



PRESENCE-BASED®
COACHING

Excerpted from *The Mindful Coach*
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Exercise 11.11: Audio Review

Create an audio or video of yourself as you coach. Ask permission of your client first, letting him or her know that the recording is only for your own use and you'll keep it confidential and destroy it when you're finished. (If you intend to use such a recording for any other purpose, say, bringing it to Mentor Coaching or Supervision, you'll need to get permission.)

Review the recording. After observing yourself in action, answer the following questions:

- What patterns did you notice in reviewing your recording?
- What choice points were there in this session that you didn't see or name at the time?
- How did your attachments or aversions show up in the conversation?
- What elements of your self-identity as a coach were revealed?
- What opportunity for increased mindfulness is available?
- What self-observation or practice can you design for yourself to build on this awareness?