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Coaching Presence Building Consciousness And  
Coaching Presence examines how self-awareness can be  
built across key aspects of coaching practice, introducing a  
model that will help you make a conscious and deliberate  
choice for every approach or intervention that you use with  
your client. It explores how, by paying close attention to the  
motivations behind every coaching choice, you can minimize  
the unconscious negative influences and bias to produce the  
best outcome for the client and their wider system.

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Coaching Presence: Building Consciousness and Awareness  
in Coaching Interventions by Maria Iliffe-Wood (2014-03-28)  
Paperback □ January 1, 1656 by Maria Iliffe-Wood (Author)

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## Coaching Presence - Kogan Page

Building Coaching Presence for Leaders is a highly experiential program of personal excavation and application of Coaching Presence. The teaching cycles follow a rhythm of: new material presented and discussed, followed by small or large group breakouts for demonstrations, coaching practice and feedback.

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Coaching Presence: Building Consciousness and Awareness  
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Deepen your coaching capacity to build trust and rapport.  
Learn to expand your awareness, noticing what was  
previously not visible. Learn the art of maintaining coaching  
presence. Learn to negotiate coaching contracts with client  
organisations. Be exposed to a range of coaching scenarios  
to understand different levels.

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Integrate feedback and coaching from faculty members  
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Communication Strategies: Developing Leadership Presence

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Founded by award-winning voice teacher & vocal coach Justin Stoney in 2005, New York Vocal Coaching is blessed to have become one of the largest vocal training companies in the United States. Now with over two dozen instructors across a variety of disciplines and dozens of Voice Teacher Training alumni, our students have reached #1 on the Billboard Charts, received Emmy and Tony awards, signed ...

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Voice Lessons, Vocal Coaching, Speech Coaching and more  
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Come alive to your Body Being ☐ the multi-faceted container that takes us everywhere we want to go and helps process everything that happens to us. Whether you wish to explore spiritual development, practice your own presence in the world, or simply live more richly, Awakening Body Consciousness was written for you.

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Patty de Llosa | author, life coach, teacher of Tai Chi ...

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I found Maria's 4 Modes of Presence Model a particularly framework to apply to my own practice as a coach, as it provides a framework to use when considering which mode of presence might be particularly useful; or as a tool to facilitate the process of reflective learning. It brings coaching presence into consciousness.

One of the hallmarks of maturity as a coach is awareness of how your values, beliefs, and other factors affect your coaching interventions. It takes skill to notice these influences which can manifest both physically and mentally during coaching, while simultaneously ensuring a client focused approach. Coaching Presence examines how self-awareness can be built across key aspects of coaching practice, introducing a model that will help you make a conscious and deliberate choice for every approach or intervention that you use with your client. It explores how, by paying close attention to the motivations behind every coaching choice, you can minimize the unconscious negative influences and bias to produce the best outcome for the client and their wider system. It will also help you recognize when conscious visibility expressed explicitly to the client may actually be the best coaching solution.

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Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship.

What is there in developmental relationships beyond setting and striving to achieve goals? The presence of goals in coaching and mentoring programs has gone largely unquestioned, yet evidence is growing that the standard prescription of SMART, challenging goals is not always appropriate - and even potentially dangerous - in the context of a complex and rapidly changing world. Beyond Goals advances standard goal-setting theory by bringing together cutting-edge perspectives from leaders in coaching and mentoring. From psychology to neuroscience, from chaos theory to social network theory, the contributors offer diverse and compelling insights into both the advantages and limitations of goal pursuit. The result is a more nuanced understanding of goals, with the possibility for practitioners to

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bring greater impact and sophistication to their client engagements. The implications of this reassessment are substantial for all those practicing as coaches and mentors, or managing coaching or mentoring initiatives in organizations.

Professional wisdom has suggested that coaching presence is purely about the coach – how they show up in the room, and what they say and do to support clients to reach their goals. But what if it was about the relational dynamics between the coach and client at an unspoken level? In this book, Tünde Erdős demystifies the power of the non-verbal coaching relationship. Put simply, the body does not lie. Using research from 184 videoed coach-client pairs and exploring their spontaneous interactions at a non-verbal level, we deepen our understanding of how clients navigate uncertainties (including in the coaching room) and how coaches can truly partner with clients to facilitate their goal attainment beyond traditional coaching. This book also reveals that a coach's full-body presence can sometimes hinder learning and prevent progress towards a goal. Tünde Erdős guides the reader through Integrative Presence, where you will learn how to:

- Build awareness of your state of presence
- Identify potential coaching blind spots
- Recognise when your needs block presence
- Practice integrative presence in coaching
- Foster effective coaching partnerships

An excellent example of how coaching practice has informed research and with a foreword from Erik De Haan, this book will help anyone looking to enhance their coaching effectiveness through closer partnering with clients. "This book includes many high-quality and universal components to help professional coaches to make valuable progress."

