

HOLISTIC COACH SUPERVISION PROGRAM

STANDARDS OF PRESENCE

Intentions for myself and the group.

1. It is my intention to...

Deepen in my understanding of confidentiality...I see the magnificence in myself and my colleagues, letting go of the need to share anyone else's story or expression and maintaining confidentiality for the ultimate trust and safety in our space together.

2. It is my intention to...

Develop my presence for myself and the group...I commit to be fully present by letting go of any outer or inner distractions so that I am completely available to learnings that arise for all of us. I am fully present: mentally, emotionally, spiritually and physically.

3. It is my intention to...

Practice self-responsibility, and allow others to do the same...I let other people have their learnings and experience and let go of any need to rescue anyone from their own experience. The truth is that I don't know other people's life lessons and therefore give them the dignity of their own process.

4. It is my intention to...

Lovingly challenge my thoughts, feelings and behaviors...I utilize my coaching clients and practice as a mirror for my highest growth available to me. I stay willing to learn and growth beyond any current thoughts, feelings or behaviors that may no longer serve me or those I serve.

5. It is my intention to...

Be honest, vulnerable and authentic for the highest good of myself and those in the group... I utilize our group as a place where I can be honest with myself, practice being vulnerable with myself and others and strengthen my true Self beyond just my ego.

6. It is my intention to...

Receive feedback as information, taking what is useful for my growth and disregarding the rest without judgment of myself, others or the world...I transform feedback into valuable information that I apply for further growth and evolution as a person and a Coach.

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7. It is my intention to...

Keep good boundaries with myself and those in the group... I know that trust and safety is something that is continuously cultivated with myself and with others. I focus on my experience and learnings versus focusing on others.

8. It is my intention to...

Develop my ability to be the neutral observer...I hold in loving compassion and non-judgment for myself and others during our session. I release adding any additional stories, emotions or opinions onto what is being conveyed. I remain the witnesser.

9. It is my intention to...

Show up powerfully in the group...I am engage, visible and interactive so that I can connect with the group and create value for myself.

10. It is my intention to...

Allow this session and myself to BE...I honor all that comes up for myself and the group and know that we are making ourselves fit for purpose by being here together.

**Adapted from the Standards of Presence from the Inspired Learning Foundation. For more information, visit <http://www.inspiredlearning.org>