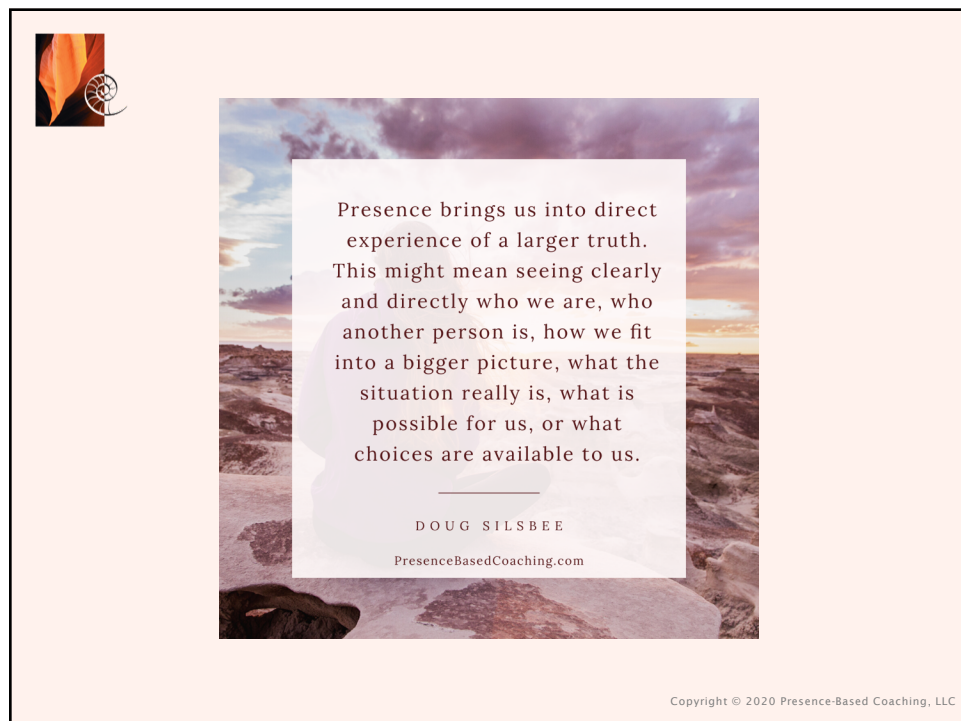
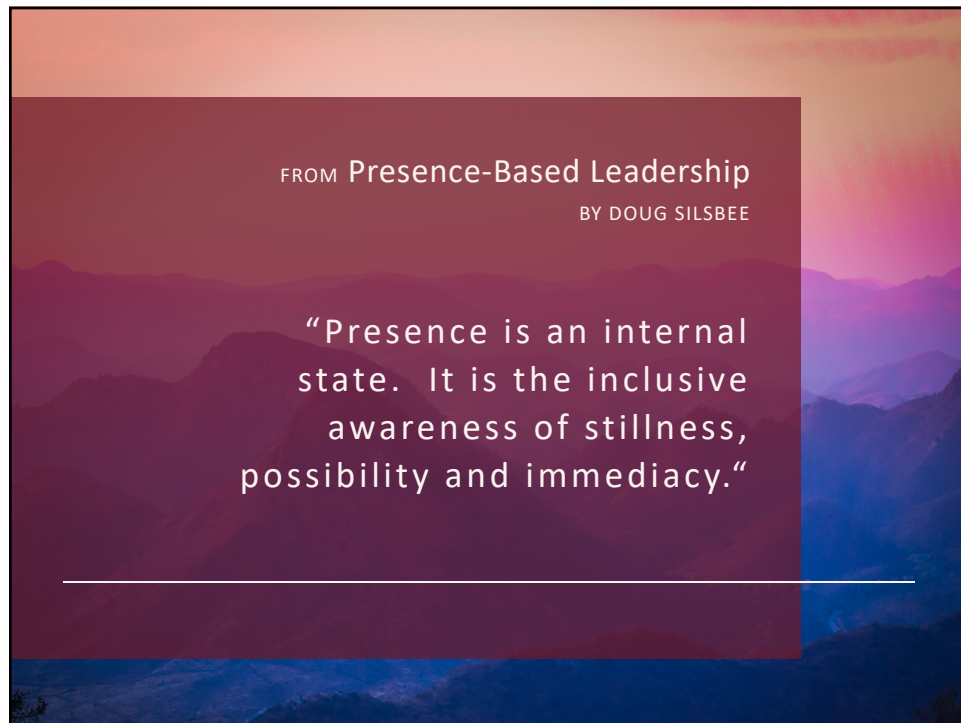




