

Course Unit	-- null	Field of study	-
	Postgraduate Course in Circular and Sustainable Water Design: Health and Wellness	School	School of Hospitality and Wellbeing
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	81	Contact hours	T - - TP 24 PL - TC - S - E - OT - O -
		Level	ECTS credits 3.0
		Code	5067-778-1102-06-23

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Maria José Gonçalves Alves

#### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Identify Mindfulness and Coaching practices, considering their objectives and the techniques to be adopted in each practice
2. Apply knowledge of mindfulness practices to the design of individual and group plans for practicing Mindfulness in everyday life
3. Use Mindfulness and Coaching practices in a professional context in order to improve the well-being of employees and clients
4. Evaluate the importance of practicing Mindfulness and Coaching in personal well-being

#### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable

#### Course contents

The balance between the coaching attitude and well-being. The foundations of Coaching. Coaching practice in the promotion of health and psychological well-being. Presentation and contextualization of the practice of Mindfulness.

#### Course contents (extended version)

1. The balance between the coaching attitude and well-being
  - The "I" in its fullness
  - Coaching: concept, functions, and phases
  - Coaching moments
  - Powerful dynamic questions, verbal and non-verbal communication, active listening, mirroring
  - The Wheel of Life
2. The foundations of Coaching
  - Role and Commitment
  - The Coach, the Coachee, and the coaching attitude
  - Coaching tools for health and well-being
  - Individual development plan
3. Coaching practice in the promotion of health and psychological well-being
  - The influence of Neurolinguistic Programming (NLP) on the process
  - Psychological well-being through the experience of coaching techniques
4. Presentation and contextualization of the practice of Mindfulness
  - MBSR method (Mindfulness-based stress reduction)
  - Mindfulness practice
  - Practice of body scanning
  - Practice of self-awareness and self-knowledge
  - Emotional self-regulation
  - Gratitude practice

#### Recommended reading

1. Oliveira, A. L., Mano, P. P., Pereira, R. N., Castilho, P., Marques, A., Quadros, C., & Pinheiro, R. (2023). MindSerena em Sala de Aula. Manual de Apoio para Professores. AlmaLetra. [www.mindserena.org](http://www.mindserena.org)
2. Penim, A. T., & Catalão, J. A. (2021). Ferramentas de Coaching (9ª ed.). Lidel.
3. Quadros, C., Mano, P., Oliveira, A. L., Pereira, R., & Marques, A. (2023). Uma Aventura na Terra do MindSerena - O meu Diário MindSerena. Pégadas no Caminho, Lda. [www.mindserena.org](http://www.mindserena.org)

#### Teaching and learning methods

Theoretical-practical classes present and explore concepts and apply techniques using demonstrative and interactive methodologies for Mindfulness and Coaching techniques. Practical exercises to train mindfulness, body awareness, and individual reflection. The aim is to consolidate the acquisition of theoretical knowledge and skills in a practical way.

#### Assessment methods

- Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
- Development Topics - 100% (The Coaching component will account for 2/3 and the Mindfulness component for 1/3 of the assessment)

#### Language of instruction

Portuguese

#### Electronic validation

Maria José Gonçalves Alves 31-10-2023	Alcina Maria Almeida Rodrigues Nunes 08-11-2023
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