

# Ontology, Mindfulness, and Ecological Coaching

**Ontology:** the study of Being.

- Ontological coaching holistically explores “ways of being” as a means for producing quantum shifts in perception and behavior.

**Mindfulness:** awareness of what’s going on in our bodies, our feelings, our minds and the world.

- Cultivating mindfulness, we can more easily avoid doing harm to others and ourselves by harnessing our capacity to be robustly present to the moods, motives and patterns that generate various situations.

**Ecology:** from the Greek oikos (“household”) – the study of the Earth-household.

- More precisely, it is the study of the relationships that interlink all members of the Earth - household, i.e., organisms and their environments.
- Ecology is the study of the patterns that connect us to each other and to our social and natural environment.

**Coaching:** empowering people to transform who they think they are by tapping into their natural abilities.

Coaches facilitate new ways of thinking and behaving that produce the results clients truly desire.