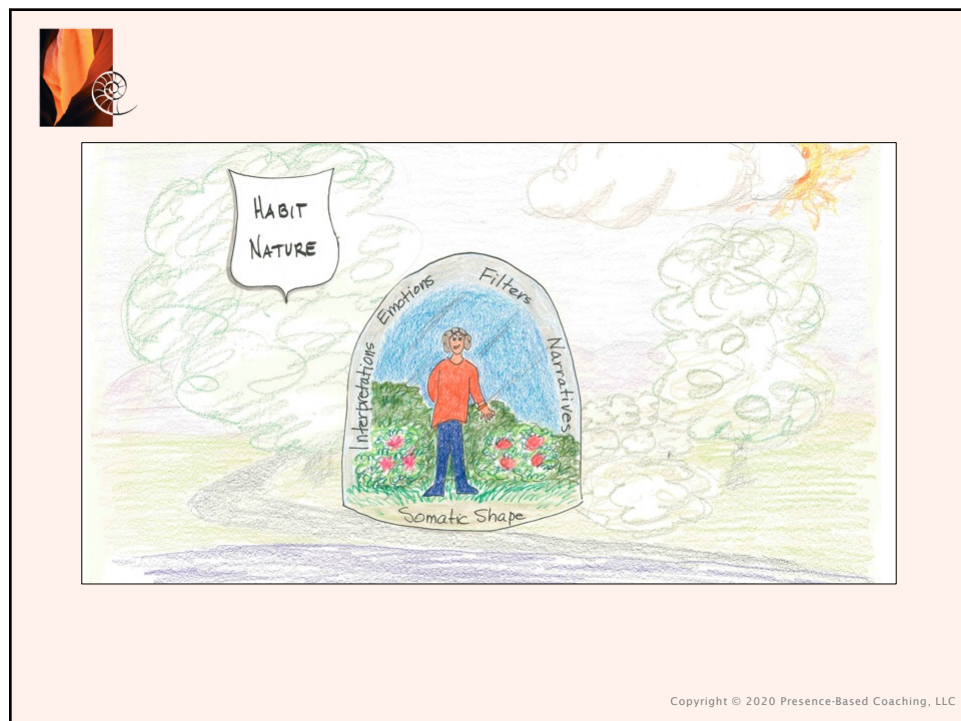
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FORMER ICF Competency of “Coaching Presence”

Omitted Modified

4. Coaching Presence

Ability to be fully conscious and create spontaneous relationship with the client, employing a style that is open, flexible and confident

- a. Is present and flexible during the coaching process, dancing in the moment,
- b. Accesses own intuition and trusts one's inner knowing - "goes with the gut",
- c. Is open to not knowing and takes risks,
- d. Sees many ways to work with the client, and chooses in the moment what is most effective,
- e. Uses humor effectively to create lightness and energy,
- f. Confidently shifts perspectives and experiments with new possibilities for own action,
- g. Demonstrates confidence in working with strong emotions and can self-manage and not be overpowered or enmeshed by client's emotions.

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NEW ICF competency of “Maintains Presence”

New Modified


5. Maintains Presence

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

1. Remains focused, observant, empathetic and responsive to the client
2. Demonstrates curiosity during the coaching process
3. Manages one's emotions to stay present with the client
4. Demonstrates confidence in working with strong client emotions during the coaching process
5. Is comfortable working in a space of not knowing
6. Creates or allows space for silence, pause or reflection

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PRESENCE...

- Allows us to listen from an internal state of Presence, which means whole-body, whole-being listening
- Allows us and our clients to wake up in the moment
- Allows us to be settled and grounded, so we are calm and creative when our context feels challenging
- Allows us to become aware of the relational field in the coaching conversation that supports the change process
- Allows the creation of spaciousness in the present moment
- Allows us to recognize and be present with old habits, allowing new choices and multiple perspectives
- We suggest that the present moment is actually the ONLY moment where change happens...

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“THE LAST OF THE HUMAN
FREEDOMS -- TO CHOOSE
ONE’S OWN ATTITUDE IN ANY
GIVEN SET OF CIRCUMSTANCES...”

-- VIKTOR FRANKL, HOLOCAUST SURVIVOR

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