



The Standards of Presence

Acceptance

The foundation of the Standards of Presence is acceptance. Know that we are all doing our best to learn, grow, respect and follow these Standards.

Self-acceptance is particularly beneficial to experience a safe, empowering environment to learn, create and communicate. With that in mind:

It is my intention to ...

1. ...maintain confidentiality

- What I see and hear that is personal or specific to another person will stay here.
- When sharing the essence of someone else's story, without the names or specific details, I agree to sharing it in an honoring manner that celebrates the original person's magnificence.

2. ...adopt a stand for innocence

- I have a beginner's mind.
- I release evaluating or comparing what I am learning
- I allow myself to "try on" and wear the information for a while, as it stands.

3. ...practice a positive focus

- I focus on the 98% (or more) that IS working
- I know what I focus on expands
- I fill myself with the power of positivity
- What I perceive in others, I strengthen in myself (you spot it, you got it)

4. ...connect at a heart level

- I practice opening my heart to the essence of what is being conveyed without "mindreading"
- I practice opening my creative and life-affirming mind
 - I get out of my limiting and judgmental mind (be "out of my mind")
 - I release the need to evaluate and judge, at least for now, in this moment
- I am anchored in my body as I connect to others.

5. ...claim my experience as my own

- I focus on the parts that are magnificent, particularly in myself and particularly when learning about or exploring new areas
- I speak in I statements so I can claim my experience as my own
- I release telling others what they should do, feel or believe, how they should act, etc.

Born to be extraordinary



It is my intention to ...

6. ...listen deeply and with honor

- I am 100% engaged and focus my positive attention on the person sharing
- I refrain from side talk, cross talk or interrupting when someone is sharing
- I refrain from formulating my response until the person sharing is complete
- I re-spect and look again with new eyes
 - *I release anticipating what the person is going to share
 - *I see it as an opportunity to be fascinated by another.
 - *I look for the gifts being shared - vulnerability, authenticity, brilliance, etc.
- I allow the person sharing to indicate that she is complete.

7. ...give only authentic and positive acknowledgment and support

- I am authentic while giving only positive feedback
- I keep it simple and speak to the essence of "what I experienced"
- I maintain eye contact and/or heart connection with the person to whom I am giving support while remaining fully present in my body
- I allow each session to stand on its own and I release comparing this session to past sessions
- I notice when I want to give unsolicited advice, criticism, counseling or consulting, then release it without sharing it!

8. ...fully receive acknowledgment and positive support

- I am open to receiving acknowledgment – as the gift it is – and let it sink in
- I maintain eye contact and/or heart connection with the person acknowledging me while remaining fully present in my own body
- I respond with a simple Thank you and I refrain from "cross talk" or comments back to the person acknowledging me.

9. ...practice self care and self responsibility, and allow others to do the same

- I maintain a safe space for myself. I take care of and honor the wisdom of my body, heart, mind and source of inspiration, allowing them to guide me
- When something someone else says feels like a judgement or advice, I can simply ask that it be reframed
- When I have a judgment about myself, I can say, "Thank you for sharing," to that voice within me and choose a more resourceful thought and focus
- I empower others by allowing them to take care of themselves.

10. ...be fully present

- I maintain these agreements in and out of the coaching space (I'm honoring!)
- I am here on time to start and end promptly (I'm here!)
- I stay for the entire session (I stay here!)
- I am free from the effects of mind-altering substances (I'm conscious!)
- I value my intuition and my multiple intelligences to guide me (I'm fully present!)

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