



## Decoding and Using the Power of Presence

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As the rate of change has increased, presence has become a competency that people tacitly recognize as compelling and important. People who embody presence and aware use of self get recognition as trustworthy professionals, attract more interpersonal connection, and also are reported to be able to respond in “the moment” with enterprising agility and an engaging energy. Presence is also a core ICF competence which influences coaching excellence. As a core coaching competency, presence embodiment provides “data of the moment” that helps guide the process of coaching clients. Still, “presence” and knowing how to use one’s presence often remains elusive because it can be so distinctively different amongst coaches, in part, self-awareness is needed to understand one’s presence while feedback from others is needed to understand the relational impact of our presence. Self-awareness assists us in understanding our mindset, values and visceral senses that embodies presence. Intentional “use of presence” skills are the process interventions designed to assist the client in their work. This session will introduce coaches to a model of presence that:

1. Outlines the dimensions of presence
2. Presents a methodology of “use of presence” skills to evoke and provoke awareness
3. Challenges that need to be managed to maintain and use one's presence. Participants will be introduced to short didactic material as well as the practices to strength one’s presence, relational presence, and the presence “interventions” for use in the coaching encounter.; and practices to help get centered and re-centered in one’s presence.

Learning Objectives:

1. Be introduced to a map/model of presence dimension
2. Be introduced to the critical “choicepoints” of when/where presence is most needed in coaching
3. Be introduced to the embodiment practices and strategies which each of us stay centered in our presence.