



Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart

By Doug Silsbee

Download now

Read Online 

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee

Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship.

 [Download Presence-Based Coaching: Cultivating Self-Generati ...pdf](#)

 [Read Online Presence-Based Coaching: Cultivating Self-Genera ...pdf](#)

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart

By Doug Silsbee

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee

Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship.

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee Bibliography

- Sales Rank: #289283 in Books
- Published on: 2008-11-17
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x 1.20" w x 6.30" l, 1.15 pounds
- Binding: Hardcover
- 320 pages

 [Download Presence-Based Coaching: Cultivating Self-Generati ...pdf](#)

 [Read Online Presence-Based Coaching: Cultivating Self-Genera ...pdf](#)

Download and Read Free Online Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee

Editorial Review

From the Inside Flap

Presence-Based Coaching Effective coaches, like effective leaders, must have the ability to motivate others, grasp complex issues, act with purpose, and provide a compass for others to follow. What is the essential quality that makes coaches and leaders more resilient, resourceful, and authentic? Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship. This groundbreaking and practical book shows coaches specifically how to develop the quality of presence within themselves and how to enhance their coaching by cultivating it in others. Silsbee examines presence as an essential element in human learning and development and maps out a comprehensive approach to accelerating and deepening the development process. Step by step, he provides concrete and practical tools for building presence, and includes the tools for accessing and using presence in order to coach leaders to become whole, authentic, and self-generative. Filled with illustrative examples and tested practices organized around mind, body, and heart, Presence-Based Coaching helps to cultivate the capacity to be fully alive, resourceful, and connected to ourselves, our people, and our environment.

From the Back Cover

Praise for Presence-Based Coaching "Presence-Based Coaching is a masterful treatise on coaching in the consciousness age. This book brings structure and strategy to accelerating the evolution of leaders."—Richard Barrett, author, *Liberating the Corporate Soul and Building a Values-Driven Organization* "Silsbee has done it again! Presence-Based Coaching reaches beyond techniques into an exploration of the value inherent in presence itself. Doug's passion for the territory, combined with insightful exercises and practices, engaged me in a deeply reflective journey about the impact my being—versus my doing—has on the results I seek to create."—Charles Tombazian, vice president, Voice of the Customer Office, Avnet Technology Solutions

"Silsbee's new book is essential reading for educators at any level. He is exquisitely articulate about how learning is enabled through the interaction between people. It is a gift to us that he has so carefully and precisely written about it."—Robert C. Pianta, dean, Curry School of Education, University of Virginia "As a coach and a Buddhist, I love this! It is hard to help others be mindful, if we aren't. This book offers great ideas on how to do both and can help leaders—and coaches—have better lives."—Marshall Goldsmith, author, *What Got You Here Won't Get You There*

"This is the field guide for the new frontier of work, offering a solid foundation for authentic human connection and accelerated leader development with simple, relevant practices."—Darelyn "DJ" Mitsch, president, The Pyramid Resource Group, and former president, International Coach Federation "Doug Silsbee has written a powerful guide for those who believe that presence has moved to the forefront as one of the most important qualities that leaders need. This is a must-read for anyone doing the work of developing themselves and others."—Alfred L. Cooke, director, Center for Organizational Performance, Federal

Executive Institute

About the Author

Doug Silsbee is a leader in the field of presence-based leadership development. He is an executive coach, retreat leader, speaker, and author based in Asheville, North Carolina. In addition, he is an adjunct faculty member at the Federal Executive Institute, a Master Somatic Coach with Strozzi Institute, and an affiliate of the Pyramid Resource Group. He is also the author of *The Mindful Coach* and can be contacted at <http://dougsilsbee.com>.

Users Review

From reader reviews:

Leo Osborne:

Nowadays reading books be a little more than want or need but also get a life style. This reading behavior give you lot of advantages. The benefits you got of course the knowledge the actual information inside the book this improve your knowledge and information. The details you get based on what kind of reserve you read, if you want drive more knowledge just go with knowledge books but if you want really feel happy read one having theme for entertaining including comic or novel. The particular Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart is kind of guide which is giving the reader unpredictable experience.

Robert Brown:

Reading a guide tends to be new life style with this era globalization. With examining you can get a lot of information that will give you benefit in your life. With book everyone in this world may share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire their particular reader with their story or even their experience. Not only situation that share in the textbooks. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on earth always try to improve their ability in writing, they also doing some exploration before they write on their book. One of them is this Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart.

Krystal Sutherland:

You may spend your free time to see this book this guide. This Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart is simple to create you can read it in the park, in the beach, train and soon. If you did not have got much space to bring often the printed book, you can buy the e-book. It is make you simpler to read it. You can save typically the book in your smart phone. Therefore there are a lot of benefits that you will get when one buys this book.

Everette Murray:

Many people spending their time period by playing outside with friends, fun activity together with family or

just watching TV 24 hours a day. You can have new activity to spend your whole day by examining a book. Ugh, ya think reading a book can really hard because you have to bring the book everywhere? It alright you can have the e-book, taking everywhere you want in your Touch screen phone. Like Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart which is finding the e-book version. So , try out this book? Let's find.

Download and Read Online Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee #KIU6P0SHLD9

Read Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee for online ebook

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee books to read online.

Online Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee ebook PDF download

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee Doc

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee Mobipocket

Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart By Doug Silsbee EPub