The Art of Presence

Maintains Presence in ICF-Aligned Coaching

CONTENTS

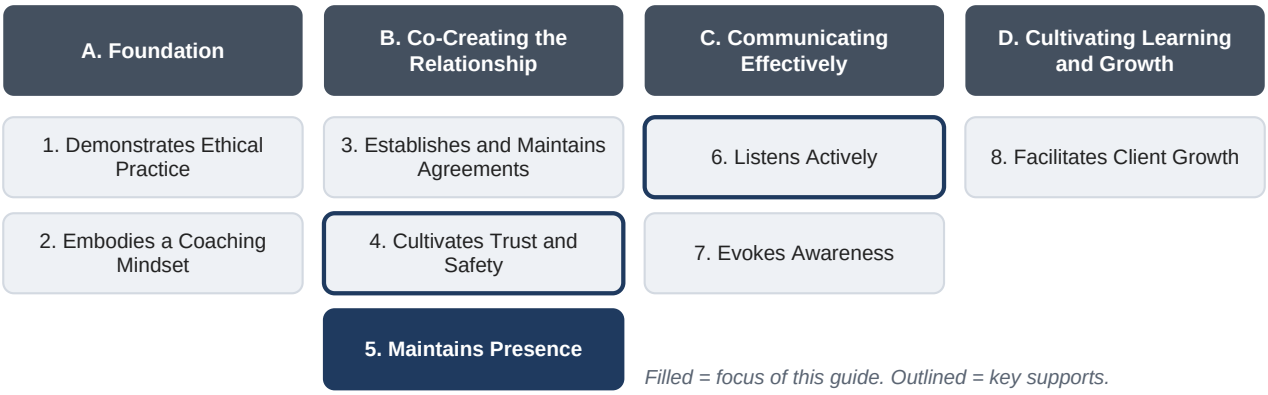
	About This Guide	2
	Map of Areas	3
1	What Presence Is (and Is Not)	4
2	Preparing & Arriving	6
3	Focus, Attention & Observation	8
4	Empathy & Responsiveness	10
5	Curiosity & Beginner’s Mind	11
6	Managing Your Own Emotions	13
7	Working with Strong Client Emotions	15
8	Comfort with Not Knowing	17
9	Silence, Pause & Reflection	19
10	Presence in Different Settings & Practice	20
	Putting It Together	22
	Session Checklist	24

About This Guide

In ICF-aligned coaching, Maintains Presence is Core Competency 5. It means being fully conscious and creating a spontaneous relationship with the client, employing a style that is open, flexible, grounded and confident. It is the quality of attention and being the coach brings to every moment of the conversation.

This guide organizes the competency into ten areas. Each has subcategories with sample questions and phrases to adapt in your own words, plus diagrams, tables and worksheets. It is a map, not a script: presence cannot be performed, only practiced.

Where presence fits in the ICF model



The eight ICF Core Competencies (2019 model). Maintains Presence is Competency 5, closely linked to Cultivates Trust and Safety and to Listens Actively.

What the competency asks of the coach

In plain words (paraphrased from the ICF model)	Where in this guide
Stays focused, observant, empathetic and responsive to the client	Areas 1, 3 and 4
Shows curiosity during the coaching process	Area 5
Manages their own emotions in order to stay present with the client	Areas 2 and 6
Shows confidence in working with the client's strong emotions	Area 7
Is comfortable working in a space of not knowing	Area 8
Creates or allows space for silence, pause or reflection	Area 9
Sustains presence in different settings and over a whole career	Area 10

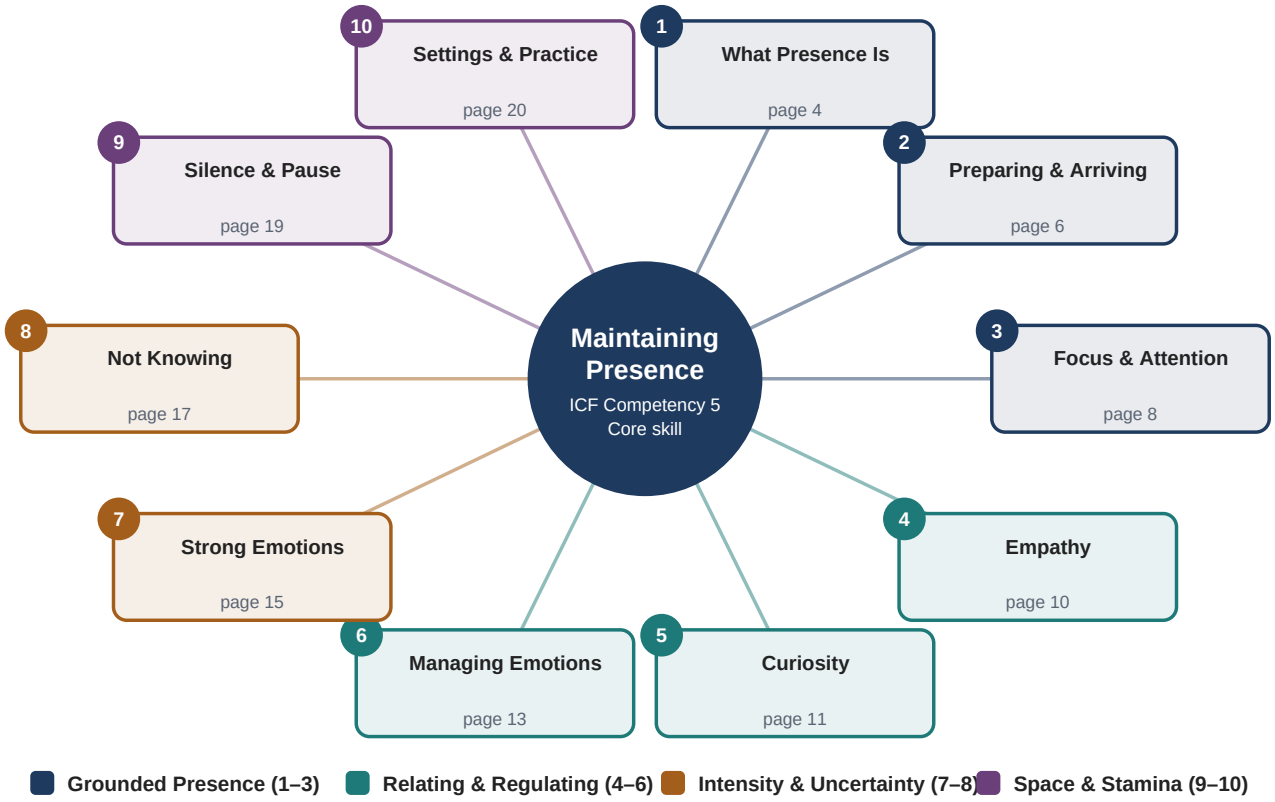
Paraphrased summary. For the official wording, see the ICF Core Competencies on coachingfederation.org.

