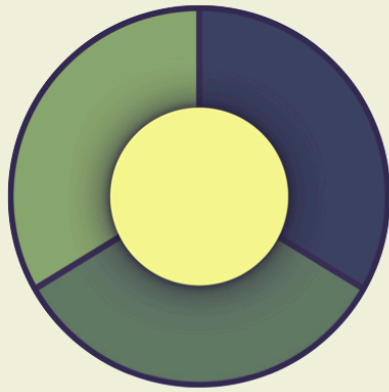


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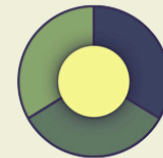


Awareness and Presence 101

An Invitation to Awareness

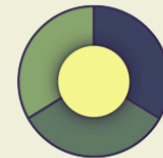
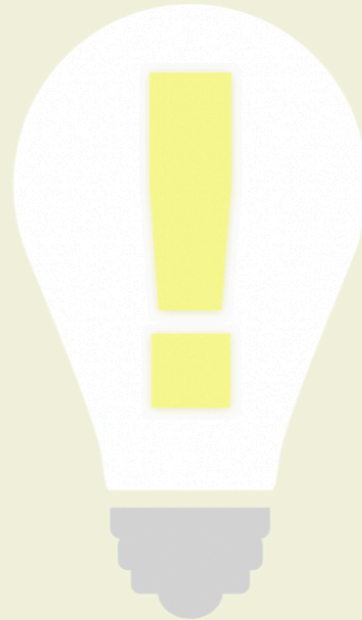
“Facilitates client insight and learning by using tools and techniques such as powerful questioning, silence, metaphor or analogy”

<https://coachfederation.org/core-competencies> -- Evoking Awareness

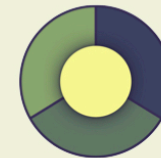
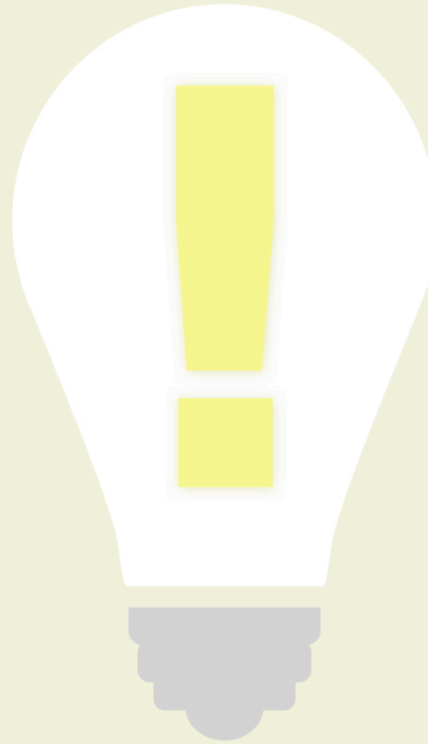


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Coaching Is an **Invitation** to Awareness



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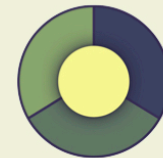


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Creating Awareness

Markers of Success (Summary)

- Coach **Invites** Client to Unpack Learning around Their Situation

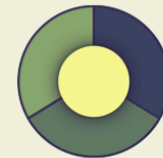


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Creating Awareness

Markers of Success (Summary)

- Coach **Invites** Client to Unpack Learning around Their Situation
- Coach **Invites** Client to Unpack Learning around Their Identity/Self

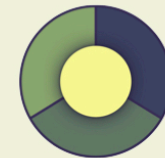


Creating Awareness

Markers of Success (Summary)



- Coach **Invites** Client to Unpack Learning around Their Situation
- Coach **Invites** Client to Unpack Learning around Their Identity/Self
- Coach Shares Observations around Situation and Identity **Inviting** the Client to Build upon these Observations

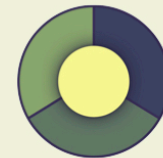


Creating Awareness

Markers of Success (Summary)



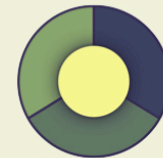
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- Coach **Invites** Client to Unpack Learning around Their Identity/Self
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- Coach **Invites** the Client to Consider How to Apply the Awareness as It is Created



Instead of Coaching
to the Hour



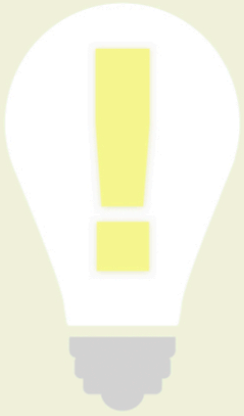
Coach around
the Shifts!



