

The ICF logo is rendered in a bold, white, sans-serif font. The letters are thick and modern, with the 'C' and 'F' having a slight curve. A thin white vertical line is positioned to the right of the letters, separating them from the event name.

ICF

INTERNATIONAL
COACHING
WEEK

Presence & Awareness

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Language, Leadership & Mindset Coach



INTERNATIONAL
COACHING
WEEK

Presence

Core Competency Number 5: Maintains Presence

1. Remains focused, observant, empathetic and responsive to the client
2. Demonstrates curiosity during the coaching process
3. Manages one's emotions to stay present with the client
4. Demonstrates confidence in working with strong client emotions during the coaching process
5. Is comfortable working in a space of not knowing
6. Creates or allows space for silence, pause or reflection



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Awareness

Core Competency Number 2: Embodies a Coaching Mindset

1. Acknowledges that clients are responsible for their own choices
2. Engages in ongoing learning and development as a coach
3. Develops an ongoing reflective practice to enhance one's coaching
4. Remains aware of and open to the influence of context and culture on self and others
5. Uses awareness of self and one's intuition to benefit clients
6. Develops and maintains the ability to regulate one's emotions
7. Mentally and emotionally prepares for sessions
8. Seeks help from outside sources when necessary



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WEEK

Presence

Mindset & Habits



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WEEK

Mindset & Habits

Cue/Trigger



Craving



Response



Reward



BetterUp 

Mindset & Habits



Eliminate triggers



Reduce cravings



Make a negative habit difficult



Uncover the root



Adopt healthy routines



Swap a bad habit for a better habit



Build intrinsic motivation

BetterUp 

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Building Habits

- Routines/rituals
- Building confidence
- Relationship with the self
- Understanding instant gratification

Don't Underestimate the Small Habits

- Atomic Habits – James Clear
- Building habits by paying attention to the small details and little habits we engage in makes an impact in our rates of success.
- When we understand that habits are formed mostly by instant gratification and responses, we then understand that it can be easier building some habits rather than others.

Instant Gratification

Habits that do not grant instant gratification:

- Saving money
- Getting fit/losing weight
- Learning new skills
- Studying

Coaching Habits

As a coach, the ability to maintain presence is a habit we can steadily build as we understand the core competencies and put them into practice.

- Rituals/routines before a session
- Personal habits that assist with maintaining presence
- Avoiding distractions and negative habits

Awareness

Practice



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VALUES



INTENTIONS



GOALS

Values

- Understand your values
- Work through them and understand how they impact your thoughts, judgments and even coaching sessions.
- Ability to acknowledge and respect the difference of values between yourself and your coachee.

Intentions

- What are your intentions?
 - For the day?
 - For the week?
 - The month?
 - The year?
- What are your intentions?
 - For the session
 - As a coach

Goals

- How do your goals affect you as a coach?
- How you set goals, impacts your ability to facilitate goal setting with your coachee.
- What are your main goals? Daily? Weekly? Monthly? Yearly?

flaws beliefs desires
strengths personality intentions
character feelings dislikes values
likes motivations goals
habits *Self Awareness* actions
tendencies qualities thinking patterns
perceptions thoughts passions
weaknesses mood sensations needs
emotions



Thank you!



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