Principles that keep presence client-centered

- **Presence is a practice, not a state.** Attention drifts; the skill is noticing and returning.
- **Be with the client, not ahead of them.** Your next question is not as important as this moment.
- **Your own state matters.** Clients feel whether the coach is settled or scattered.
- **Calm is not blank.** Presence is warm, alive and responsive, not passive.
- **Not knowing is a strength.** Open space lets the client find their own answers.
- **Presence is chosen again and again.** Return to it whenever you notice you have left.

Map of Areas

The ten areas fall into four themes, shown by color. Each box links to its section when the PDF is opened in a viewer that supports links.



The four themes

Theme	The question it answers	Areas
Grounded Presence	How do I arrive and stay here?	1 What Presence Is (and Is Not), 2 Preparing & Arriving, 3 Focus, Attention & Observation
Relating & Regulating	How do I connect while staying steady?	4 Empathy & Responsiveness, 5 Curiosity & Beginner's Mind, 6 Managing Your Own Emotions
Intensity & Uncertainty	How do I stay when it is hard or unclear?	7 Working with Strong Client Emotions, 8 Comfort with Not Knowing
Space & Stamina	How do I give space and sustain this?	9 Silence, Pause & Reflection, 10 Presence in Different Settings & Practice

How to use this guide

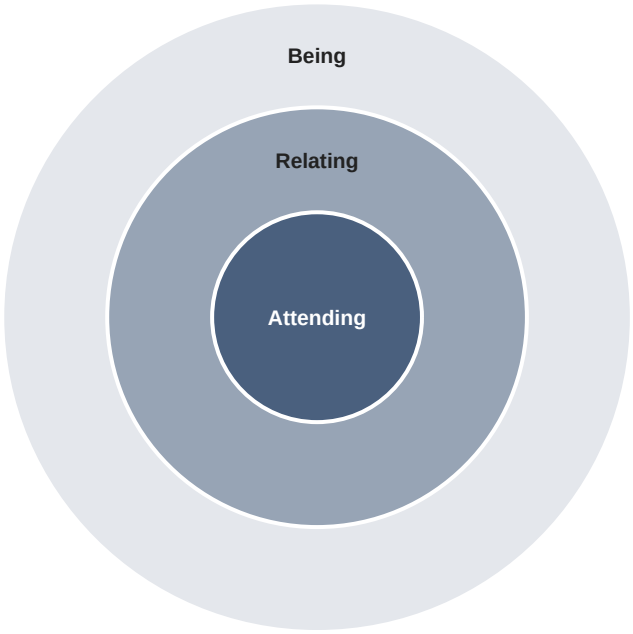
1. **Start with the coach, not the client.** Presence begins with your own preparation.
2. **Adapt the phrases.** Use your own voice and the client's words.
3. **Use the tools lightly.** The checklists are for your own reflection.
4. **Practice in small moments.** A single breath before a session counts.

1

GROUNDED PRESENCE · ARRIVING, ATTENDING, OBSERVING

What Presence Is (and Is Not)

Presence is whole-person attention: body, mind and heart available to the client in the moment. It is not performance, intensity or constant eye contact. It is being fully here, open to what emerges, and flexible enough to follow it.



Attending
Attention is on the client: words, tone, energy, silence. Distractions are noticed and set aside.

Relating
A real, spontaneous connection. The coach responds to this person, not to a script.

Being
The coach is grounded in themselves: settled, open, flexible and confident.

Layers of presence, from the coach's own grounding to attention to the client.

Being fully conscious — awareness of self, client and the moment.

- *"What am I noticing in myself right now?"*
- *"What is happening between us at this moment?"*
- *"What is most alive in this conversation?"*

Spontaneity and flexibility — responding rather than following a plan.

