



COACH'S CORNER

The Power of PRESENCE

Here's what I recommend when discussing The Power of PRESENCE:

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of PRESENCE Insights and Tools to your client. Share what you know about the Power of PRESENCE.
2. Share your own stories about the benefits of listening to your Inner Compass, quieting your mind, and savoring life to the MAX!
3. Have your client recall stories about these topics/ideas as well.
4. Present the tools for the Power of PRESENCE:

Tool#1: FOCUS ON PRESENCE

If your client wants to be able to chill more, but isn't quite ready for sitting meditation, you can also encourage her/him to:

- Wake up stretching
- Wake up walking (and count their steps in their mind)
- Wake up dancing (have their feel-good playlist ready to go and as soon as they open their eyes, hit “play” and start moving!)
- Wake up doing yoga, Tai Chi, or any other type of movement that commands their attention

Tool#2: SAVOR LIFE!

- Pick one sense and use it to savor things more actively throughout the day
- Choose an activity to savor daily – opting to savor at least 1 meal a day can be powerful and fun and, as you will see can involve all five senses!

Eat and drink slowly and do your best to detect as many flavors and spices as possible (you can even close your eyes to REALLY tune into flavors)

Feel the texture of your food and drink

Take a moment to sniff and enjoy the smell of your food and drink

Notice and appreciate food presentation

Enjoy the sound of things that crunch, wine being poured into your glass/etc.!

→Attend some kind of special event weekly that is sure to provide sensational sensory stimuli

Tool#3: PRESENT FOCUS FLIP

→A couple of focus flip statements & questions that have been especially helpful for releasing resistance for me are:

“It is what it is and it’s okay. What new experience do I choose NOW?”

“It is serving a purpose. What new idea or direction is this helping me find NOW?”

→Use the ideas in the program and/or encourage your client to create her/his own focus-flipping questions

5. Have your client choose the PRESENCE tool that feels the best to her/him now that feels easy to do on a daily basis and address any questions about her/his chosen tool to ensure s/he is 100% comfortable with what to do.
6. Encourage your client to continue to create her/his “Allowing Daily Success” & “Allowing Weekly Success” lists, as this will continue to be the focus of your weekly meetings.
7. If it feels doable and easy, encourage your client to continue with her/his chosen FOCUS tool as well
8. Set the date of your next monthly (and/or weekly) session.
9. Have your client create an intention for the next 30 days.
10. Close your session with your affirmation of awesomeness!