](http://www.mindful-leaders.com)

# An Invitation to Reflect Together

**Mindful Reflection** is mindfulness defined simply as attunement to present moment experience as it unfolds, nonjudgmentally. It is applied broadly through the lenses of Self, Others (client), and System.

**Our Supervision Group** is a safe container for reflective dialogue for noticing and presencing in support of practitioner well-being, learning and growth, and flourishing (quality work and ethical sensitivity). Group size limited to five coaches.

**Our Group** will explore the edges of our professional practice and allow all aspects our work into our reflective, integrative space. We will invite curiosity and not knowing. We will listen for depth and breadth, learn from insight and intuition, and compassionately connect within ourselves and as a group—all for our clients.

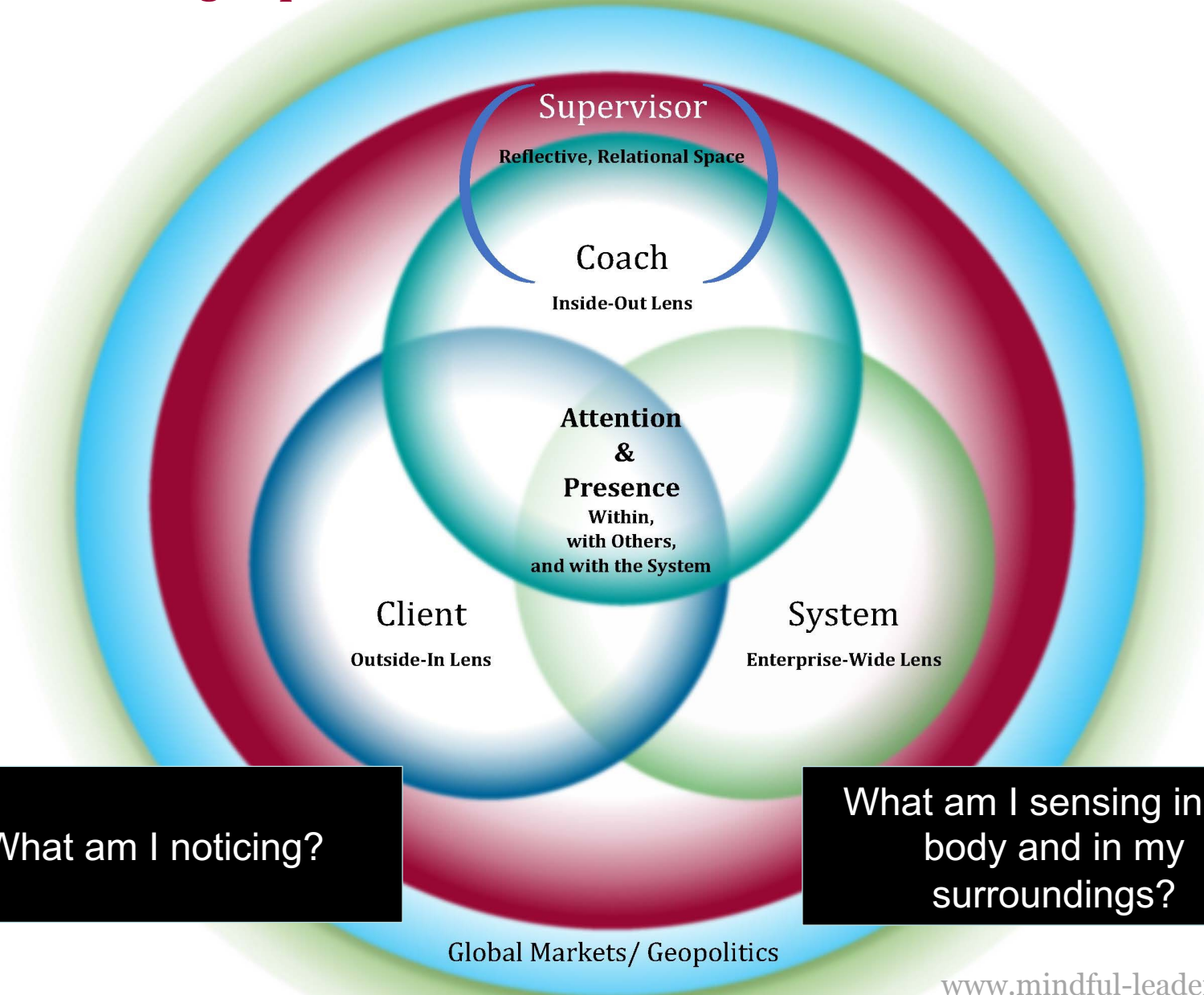
# What We Will Reflect On

**The Mindful Leadership Consulting Tri-Lens Coaching Supervision Model™** is the foundational framework for our mindful reflection. The model will support our group presence and broaden our field of awareness to incorporate relational and systemic elements of our client work.