- *"Where does this conversation want to go?"*
- *"What would I do if I dropped my agenda?"*
- *"What is the client inviting, and am I following it?"*

Being grounded and confident — a settled style that invites trust.

- *"What helps me feel steady in this session?"*
- *"Where do I trust myself most as a coach?"*
- *"How can I show up as myself?"*

Presence is not performance — avoiding the pressure to look present.

- *“Am I trying to look present, or being present?”*
- *“What would it be like to relax and listen?”*
- *“What do I need to put down to show up?”*

Presence and the client — the client’s experience of being met.

- *“How present do I feel with you right now?”*
- *“What would help you feel more fully heard?”*
- *“What is it like to be in this conversation?”*

Returning when you drift — the skill is noticing and coming back.

- *“Where did my attention just go?”*
- *“What brought me back?”*
- *“What helps me return quickly?”*

Present and not present

Dimension	Not present	Present
Attention	Planning the next question or checking the clock	On the client, moment by moment
Body	Tense, hurried, distracted	Settled, open, steady
Questions	Come from a script or the coach’s curiosity	Come from what just happened
Emotion	Avoided, absorbed or fixed	Noticed, welcomed and held
Silence	Filled quickly	Allowed and used
Client’s experience	Managed or hurried	Heard and accompanied

> **Coach’s note.** Presence is not constant. Even skilled coaches drift many times in a session. What matters is noticing and returning, with kindness toward yourself.

2

GROUNDED PRESENCE · ARRIVING, ATTENDING, OBSERVING

Preparing & Arriving

Presence is easier when the coach arrives ready. A short routine before the session helps set aside what happened earlier, settle the body and bring attention to the person about to arrive.

A two-minute arrival routine



A short arrival routine. Even one minute helps; adapt it to suit you.

Clearing your mind — setting aside the day's concerns.

- *"What am I carrying into this session?"*
- *"What can I put down for the next hour?"*
- *"What do I need before I can be fully here?"*

Settling the body — using breath and posture to ground.

- *"How is my breathing right now?"*
- *"Where am I holding tension?"*
- *"What would help my body feel settled?"*

Setting an intention — choosing how to show up.

- *"What is my intention for this session?"*
- *"What quality do I want to bring today?"*
- *"What would it mean to serve this client well?"*

Reading the client before you meet — light preparation without presuming.

- *"What did we agree last time?"*
- *"What might be on this client's mind today?"*
- *"What can I let go of so I can meet them fresh?"*

Environment and logistics — removing avoidable distractions.

- *"Is my space quiet and private?"*
- *"Are notifications silenced and tabs closed?"*
- *"Do I have everything I need within reach?"*

Transitions between clients — clearing space after each session.

- *“What do I need to release from the last session?”*
- *“What would help me reset before the next?”*
- *“How long a break do I need to be fully ready?”*

Before and after: a coach’s checklist

Moment	Prompt for yourself	Practice
Before	What am I carrying, and what can wait?	Breath, notes closed, phone away
Opening	How is this person arriving?	A warm, unhurried greeting; ask how they are
During	Where is my attention right now?	Notice, name silently, return
After	What did I notice about my presence?	Short reflection notes
Between sessions	What do I need to reset?	Stretch, water, fresh air

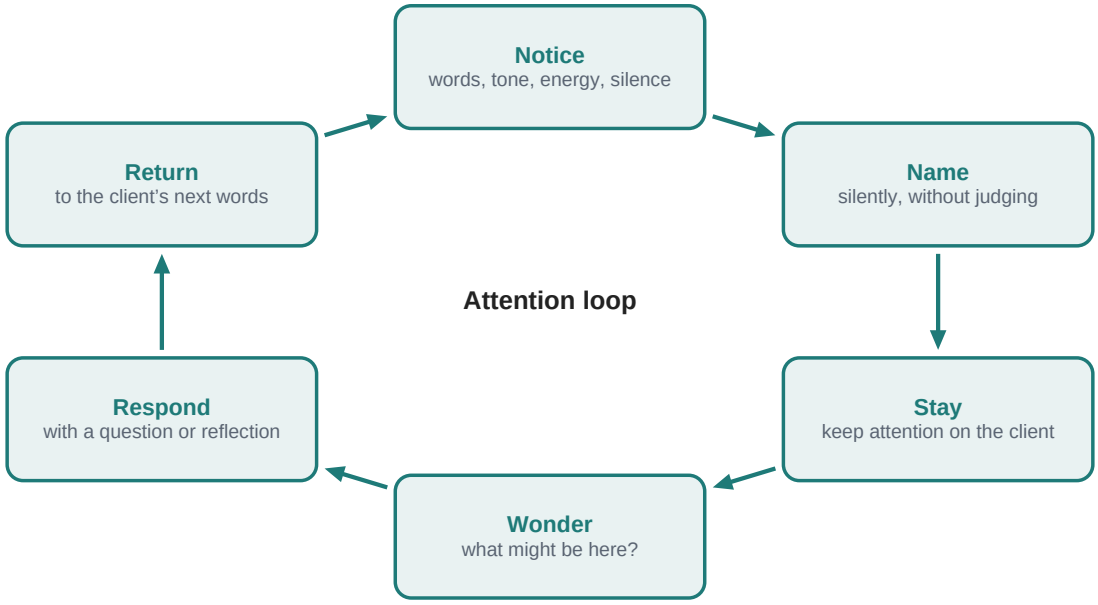
> **Coach’s note.** You do not need a perfect routine, only a reliable one. A consistent two-minute ritual teaches your mind and body that it is time to be present.