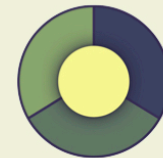
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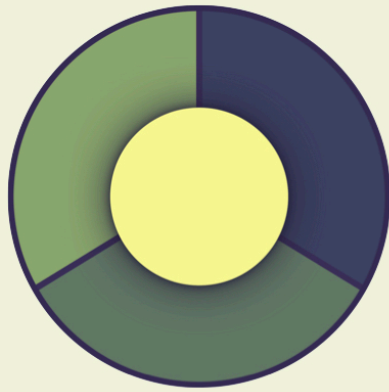
Creating Awareness

Markers of Success (Summary)



- Coach **Invites** Client to Unpack Learning around Their Situation
- Coach **Invites** Client to Unpack Learning around Their Identity/Self
- Coach Shares Observations around Situation and Identity **Inviting** the Client to Build upon these Observations
- Coach **Invites** the Client to Consider How to Apply the Awareness as It is Created
- All Coach Inputs Offer **Invitations** for Learning, Customized by the Client's Needs



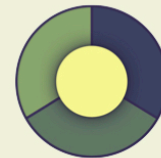


Awareness and Presence 101

The Present Partner

“Is fully conscious and present with the client, employing a style that is open, flexible, grounded and confident”

<https://coachfederation.org/core-competencies>

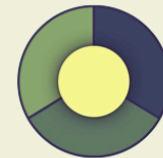


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Who
is the

COACH

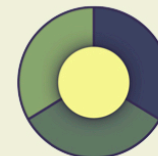
?



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“What is most important:
not what the coach does,
but who coach is for the client .”

Dr. Ben Koh, Masters Academy



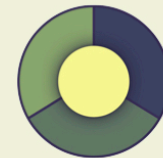
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Who
is the

COACH

?

Present



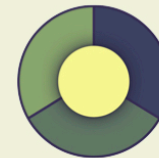
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Who
is the

COACH

?

Present
Partner



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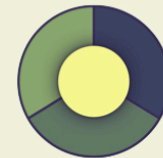
Who
is the

COACH

?

Present
Partner

“Coach acts in response to the whole person of the client and to their agenda”



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Coaching Presence

The Coach is **Present**

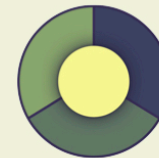
(Previous Markers Summary)

Who
is the

COACH

?

- Coach is **present** responding to the whole of the client and the client's objectives
- Coach is **present** as demonstrated by empathetic observations
- Coach is **present** noticing and exploring the slightest shifts in the client's demeanor
- Coach is **present** as a co-learner in the classroom of the coaching session



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Coaching Presence

The Coach as **Partner**

(Previous Markers Summary)

Who
is the

COACH



- Coach **partners** with the client to determine the direction of the session.
- Coach **partners** with the client to invite the client to be creative with the coach's inputs
- Coach **partners** by reflecting the client's language and ideas
- Coach **partners** by encouraging the client to create their own version of the learning



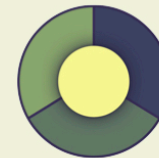
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Who
is the

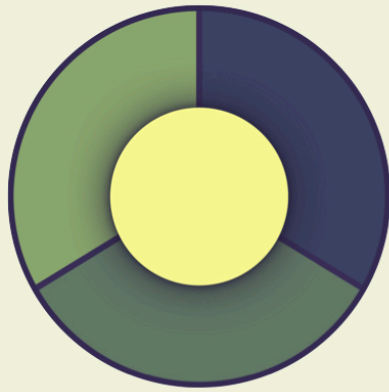
COACH

?

Present
Partner



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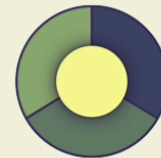
Awareness and Presence 101

Coaching the 4 Clients

COACH

Present

CLIENT



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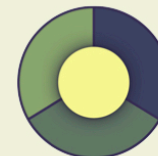
COACH

Present

Session Agreement

Relationship Agreement

CLIENT

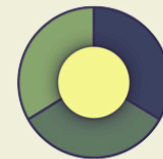


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Change in Session Direction?

Help the **Present Client** reflect on the perspective of the **Session Agreement Client**.

“What has shifted for you since you first started this coaching session?”

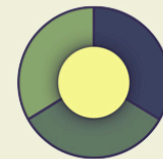


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Broad change of direction?

Help the **Present Client** reflect on the perspective of the **Relationship Agreement Client**.

“This sounds like a pretty significant shift today.
What would the person who started the coaching process 3 months ago think?”

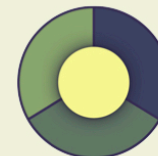


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Significance of Learning and Action?

Help the **Present Client** reflect on the perspective
of the **Future Client**.

“What would the person who has completed the
coaching program say to you right now?”



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COACH

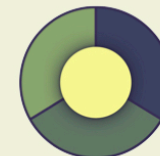
Present

Session Agreement

Relationship Agreement

Future

CLIENT



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