



**Beatrice (Bebe) Hansen: Principles of Presence-Based® Coaching: Cultivating Presence to Leverage Change**



Bebe is a principal of Presence-Based® Coaching and an incredibly skillful trainer. She has a deep, ongoing commitment to yoga and meditation practices, and has been a practitioner of the Diamond Approach spiritual path since 2001. Discover the principles of Presence-Based® Coaching.

**TOP EMBODIMENT TIP:** Repeat a body mind practice over time. It will make a difference!

Centering Embodiment Presence Practice:

- **Presence based coaching is about being in touch with yourself at the core.**
- Feel your feet and your connection to the earth.
- Take a deep breath and bring your attention into the sensations of your body.
- Extend the back of your neck upwards, as if you had a book on the top of your head. This dimension is called dignity, and it's about grounding and rooting instability.
- Rock side to side to come to a center point. This is the width dimension of belonging.
- Rock back and forward. This is the depth dimension.
- Sense the present moment - the center point between the past and the future.
- Presence is a place where you come home to yourself.
- Answer the questions to yourself: What am I organizing around right now? Is it what I want to be organizing around?

Witness, Wake Up, and Shift To:

- Recognize our need as humans for authentic connection.
- Witness as our minds and hearts can be forward and backwards, but our body can only be present.
- **Presence is actually the state of our nervous system. It's the state of awareness at any moment.**
- We grow up - moving toward what we want and moving away from what we don't want. This is conditioning.
- When you notice you are triggered by something or someone, witness, wake up, and shift to.
- Wake up to *that* in the moment, and allow yourself to make a different choice than you would.
- Remember we actually have the choice to inhabit a different perspective.

Resources:

- ❖ **Website:** [presencebasedcoaching.com/](https://presencebasedcoaching.com/)



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**UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**