3

GROUNDED PRESENCE · ARRIVING, ATTENDING, OBSERVING

Focus, Attention & Observation

Presence shows up as focused, observant attention. The coach keeps their awareness on the client and on what is happening in the moment, noticing without jumping to conclusions.



An attention loop. Presence is a cycle of noticing, staying and responding.

Focused attention — keeping awareness on the client.

- *"What did I just hear?"*
- *"What is the client emphasizing?"*
- *"What is at the center of this conversation?"*

Observation without judgment — seeing what is, not what you expect.

- *"What am I actually seeing and hearing?"*
- *"What am I adding that the client has not said?"*
- *"How would I describe this without interpretation?"*

Noticing the whole field — client, coach and what is between us.

- *"What is the atmosphere of this conversation?"*
- *"What is the energy between us?"*
- *"What is not being said, but is present?"*

Noticing your own reactions — your body and thoughts as information.

- *"What am I feeling in my body as I listen?"*
- *"What reaction just arose in me?"*
- *"Is this mine, the client's, or both?"*

Catching distraction — noticing drift and returning.

- *"Where did my attention just go?"*
- *"What pulled me away?"*
- *"What helps me return?"*

Following the client's lead — staying with their focus.

- *"What would you like to focus on?"*
- *"Where is your energy now?"*
- *"What matters most in what you just said?"*

Signs your attention has drifted

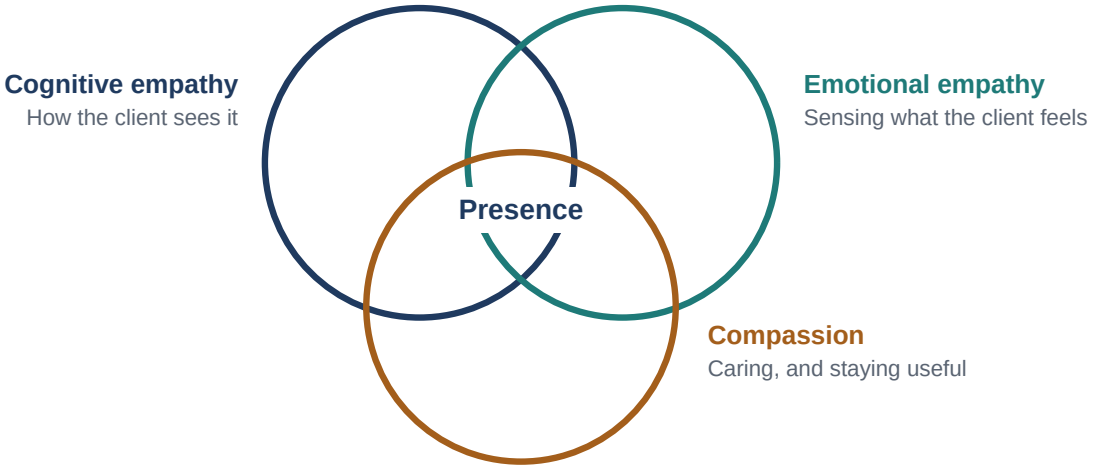
Sign	What may be happening	A way back
Planning your next question	Attention on yourself	Return to the client's last words
Thinking of solutions	In fix-it mode	Ask what the client wants from this
Watching the clock	Anxiety about time or outcome	Breathe; trust the process
Judging the client	Your own lens is active	Get curious about what makes sense to them
Feeling bored or restless	Possible tiredness or distraction	Notice your body; ask what is alive
Missing what was just said	Attention has left	Say so: Could you say that again?

> **Coach's note.** Admitting a lapse is itself presence. A simple "I drifted for a moment, could you repeat that?" models honesty and brings you both back.

RELATING & REGULATING · EMPATHY, CURIOSITY AND SELF-MANAGEMENT

4 Empathy & Responsiveness

Present coaches are empathetic and responsive: they feel with the client enough to understand, stay steady enough to help, and adjust to what the client needs in the moment.



Three facets of empathy that support presence. Strong coaching draws on all three without being overwhelmed by any.

Understanding the client's perspective — cognitive empathy.

- *"Help me understand how you see this."*
- *"What is it like to be in your position?"*
- *"What matters most from your point of view?"*

Sensing the client's feelings — emotional empathy.

- *"It sounds like this has been really hard."*
- *"I'm sensing some worry. Is that right?"*
- *"What are you feeling as you talk about this?"*

Caring and staying useful — compassion in action.

- *"What would be most helpful right now?"*
- *"What do you need from me?"*
- *"How can I best support you?"*

Responsiveness — adapting in the moment.

- *"I'm noticing a change in you. What is happening?"*
- *"Would you like to go on, or take a different route?"*
- *"What would serve you right now?"*

Warmth and humanity — being a real person with the client.

- *"Thank you for sharing that with me."*
- *"I'm glad you told me."*
- *"That sounds important to you."*

Empathy without over-identifying — staying separate enough to help.

