



### Mary McHenry: Full Presence on a Flat Screen



Mary McHenry is an educator, coach and facilitator of leadership development. Explore exercises and tips to be more fully present and embodied in our online interactions.

**TOP EMBODIMENT TIP:** Remember the whole of you, bring all of you

#### Exercises and Tips:

- Practice being in your **length, width and depth. Inhabit more space** in the room, and for the screen.
- **Change things up.** Change geography, move in front of the camera, move with the camera, include your body in your screen interactions, try a desk standing, or using a swivel chair.
- If you are not able to do these things: **imagine you are doing this, visualise it, experience it.**
- Bring your presence to each other: **check in with yourself and the other** person, invite breaks.
- **Name what is present** in the room and reflect back.
- Hide your own **screen view.**
- **Check in with the direction you are looking:** the camera is the eyes.
- **Practice intention** of being fully present and connected.
- **Remind yourself** that you are in a space, and not just on a screen. Bring your whole self into vision.
- **Notice** where you might be gripping your organs, or holding tension in your fascia. Allow to **soften.**
- Open up the **five senses** (smell, sight, sound, taste, touch), connect with your breath, open up the peripheral vision.

#### Resources

- ❖ **Website:** <https://www.naropa.edu/faculty/mary-mchenry.php>



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