

Mindful Reflection Group - 2026

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

Ken Giglio

www.mindful-leaders.com

An Invitation to Reflect Together

Mindful Reflection is mindfulness defined as attunement to present moment experience as it unfolds, nonjudgmentally. It is applied through the lenses of Self, Others, and System. Mindful reflection is a practice of awareness and awakening.

A Mindful Reflection Group (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 maturity). Group size is limited to five coaches and/or supervisors, with seven or more years of coaching experience.

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.

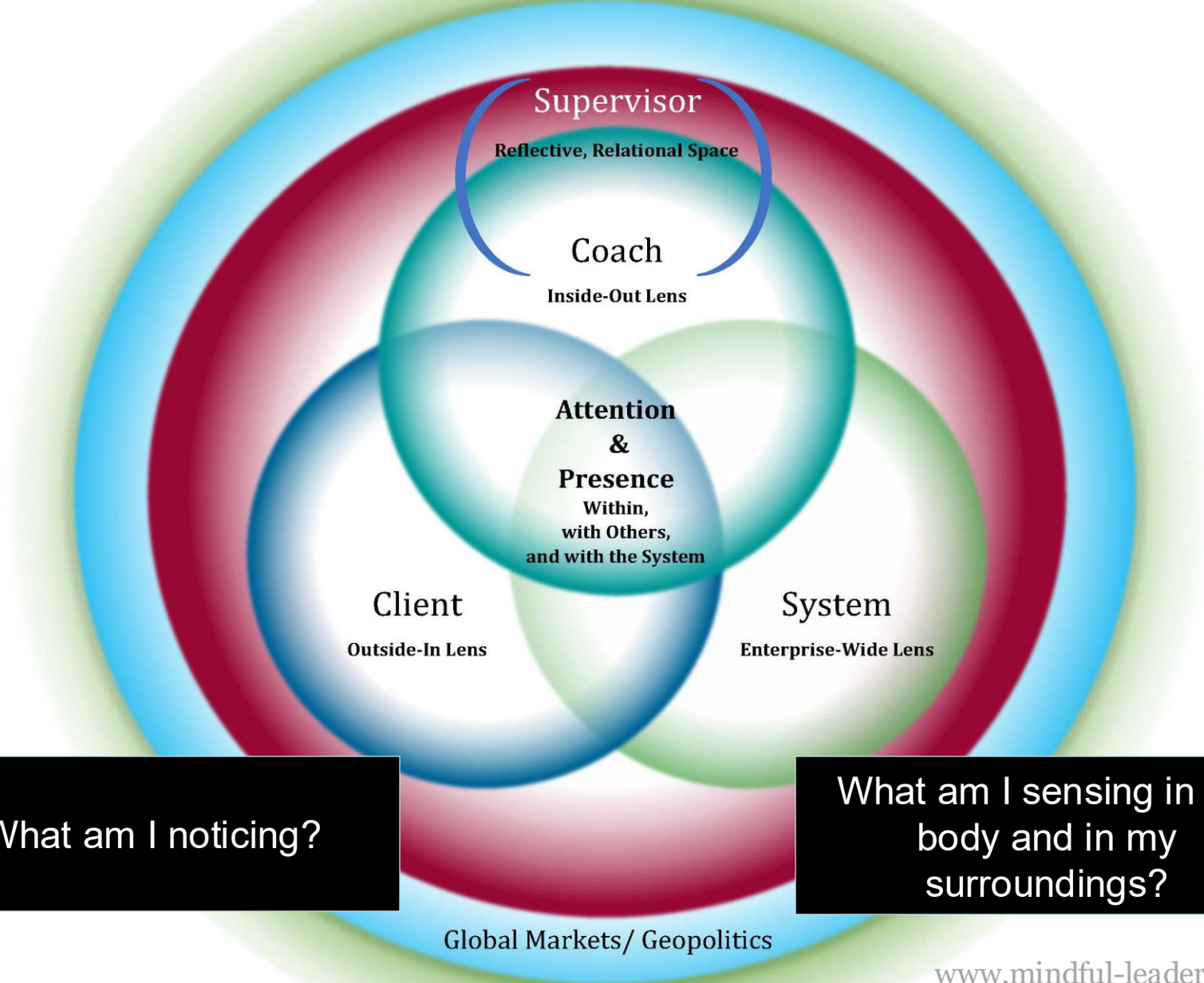
Group Presence as Reflective Practice

The Mindful Tri-Lens Coaching Supervision Model™ is the foundational framework for our mindful reflection. Through guided attention and embodied presence, the three lenses allow for the inquiry necessary to fortify our coaching practice. The model cultivates group presence through an expanded awareness that integrates personal, relational, and systemic perspectives. Together we enhance our practitioner competence, compassion, creativity, and confidence.

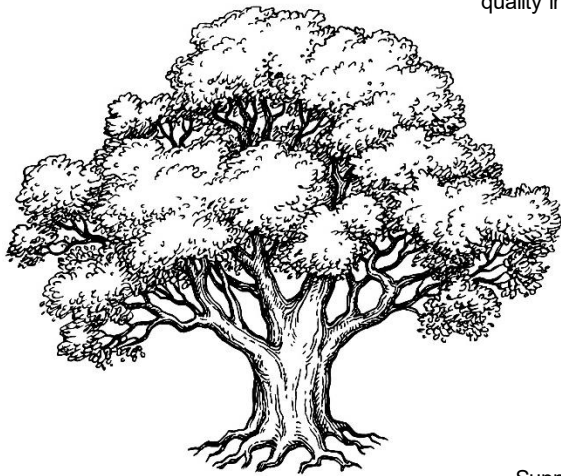
Group reflection for our professional practice can include areas such as,

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

Tri-Lens Coaching Supervision Model™



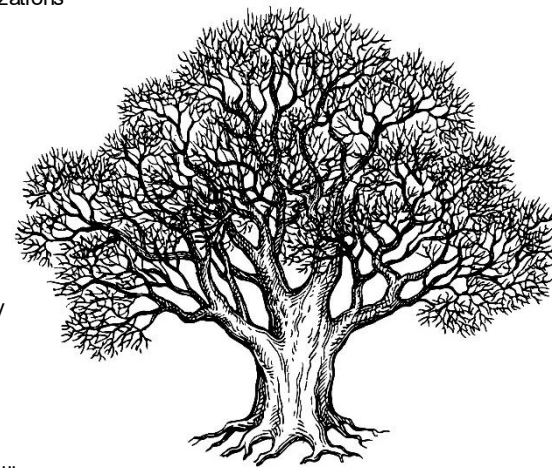
Functions of Supervision: Well-Being, Growth, and Flourishing



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

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Group Supervision meeting times for 2026.

We will meet for six, 2-hour sessions every 5 weeks from 11am-1pm ET.

Preliminary dates:

**January 16, February 20, March 27,
May 1, June 5, July 10, 2026**

Program Fee - \$1,200

Please reserve your seat by contacting kgiglio@mindful-leaders.com



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.