- *"How is this different from my own story?"*
- *"What does this client need that I can offer?"*
- *"Where am I mixing my feelings with theirs?"*

Empathic responses

The client says	Less empathic	More empathic
"I'm exhausted."	*"Everyone is. Let's get to the goal."*	*"You sound worn out. What has this been like?"*
"They didn't even thank me."	*"Maybe they were busy."*	*"That must have hurt, after all your effort."*
"I'm not sure I can do this."	*"Of course you can!"*	*"It sounds like you're doubting yourself. Tell me more."*

> **Coach's note.** Empathy is not agreeing or rescuing. It is understanding the client's experience and staying steady beside them, so they can face it themselves.

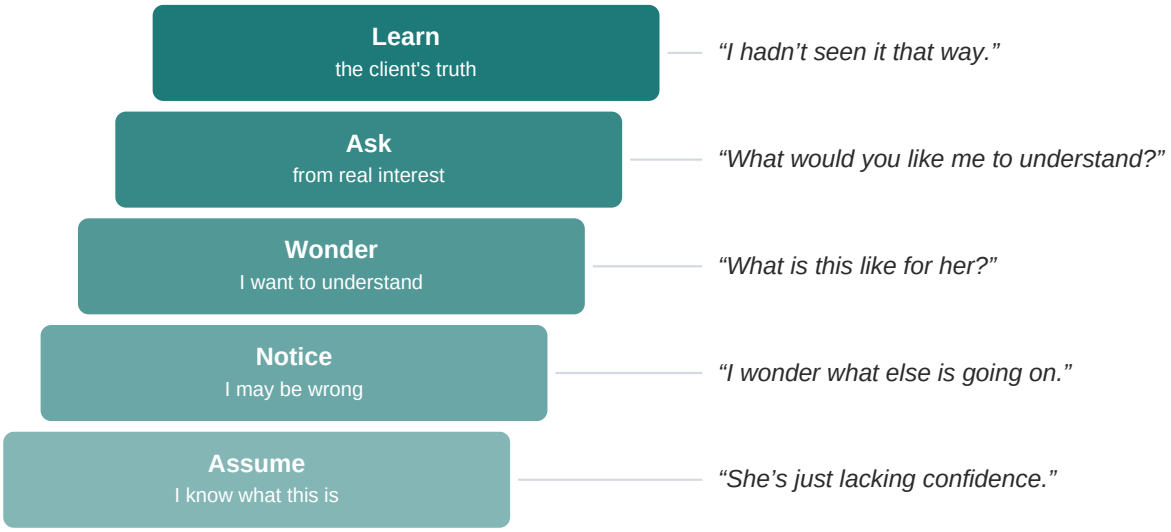
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RELATING & REGULATING · EMPATHY, CURIOSITY AND SELF-MANAGEMENT

Curiosity & Beginner's Mind

Curiosity keeps coaching alive. A present coach comes to each client, and each moment, with genuine interest and a willingness to be surprised, setting aside what they think they already know.

From assumption to curiosity



Moving from assumption toward curiosity. Each step makes space for the client's own story.

Genuine interest — wanting to know, not to fix or prove.

- *"I'm curious about…"*
- *"What is that like for you?"*
- *"What's most interesting to you about this?"*

Beginner's mind — seeing as if for the first time.

- *"What would I ask if I knew nothing about this?"*
- *"What am I assuming that I should question?"*
- *"What would surprise me here?"*

Curiosity about the client's world — interest in their context and meaning.

- *"Tell me more about that."*
- *"What does that mean for you?"*
- *"What should I understand about your situation?"*

Following surprises — staying with what is unexpected.

- *"That's not what I expected. Tell me more."*
- *"What surprised you about that?"*
- *"What is the surprising part for you?"*

Curiosity about yourself — noticing your own reactions and patterns.

- *"What am I curious about right now?"*
- *"What assumption just arose in me?"*
- *"What does my reaction tell me?"*

Keeping curiosity alive — avoiding routine and expertise traps.

- *"What would make this conversation fresh?"*
- *"What do I not yet know about this client?"*
- *"What would I ask if I had never heard this story?"*

Curious or assuming?

Assuming	Curious
"You must be frustrated."	*"How are you feeling about it?"*
"That's obviously the problem."	*"What do you see as the heart of it?"*
"I've seen this before."	*"What is different about your situation?"*
"You should try…"	*"What have you already tried, and what happened?"*
"I understand."	*"Help me understand."*

