

## Presence - 'Being fully in the world'

10 December 2016 - Château de Bossey, near Geneva

- ❖ How does *not* being fully present impact our lives and others around us?
- ❖ What are the elements of presence and how do they manifest in how we think feel and act?
- ❖ What are the ways we can begin to observe our capacity to be present?
- ❖ What are the practices and observations we can start to design for ourselves and our coachees that deepen our presence?

*... Join us for this one-day Masterclass to explore how we, as coaches, can:*

- *Become more Present both to ourselves and to our clients*
- *Deepen our ability to be seen and to be heard, and thus inspire change in others*
- *Develop practical tools and practices to anchor a new way of being in the world.*

During this one-day experiential and interactive workshop, we will explore:

### The nature and substance of presence:

- ❖ What are the indicators that we or others are present?
- ❖ How do we begin to notice this in ourselves and clients?
- ❖ What are the qualities and results of being more present in the world?

### Identify the traps and pitfalls:

- ❖ What gets in the way of us as humans from being present?
- ❖ What are the results in our own and other's lives?
- ❖ What are the qualities of presence that make it so beneficial?

### How to design and develop practices and observations:

- ❖ How can we weave it into any or all coaching programs?
- ❖ What kinds of practices and observations can we harness to do this?
- ❖ What are the indicators that we and our clients can use to know that shifts are occurring in this quality?

### Target audience

- ❖ Graduates of ACC and/or PCC through Centre for Coaching or New Ventures West

### Course leaders

- ❖ **Craig O'Flaherty**, Director, Centre for Coaching
- ❖ **Michele Stoudmann**, Director, Centre for Coaching (Switzerland)

### Course details

- ❖ **Date:** 10 December 2016
- ❖ **Times:** 09h30 to 18h00
- ❖ **Venue:** Château de Bossey, near Geneva
- ❖ **Price:** CHF 400 (lunch incl.)
- ❖ **Early-bird rate:** CHF 350 until 31 October 2016

For more information / registration: [info@centreforcoaching.ch](mailto:info@centreforcoaching.ch) or call: +41 79 242 77 90

*Number of participants is limited*