



PRESENCE-BASED®
COACHING

Excerpted from *The Mindful Coach*
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Exercise 11.10 Recognizing Your Projections

Choose one or two clients with whom you experience some level of resistance, irritation or judgment. Perhaps you feel impatient with this person's defensiveness, or you just don't understand why he can't follow through. Base these choices on your observations of your own reactions to the person.

Following each coaching session with the client(s) you've chosen, respond to these questions:

- Note one or two traits in the client that you judge, resist, or struggle with. Be as specific as possible, and provide an example
- How is the same trait manifest in you? What do you do, or how do you behave, that is similar to what you resist or judge in your client?
- What did this exercise show you about yourself and the source of your reactions to others?
- What can you do to become more compassionate toward yourself in relation to that trait?
- What is important to adjust in your coaching as a result of what you learned?