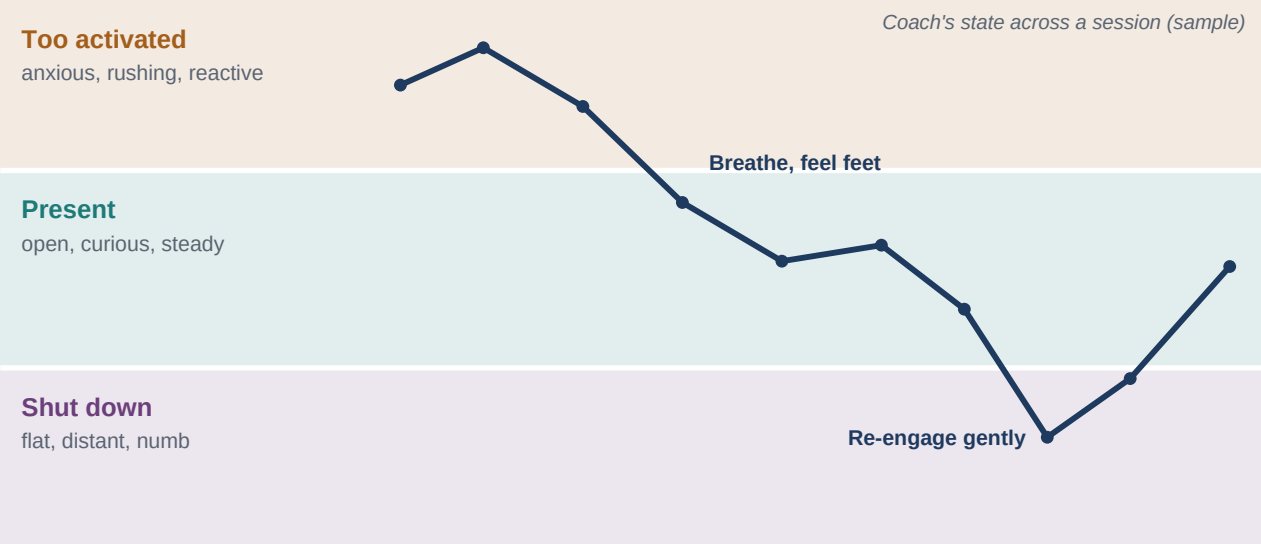
> **Coach's note.** Experience is a resource, and also a risk. The more you know, the more important it is to check what you think you know.

6

RELATING & REGULATING · EMPATHY, CURIOSITY AND SELF-MANAGEMENT

Managing Your Own Emotions

Coaches have feelings too. Presence does not mean having no reactions; it means noticing them, managing them so they do not take over, and using them as information.



A window of tolerance for the coach (adapted from Dan Siegel's concept). Presence is easiest in the middle band; the skill is returning to it.

Noticing your reactions — feelings arising in the session.

- *"What am I feeling right now?"*
- *"What triggered that reaction?"*
- *"Where do I feel it in my body?"*

Regulating in the moment — staying steady while you listen.

- *"What helps me settle, such as a breath or feeling my feet?"*
- *"What do I need to stay present?"*
- *"How can I slow down for a moment?"*

Using emotion as information — your feelings may reflect the client's.

- *"What might this feeling be telling me?"*
- *"Is this mine, or something in the room?"*
- *"How might I check this with the client?"*

Your triggers and limits — knowing what throws you.

- *"Which topics or behaviors stir me most?"*
- *"What does that remind me of?"*
- *"When do I most lose my footing?"*

Recovering after a wobble — returning to center.

- *"Let me pause and take a breath."*
- *"I lost the thread for a moment. Where were we?"*
- *"What would help me return?"*

Care and support for the coach — supervision and self-care.

- *“Who can I talk this through with?”*
- *“What am I carrying from my sessions?”*
- *“What do I need to stay well in this work?”*

Coach’s presence check-in (use between sessions)

Check	My answer
What was my state going in?	
When did I feel most present?	
When did I drift, and what pulled me?	
What emotion did I notice in myself?	
What helped me return?	

A private worksheet for your own reflection and supervision.

> **Coach’s note.** If a client’s story keeps stirring strong reactions in you, take it to supervision. Managing yourself is part of the craft, not a failing.

INTENSITY & UNCERTAINTY · STRONG EMOTION AND NOT KNOWING

7 Working with Strong Client Emotions

Clients sometimes cry, get angry, freeze or laugh uncontrollably. A present coach is not afraid of this. Confidence here means staying steady, welcoming the emotion, and trusting the client.

When emotion rises: five moves



A path for strong emotion. Slow down first; do not rush to fix or to change the subject.

Staying steady — your own calm is a resource.

- *"I'm here."*
- *"There's no hurry."*
- *"Take your time."*

Welcoming tears and sadness — making space without fixing.

- *"It's okay to feel this here."*
- *"Would you like a moment?"*
- *"What is this tear about, if you'd like to say?"*

Meeting anger and frustration — hearing the energy beneath.

- *"I can hear how strongly you feel about this."*
- *"What does the anger want you to know?"*
- *"What matters so much here?"*

Meeting fear and shutdown — going slowly and gently.

- *"We can slow down. What would help?"*
- *"What would you like to do right now?"*
- *"Is there anything that would make this feel safer?"*

Checking in on intensity — pacing the work.

- *"On a scale of 1 to 10, how intense is this?"*
- *"Would you like to stay with it or pause?"*
- *"What would help you feel steady?"*

Knowing when to refer — recognizing the edge of coaching.

- *“This seems very heavy. Would additional support help?”*
- *“Who supports you outside our sessions?”*
- *“Would it help to talk with a counselor or therapist as well?”*

Responding to strong emotion

Instead of	Try
“Please don’t cry.”	*“It’s okay. Take all the time you need.”*
“Let’s look at the bright side.”	*“This really hurts. I’m here.”*
Quickly offering a tissue and moving on	*Offer one, then stay with the moment*
Changing the subject	*“Would you like to say more, or take a breath?”*
“Calm down.”	*“I can hear how strongly you feel about this.”*

