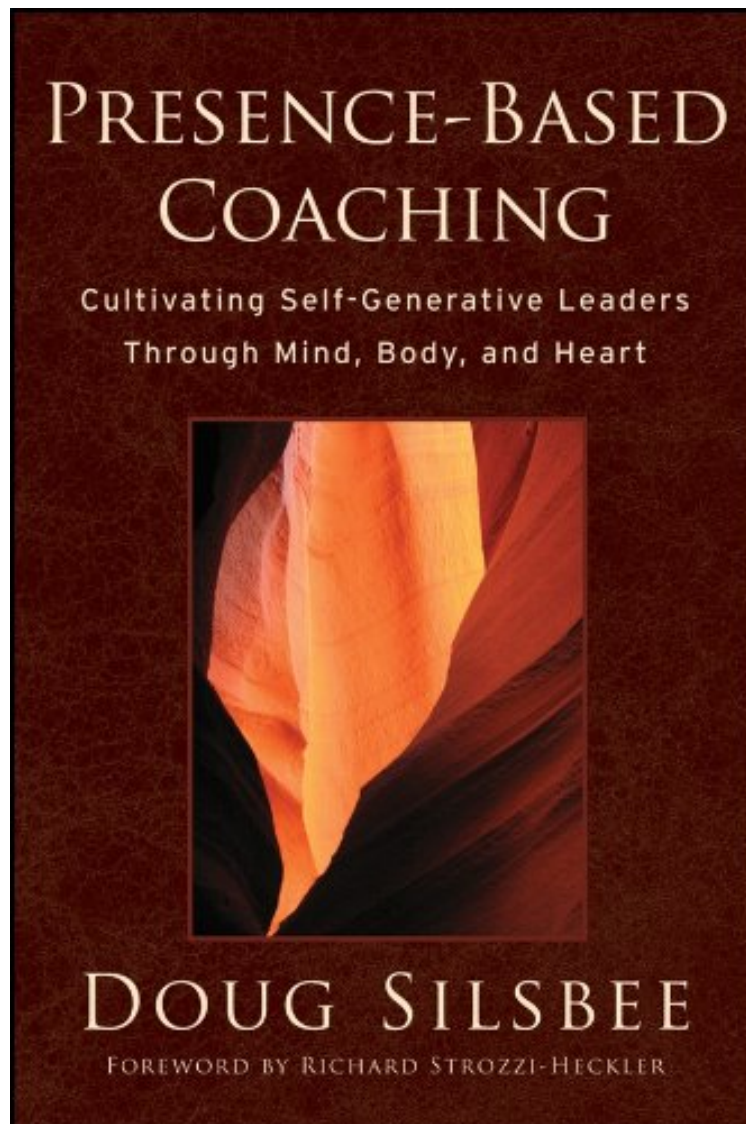


[Ebook free] Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart

Doug Silsbee

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Doug Silsbee : Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart before purchasing it in order to gage whether or not it would be worth my time, and all praised Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart:

1 of 1 people found the following review helpful. Good for aspiring coachesBy Philip N. GustafsonAs someone aspiring to be an effective coach I found this book to be very helpful. Particularly with the neuro-linguistics aspects of

coaching, i.e. body positioning, activities and all in relationship to coaching. As a story teller I also appreciated the didactic presentations being supplemented and "enfleshed" with narratives of actual coaching situations. For coaches that wish to incorporate somatic awareness and the desire to be fully present with their clients this volume is a must read. He offers wonderful exercises throughout the book, many of which I used, some, alas, I did not. But they are helpful for the learning experience they provide. 1 of 1 people found the following review helpful. This is required reading for coaches. By Frances J. Fisher I have been a full time coach for twenty years. This book has delivered more value for me than any other book on coaching. Presence-Based Coaching is taking me to my next level of mastery as a coach, as a mentor for new, as well- as experienced coaches, and as a human being. I have already utilized some of the practices for myself, and I have applied some practices working with my individual clients and client groups. The practice on page #120 is especially powerful "Sensing the Qualities in the Field," for helping a client raise their self-awareness and stay more connected to themselves in challenging situations. I have facilitated it like a guided visualization. As an ICF Assessor, I recommend this book for any coach applying for their ACC, PCC or MCC exams. 0 of 0 people found the following review helpful. Great Source for Knowledge and Practice. By Janine Moon Superb overview, appealing to my mind and heart. Wonderful activities and practice opportunities for ongoing growth. Potentially required reading for coaches-in-training. I developed presence over the 15 years that I've been coaching, but I can't help but wonder: how would my coach being show up if I had started with this solid understanding and intentional practice?

Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship.

From the Inside Flap Presence-Based Coaching Effective coaches, like effective leaders, must have the ability to motivate others, grasp complex issues, act with purpose, and provide a compass for others to follow. What is the essential quality that makes coaches and leaders more resilient, resourceful, and authentic? Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship. This groundbreaking and practical book shows coaches specifically how to develop the quality of presence within themselves and how to enhance their coaching by cultivating it in others. Silsbee examines presence as an essential element in human learning and development and maps out a comprehensive approach to accelerating and deepening the development process. Step by step, he provides concrete and practical tools for building presence, and includes the tools for accessing and using presence in order to coach leaders to become whole, authentic, and self-generative. Filled with illustrative examples and tested practices organized around mind, body, and heart, Presence-Based Coaching helps to cultivate the capacity to be fully alive, resourceful, and connected to ourselves, our people, and our environment. From the Back Cover Praise for Presence-Based Coaching "Presence-Based Coaching is a masterful treatise on coaching in the consciousness age. This book brings structure and strategy to accelerating the evolution of leaders."—Richard Barret T, author, *Liberating the Corporate Soul and Building a Values-Driven Organization* "Silsbee has done it again! Presence-Based Coaching reaches beyond techniques into an exploration of the value inherent in presence itself. Doug's passion for the territory, combined with insightful exercises and practices, engaged me in a deeply reflective journey about the impact my being—versus my doing—has on the results I seek to create."—Charles Tombazian, vice president, Voice of the Customer Office, Avnet Technology Solutions "Silsbee's new book is essential reading for educators at any level. He is exquisitely articulate about how learning is enabled through the interaction between people. It is a gift to us that he has so carefully and precisely written about it."—Robert C. Pianta, dean, Curry School of Education, University of Virginia "As a coach and a Buddhist, I love this! It is hard to help others be mindful, if we aren't. This book offers great ideas on how to do both and can help leaders—and coaches—have better lives."—Marshall Goldsmith, author, *What Got You Here Won't Get You There* "This is the field guide for the new frontier of work, offering a solid foundation for authentic human connection and accelerated leader development with simple, relevant practices."—Darelyn "DJ" Mitsch, president, The Pyramid Resource Group, and former president, International Coach Federation "Doug Silsbee has written a powerful guide for those who believe that presence has moved to the forefront as one of the most important qualities that leaders need. This is a must-read for anyone doing the work of developing themselves and others."—Alfred L. Cooke, director, Center for Organizational Performance, Federal Executive Institute About the Author Doug Silsbee is a leader in the

field of presence-based leadership development. He is an executive coach, retreat leader, speaker, and author based in Asheville, North Carolina. In addition, he is an adjunct faculty member at the Federal Executive Institute, a Master Somatic Coach with Strozzi Institute, and an affiliate of the Pyramid Resource Group. He is also the author of *The Mindful Coach* and can be contacted at <http://dougsilsbee.com>.