

CI Model Be Present

CoachingIntentionally™ Model©

Element: Be Present

Be Present to what is.

Whatever is happening right now is the most important thing.

The past is done. The future will be. The present is now.

Be present to what is

Be present to what is going
on

Be present to life

Be present to people

Be present to the conversation

Be present to god

Be present most of all to yourself
- what is going on in your body, mind, your soul?