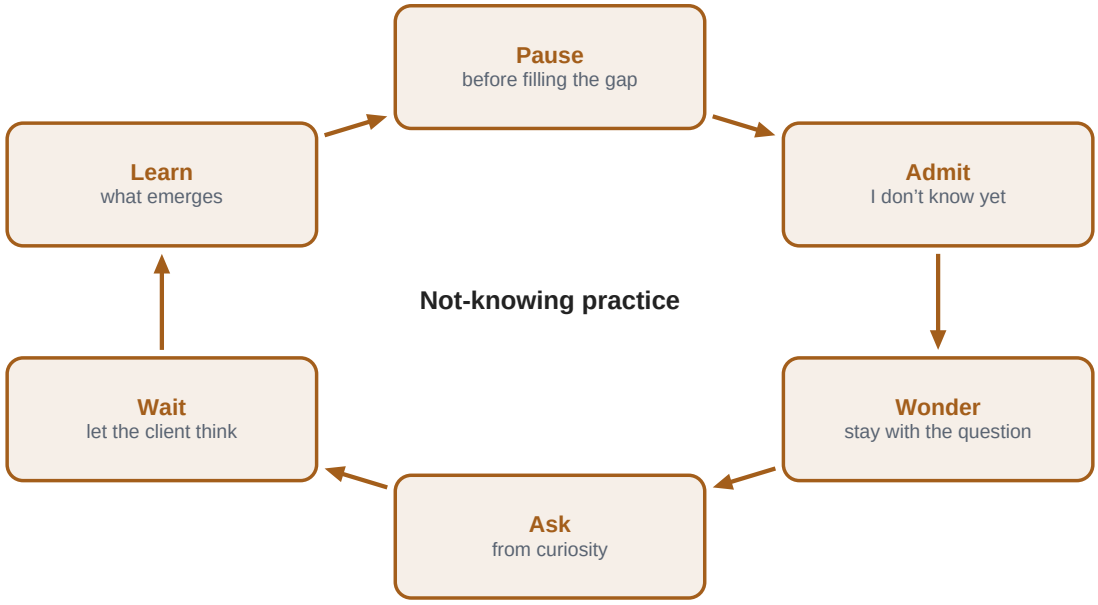
> **Coach’s note.** Coaching is not therapy. If the emotion goes beyond what coaching can safely hold, pause kindly and discuss other support, following your code of ethics.

8

INTENSITY & UNCERTAINTY · STRONG EMOTION AND NOT KNOWING

Comfort with Not Knowing

A coach who is comfortable not knowing does not need to have the answer, the plan or the perfect question. This leaves room for the client to think, discover and own the outcome.



A not-knowing practice. Resist the urge to rescue the silence with an answer.

Resisting the urge to fix — letting go of expertise and answers.

- *"What would happen if I didn't offer an answer?"*
- *"What does the client already know?"*
- *"What am I afraid will happen if I don't know?"*

Saying "I don't know" — honest, relaxed not-knowing.

- *"I don't know. What do you think?"*
- *"I'm not sure where this is heading. Shall we see?"*
- *"I'm curious what you will discover."*

Staying with ambiguity — tolerating unclear or messy territory.

- *"It's okay if this isn't clear yet."*
- *"What is coming up, even if it's unclear?"*
- *"What would it be like to stay here a bit longer?"*

Trusting the process — believing in the client's capacity.

- *"What do you trust about your own wisdom?"*
- *"What is emerging for you?"*
- *"What would you say if you trusted yourself?"*

Letting go of the plan — following what emerges.

- *"I had a plan, but this seems more important. Is that so?"*
- *"Where would you like to go from here?"*
- *"What matters most right now?"*

When the coach feels lost — naming it and recentering.

- *“I’ve lost the thread. Help me understand.”*
- *“I’m not sure how to help here. What would help?”*
- *“Let’s pause. What is most important?”*

Knowing versus not-knowing

Coach as the one who knows	Coach comfortable not knowing
Gives answers and advice	Asks questions and waits
Needs a clear plan for each session	Follows the client’s emerging agenda
Fills silence with reassurance	Lets silence do its work
Is uneasy with ambiguity	Welcomes ambiguity as a place for insight
Feels pressure to solve it	Trusts the client’s own resources

> **Coach’s note.** Not knowing is not being unprepared. It is a deliberate openness that comes from knowing your craft well enough to relax into it.

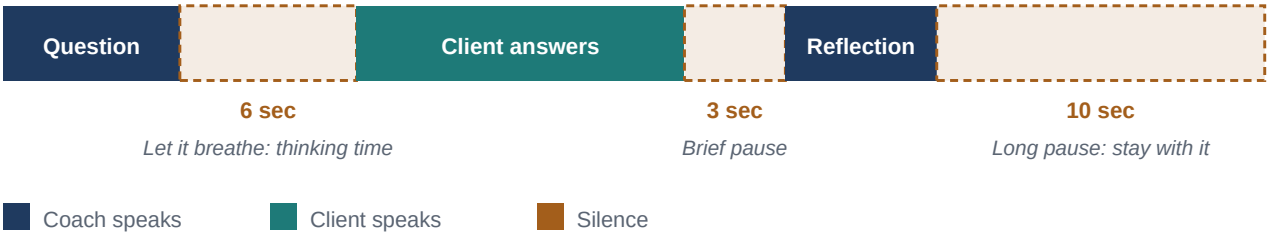
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SPACE & STAMINA · SILENCE, SETTINGS AND SUSTAINING PRACTICE

Silence, Pause & Reflection

Silence is one of the coach's most powerful tools. A pause gives the client time to think, feel and discover, and signals that you are not in a hurry to fill the space.

A few minutes of a session (sample)



A sample timeline of speaking and silence. Pauses are part of the work, not gaps in it.

