



PRESENCE-BASED®
COACHING

Excerpted from *The Mindful Coach*
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Exercise 11.2: Self-Observation on a Specific Voice

Choose a Voice that you want to pay attention to. Then for several weeks, respond to these questions following each coaching session:

- When, in the just completed conversation, did you use this Voice?
- What emotions and sensations were present in you just before and as you used this behavior?
- If you had to describe the reason that you chose this behavior, what would you say?
- What was the effect of the use of that Voice on the client and the course of the conversation?

At the end of each week, review your completed worksheets, and answer these questions:

- What did you learn about yourself from observing how you used this Voice?
- What are the cues and observations that tell you when you are using it mindfully and in service to the client?
- What cues and observations indicate that there may be some need in you that's being addressed?
- What do you want to change or pay closer attention to moving forward?