Patrick Delamaire, co-developer of the Global Executive Coaching Program at HEC Paris "WBECS is delighted to have been able to help support Tunde in her research to

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Complete this valuable work on the importance of presence in the coaching experience." Marva Sadler, CEO, WBECS Group "This insightful book will help coaches to reflect on and enhance their practice." Prof Stephen Palmer, Wales Academy for Professional Practice and Applied Research, University of Wales Trinity Saint David, UK Tünde Erdős is an executive coach, coaching scientist, author and lecturer at HEC Paris. Tünde is passionate about staying curious as we co-create the future of coaching through a balance of science and practical wisdom.

How to Coach: First Steps and Beyond is an essential guide for anyone starting out in the coaching profession and for existing coaches seeking to develop their craft. It is a practical introduction to the theory, skills and art of coaching. This extremely practical introduction contains numerous case studies showing theory in action, aiding in understanding of how to apply theory to actual practice in a variety of settings. The book: Uses clear, uncomplicated language throughout Explains key ideas through brief illustrations from the author's practice and quotes from leading writers on coaching Contains a wide selection of ideas, models and exercises to stimulate the reader's learning Encourages students to try things out in conversation, and reflect upon and make sense of their experiences How to Coach is a must-have book for anyone interested in coaching skillfully, ethically and effectively.

Lifestyle Wellness Coaching, Third Edition With Web Resource, offers an evidence-based and systematic coaching methodology that professionals can use to help clients achieve long-term overall wellness by addressing health, fitness, and lifestyle.

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**Foundations of Professional Coaching With HKPropel Access** is the essential guide to developing coaching skills and creating influential coaching relationships. Offering foundational concepts and underlying principles of coaching, this text will help all types of coaches cultivate a growth environment that encourages lasting change and maximizes each client's potential in their personal and professional lives. Grounded in the International Coaching Federation's eight core competencies, the text covers the theoretical basis of professional coaching models and the application of those models in modern coaching. Whether readers are looking for effective methods for client motivation, exercise adherence, or performance improvement, they will enrich their coaching skills in these ways: Understanding the journey of behavior change with key models on the change process Employing inclusive frameworks for working with clients to set and pursue goals and overcome challenges Adhering to ethical protocols, such as how to appropriately respond to clients' identity, environment, values, and beliefs Cultivating trust and safety in the coaching relationship with respect to power and relationship dynamics Establishing presence as a coach and developing a coach's voice Communicating effectively, with active listening and appropriate areas of inquiry Throughout the text, personal stories offer insights into meaningful coaching engagements, providing context for the concepts and their application to a wide variety of coaching professions, including personal trainers, fitness instructors, health and lifestyle wellness coaches, and sport coaches. Additionally, downloadable resources, delivered through HKPropel, include practical tools—such as forms and checklists—for a successful coaching practice. Foundations of Professional Coaching provides a pathway to excellence in coaching practice, with practical guidance on how to develop partnerships and address the physical and mental needs of

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clients to enact effective change. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

From a founding member of the coaching movement comes a detailed guide to mastering one of a coach's toughest skills: thoughtfully reflecting clients' words and expressions back to them so they see themselves and their world through new eyes. "Coaches rely far too much on asking open-ended questions," says Marcia Reynolds. But questions only seek answers—inquiry provides insight. When, instead of just questions, clients hear their thoughts, opinions, and beliefs spoken by someone else, it prompts them to critically consider how their thinking affects their goals. Reynolds cites the latest brain science to show why reflective inquiry works and provides techniques, tips, and structures for creating breakthrough conversations. This book will free coaches from the cult of asking the magical question by offering five essential practices of reflective inquiry: focus on the person, not the problem; summarize what is heard and expressed; identify underlying beliefs and assumptions; unwrap the desired outcome; and articulate insights and commitments. Using these practices, combined with a respectful and caring presence, helps create a space where clients feel safe, seen, and valued for who they are. Coaches become change agents who actively recharge the human spirit. And clients naturally dive deeper and develop personalized solutions that may surprise even the coach.

New York Times bestseller · This groundbreaking new book from New York Times bestselling author Daniel J. Siegel, M.D., introduces readers to his pioneering, science-based meditation practice. *Aware* provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for

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Cultivating more focus, presence, and peace in one's day-to-day life. An in-depth look at the science that underlies meditation's effectiveness, this book teaches readers how to harness the power of the principle "Where attention goes, neural firing flows, and neural connection grows." Siegel reveals how developing a Wheel of Awareness practice to focus attention, open awareness, and cultivate kind intention can literally help you grow a healthier brain and reduce fear, anxiety, and stress in your life. Whether you have no experience with a reflective practice or are an experienced practitioner, *Aware* is a hands-on guide that will enable you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and the everyday challenges life throws your way.

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