



**PRESENCE-BASED®
COACHING**

Excerpted from *The Mindful Coach*
Copyright © 2010, by Doug Silsbee, San Francisco: Jossey-Bass

Exercise 11.9 Observing the Impetus Behind Your Coaching Flow

Review each of the Voices briefly, so that the distinctions are clear in your mind. (Again, see the overview in Chapter Three.) Keep the central portion of the Septet Model in front of you. You can use Figure 11.1 or sketch your own. Coach as you usually do, but with the observer part of your mind, and maintain a portion of your awareness on orienting yourself relative to the model. Focus on the six operational Voices you are using, moving a game piece or a quarter to the location in the model that fits the Voice that you are currently using.

Following each coaching session, respond to these questions:

- Describe two or three significant shifts from one Voice to another during the coaching conversation you just completed.
- What did you notice about when you switched?
- What were the triggers or cues that told you when to switch? Was it your intuition? Some message from the client? Was the new Voice appropriate for what was needed at the time?
- As you look back, what attachments or aversions might have been influencing your choices?
- What have you learned about both the internal attachments and aversions, and the external cues from your client, that tend to trigger your shifts between voices?

*Creative Commons (CC BY-ND 4.0) License by Presence-Based Coaching, LLC.
See presencebasedcoaching.com/permissions.*



FIGURE 11.1. *The Operational Voices*

