



PRESENCE-BASED®
COACHING

Polarities

1. Polarities are interdependent value pairs that need each other over time. They are energy systems we live in and that live in us.
2. Polarities are not a problem to be solved, but an energy system to be managed. Not every issue/problem is a polarity.
3. Both/And thinking rather than Either/Or thinking.
4. Each pole is a neutral or positive value or attribute. Both are essential or desirable over the long term but can seem to be in conflict in the short term.
5. Positive results come when we pay attention to each pole over time. Negative results come from an over focus on one pole *to the neglect of the other*. We usually have a preferred pole.
6. Infinity loop: a natural energy flow between the poles (e.g., breathing) that is self-correcting *with awareness*.
7. GPS (Greater Purpose Statement) and Deeper Fear
8. Early warning signs and action steps provide the awareness and means to self-correct when negative results are beginning to appear.
9. Getting unstuck process: insufficient energy available to get out of a vortex means working backwards through the infinity loop.
10. Sample Polarities:
 - Inhale/Exhale
 - Own needs/Others' needs
 - Individual/Group
 - Rigor/Flexibility
 - Centralization/Decentralization
 - Stability/Fluidity
 - Activity/Rest
 - Structure/Flow
 - Work/Play
 - Yin/Yang