



Mindfulness Matters

How and why to be a mindful RiderCoach

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- ▶ Mentor for mindfulness practices from a variety of disciplines
 - ▶ Taoism
 - ▶ Buddhism
 - ▶ Traditional Chinese/Japanese Medicine



Discussion:
What is
mindfulness?

- ▶ “The quality or state of being conscious or aware of something”
(Oxford Languages, [lexico.com](https://www.lexico.com))

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- ▶ “The quality or state of being conscious or aware of something”
(Oxford Languages, [lexico.com](https://www.lexico.com))
- ▶ “The basic human ability to be fully present, aware of where we are and what we’re doing and not overly reactive or overwhelmed by what’s going on around us.”
([mindful.org](https://www.mindful.org))

Discussion: What is mindfulness?

Mindfulness Practice 1



- ▶ Mindfulness of the senses: hearing, touch, smell, sight, taste



Mindfulness Practice 1

- ▶ Mindfulness of the senses: hearing, touch, smell, sight, taste
- ▶ What did you observe/experience?



How does mindfulness practice work?

Practice using
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(Dr. Ochs, 6/4 vRETS)

- ▶ Parasympathetic nervous system (rest & digest)

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- ▶ Build awareness and acceptance - 2 key ingredients for adaptive growth

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- ▶ Parasympathetic nervous system (rest & digest)
- ▶ Build awareness and acceptance - 2 key ingredients for adaptive growth
- ▶ Cultivate a meta-perspective on one's consciousness and personhood

How does mindfulness practice work?

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Discussion: What kind of things do we need to be mindful of as RCs?



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- ▶ Risk management
- ▶ Range management
- ▶ Time management
- ▶ Teaching/learning dynamics
- ▶ Adult learning principles
- ▶ Motor skills principles
- ▶ Safe, Effective, Efficient
- ▶ Co-RiderCoach
- ▶ Observing
 - ▶ Visual cues
 - ▶ Auditory cues
- ▶ Analyzing & Coaching - *timely* tips
- ▶ Reinforcing
 - ▶ Verbal communication
 - ▶ Non-verbal communication

Breathe

Mindfulness Practice 2

- ▶ Using the breath

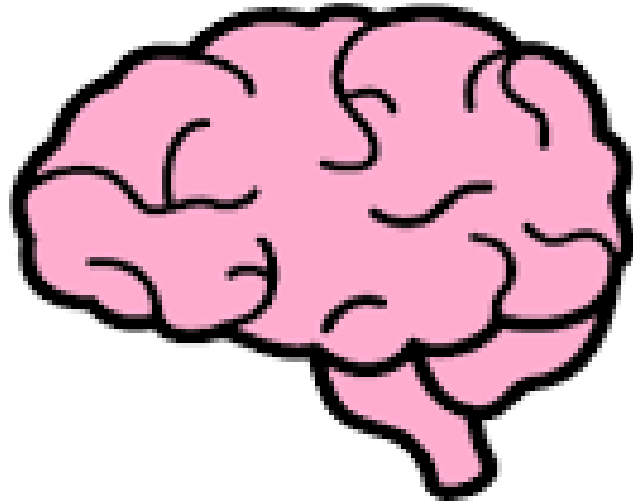
Breathe

Mindfulness Practice 2

- ▶ Using the breath
- ▶ What did you observe/experience?

Discussion: What are the general benefits of mindfulness?

HOW DOES MINDFULNESS
HELP THE BODY?



WHAT HAVE SCIENTIFIC
STUDIES REVEALED
ABOUT MINDFULNESS?

Discussion: What are the general benefits of mindfulness?

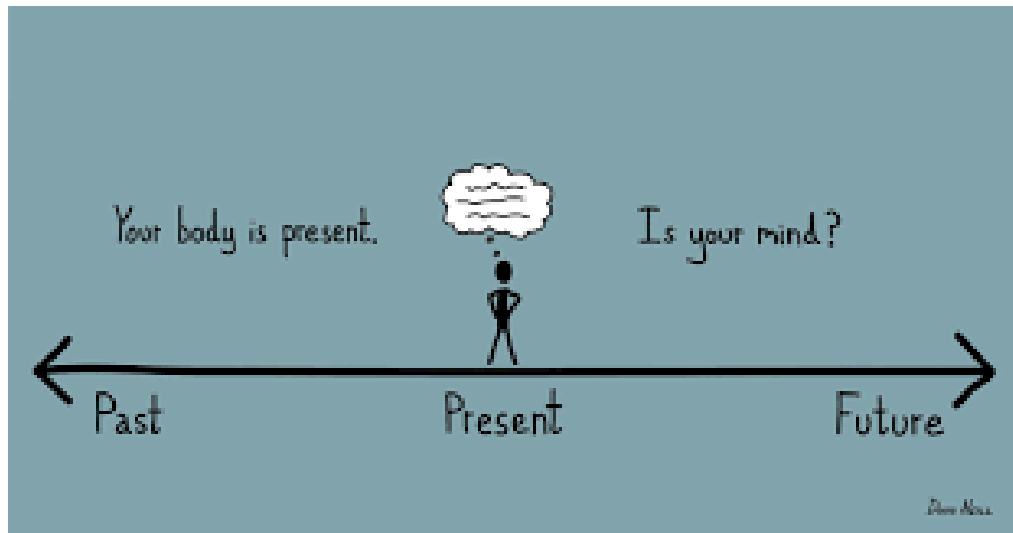
- ▶ Reduced anxiety
- ▶ Reduced implicit age & race bias
- ▶ Improved cognition
- ▶ Helps the brain reduce distractions
- ▶ Growth mindset
- ▶ Stress reduction
- ▶ Boosts working memory
- ▶ Reduced emotional reactivity
- ▶ Increased relationship satisfaction
- ▶ Improved empathy & compassion

Discussion: What are the benefits of mindfulness for a RiderCoach?



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- ▶ Improved judgment
- ▶ Incident prevention
- ▶ Improved student learning
- ▶ Creating high-challenge, low-threat environment
- ▶ Improved working relationships
- ▶ Ability to handle the unexpected calmly
- ▶ Improved communication
- ▶ Improved coaching
 - ▶ *Timely* tips
 - ▶ Prioritizing
- ▶ Continuous improvement as RC



How to build a mindfulness practice

- ▶ Start small: 5-10 minutes at a time
- ▶ Be consistent: 5 min/day is better than 35 min once a week
- ▶ Seek a mentor
- ▶ Find techniques/disciplines that work best for you

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Resources:

- ▶ [What Is Mindfulness and How Does It Work?](#), Psychology Today
- ▶ [Six Scientifically Proven Benefits of Mindfulness and Meditation](#), Forbes
- ▶ [What Are the Benefits of Mindfulness?](#), American Psychological Association
- ▶ [Mindfulness Exercises](#), Mayo Clinic

With gratitude to my many teachers and mentors