**Group reflection for our professional practice can include areas such as,**

- Client work of various types—1:1, team, group, organization
- Self as coach—our professional identity
- Skill development and behavior shifts
- Embodiment and energy awareness
- Ethical considerations
- Diversity, Equity & Inclusion
- Cross cultural implications
- In the moment practice and feedback
- Creativity, fun, play

# Tri-Lens Coaching Supervision Model™



What am I noticing?

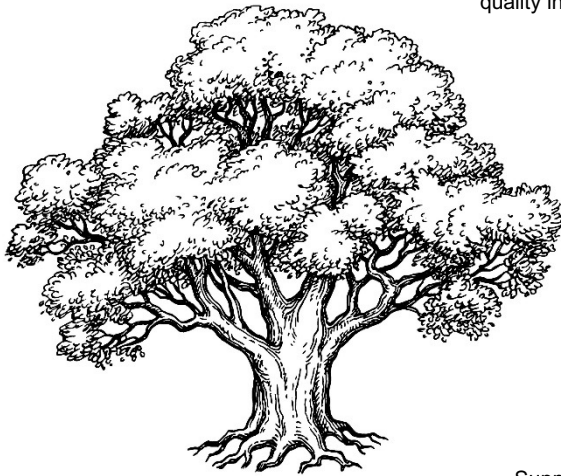
What am I sensing in my body and in my surroundings?

Global Markets/ Geopolitics

# Functions of Supervision: Well-Being, Growth, and Flourishing

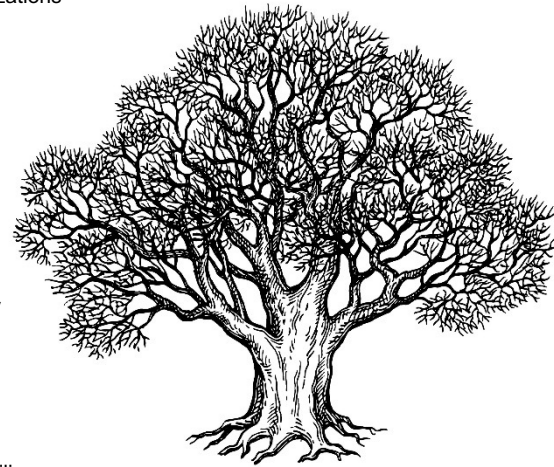
## Flourishing

Attention to maintaining the highest caliber coaching  
quality in service of clients /organizations



## Growth

Focus on learning and  
growth, increasing  
awareness and capacity



## Well-Being

Support for well-being and resilience  
building

# Mindful Reflection Groups – 2024

**Please contact Ken directly for more information – [kgiglio@mindful-leaders.com](mailto:kgiglio@mindful-leaders.com)**

**Groups limited to 5 coaches, with six sessions over a 6-9 month period. All sessions meet either Mondays or Fridays, between 11:30-1:30 ET**

**Dates and times by group agreement**

**Program Fee \$1,000**



# Ken Giglio, Coaching Supervisor

Ken is an accredited Coach Supervisor with the Coaching Supervision Academy (CSA), and he leads a team of accredited coach supervisors in his leadership role as [principal of Mindful Leadership Consulting](#). Ken is a member of CSA's International Faculty and contributes to setting [Supervision Guidelines](#) as a member of the Center for Excellence for Supervision for the European Mentoring and Coaching Council (EMCC).

Ken's commitment to support both the quality and integrity of coaching work and the overall coaching field led him to develop the Tri-Lens Coaching Supervision Model™ (see slide four). This signature model is a framework for coaches to reflect on their client work through three lenses: self as coach, relationship with client, and relationship with the system.

In the [safe space of Supervision AKA Reflective Practice](#), either 1:1 or in groups, we strengthen our relationship with ourselves, with others, and with the systems in which we work. The core benefits for coaches, and the leaders they coach, are elevated well-being, cultivated continuous learning, and enhanced ethical maturity. Our work as coaches and leaders depends on us elevating our capacity to be competent and confident, and creative and compassionate with all the people and organizations we serve.

Ken offers coaching supervision for coaches, supervisors, and mentors at all levels of experience, both 1:1 and in groups.