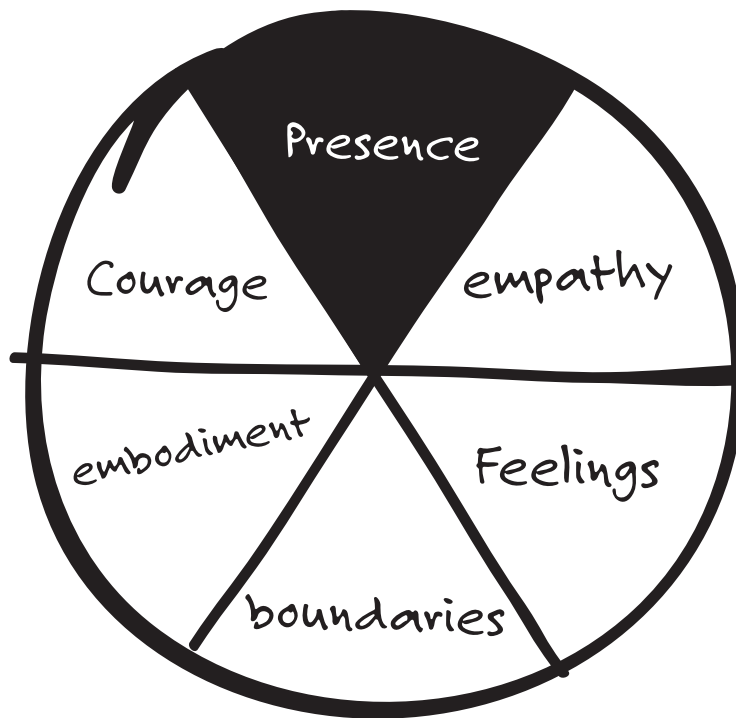


Deepening Your Impact

PRESENCE



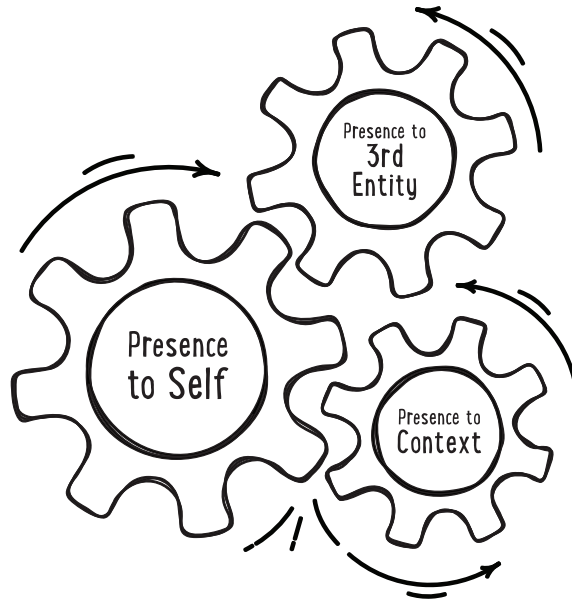
Cultivating Full Presence

To be a great coach, committed to being fully awake and alert to ourselves and all that is around us, we need some sort of mindfulness practices. A mindfulness practice changes the way we relate, what we notice, and deepens our work as coach by cultivating our presence. Our deep presence is a cornerstone of masterful coaching, and there is no shortcut to developing presence.

What We'll Cover Three Dominant Layers 1: Presence to Self 2: Presence to the Third Entity 3: Presence to Our Ecology

Three Dominant Layers

As depicted in the diagram, there are three dominant layers of presence helpful to you as a coach or leader: Presence to your inner rumblings (self), presence in relationships (third entity), and presence to our ecology (context).



How do you currently tune into your inner rumblings? Are there ways you might amplify this awareness?

How attuned are you to the third entity that exists when we come together with another person whether a coaching client or member of your leadership team? Are there practices you might institute to pay more attention to this layer of presence?

What do you notice about your attunement to the broader ecosystem in which you are working? How does this awareness support your work?

1: Presence to Self

Presence to self is the foundation and essential building block that extends our presence in the other two domains as well.

Building presence to self requires us to continually draw inward with ease and cultivate awareness of our voices, preferences, and the cacophony of our inner rumblings.

Have you found a mindfulness practice to be helpful in your work? Are there variations of these practices that you might experiment with?

Are any of the following common inner rumblings familiar to you? What else would you add to this list?

- What should I ask next?
- What is the best solution?
- Haven't I experienced something similar to this?
- Am I doing the right thing?
- Am I failing my client?
- What time is my dinner meeting tonight?
- Oh, I am feeling tired!
- Why is my client talking so much?

What other chatter do you find roaming through your mind that distracts you from full presence?

2: Presence to the Third Entity

When we are able to be present to a relationship, we uncover possibilities for exploration that are easy to miss.

How can presence to your inner rumblings aid you in being more present with others?

What practices and reflections do you find useful in cultivating your presence to the third entity?

How might you build new practices to heighten your capacity to notice and use the dynamics present in the third entity space?

3: Presence to Our Ecology

Setting up the conditions for us to do our best work, for both coach and client to be fully present, is an important ingredient for success.

A layer of presence to our ecology is our attunement to the broader ecosystem in which we are working: the corporate culture, the country and its culture, and the broader world.

How do you stay alert to broader layers of the ecosystem affecting your work?

Reflect on your current coaching engagements with the following questions.

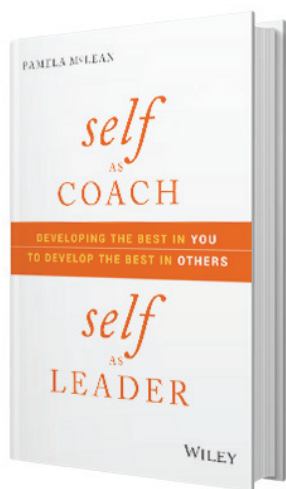
To what extent are you alert to major changes, challenges and tensions that are present at this time in the overall organization and in your client's particular divisions and team?

How attuned are you to any geopolitical tensions that might be on your client's mind and potentially distracting?

To what extent are you aware of your client's larger world—family, commitments challenges, and tensions?

What factors distract you from being fully present to your and your clients' environment?

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Buy the Book

For more details or to buy a copy of Pamela McLean's *Self as Coach, Self as Leader* [click here](#).

About the Author

Pamela McLean, PhD, is the CEO and cofounder of Hudson Institute of Coaching, an organization providing a full suite of coaching services inside organizations and widely known as one of the leading coach training programs in the United States for over 30 years. McLean brings more than three decades of experience as a clinical and organizational psychologist, a master coach, coach supervisor, and leader and contributor in the field of coaching. McLean has written extensively and authored [The Completely Revised Handbook of Coaching](#) (2012) and [LifeForward: Charting the Journey Ahead](#). (2015).



About The Hudson Institute of Coaching

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