Allowing silence — waiting after a question.

- *"Take all the time you need."*
- *"I'm here. No rush."*
- *"(Say nothing, and count to five silently.)"*

Creating space for reflection — inviting the client to pause.

- *"Would you like to take a moment to think?"*
- *"What do you notice as you sit with that?"*
- *"Let's pause here for a moment."*

Reading the silence — what the quiet may mean.

- *"What is happening for you in this quiet?"*
- *"Is this a thinking pause, or something else?"*
- *"What are you noticing?"*

Coach's own discomfort — noticing the urge to fill the gap.

- *"What is my urge right now?"*
- *"What am I afraid will happen if I stay quiet?"*
- *"What would help me stay with this?"*

Breaking silence gently — when and how to speak.

- *"What's coming up for you?"*
- *"Would you like to share what you're thinking?"*
- *"Is there anything you'd like me to know?"*

Cultural differences in silence — adapting to the client's norms.

- *"How do you like to use pauses in conversation?"*
- *"Is there anything I should know about how you prefer to think?"*
- *"How is the pace for you?"*

Types of silence and responses

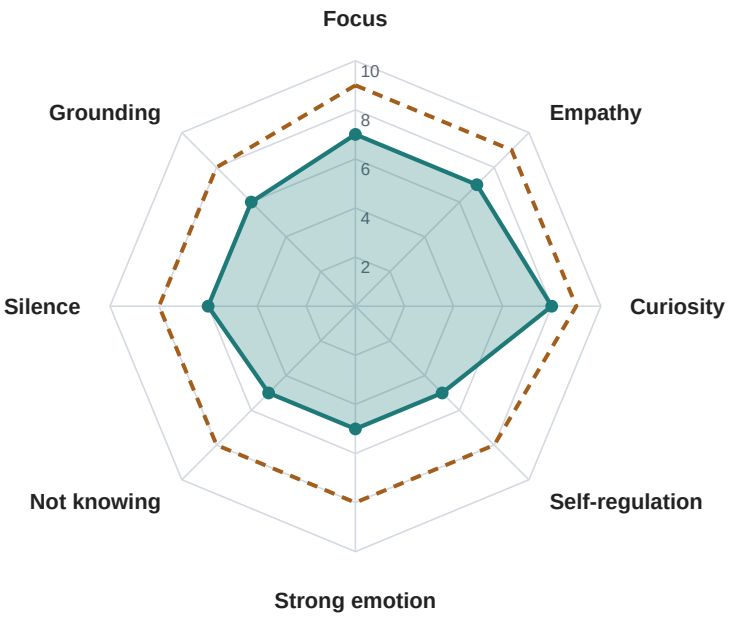
Type	May mean	A coach might
Thinking	Working out an answer	Wait calmly; do not rescue
Emotional	Feeling has surfaced	Stay present; soften your voice
Resistant	Discomfort or disagreement	Check in: What is happening for you?
Reflective	Absorbing an insight	Allow it; later ask what they noticed
Awkward	Unsure what to say	Reassure: There's no right answer
Complete	Nothing more to say	Reflect briefly, or ask what's next

Coach's note. A useful rule of thumb: wait longer than feels comfortable, then a little longer still. Count silently if it helps.

SPACE & STAMINA · SILENCE, SETTINGS AND SUSTAINING PRACTICE

10 Presence in Different Settings & Practice

Presence looks different on video, on the phone, in teams and in organizations. It also grows with practice, supervision and self-care across a coaching career.



How to use the wheel

Rate yourself from 0 (center) to 10 (outer ring) in each area, today and where you want to be.

Choose one or two areas to practice for a month, and ask a mentor coach to observe you.

Scores here are samples for illustration only.

Today (sample)

Goal (sample)

A presence self-assessment (sample scores). A conversation starter, not a test.

Video and phone sessions — staying present through a screen or voice.

- *"Where do I look so the client feels attended to?"*
- *"How will I notice shifts when I can't see their body?"*
- *"What would help me stay focused with fewer cues?"*

Team and group coaching — holding many people at once.

- *“Who have I not heard from?”*
- *“What is the energy of the group right now?”*
- *“How can I stay grounded with many voices?”*

Back-to-back sessions — protecting your capacity.

- *“What do I need between sessions to reset?”*
- *“How many sessions can I hold well in a day?”*
- *“What signs show I am running low?”*

Daily practices — building the habit of presence.

- *“What small practice can I do every day?”*
- *“When in my day do I feel most present?”*
- *“What helps me return when I scatter?”*

Supervision and mentor coaching — learning from others.

- *“What did my mentor coach notice about my presence?”*
- *“When did I seem most and least present?”*
- *“What is one thing I’d like to practice?”*

Care for the coach — sustaining presence over a career.

- *“What nourishes me?”*
- *“How do I rest and recover?”*
- *“What would help me bring my best self to clients?”*

Presence across settings

Setting	Challenge	What helps
In person	Subtle cues are rich but can distract	Settle, soft gaze, notice the room
Video	Screen fatigue; looking at your own face	Hide self-view; look at the camera at key moments
Phone	Only voice and silence	Listen to breath and pace; check in verbally
Chat or email	No tone or pause	Read slowly; reply thoughtfully; name emotion lightly
Team	Many voices at once	Ground yourself; scan the group; invite quiet voices
Long day	Fatigue and drift	Schedule breaks; protect your rest

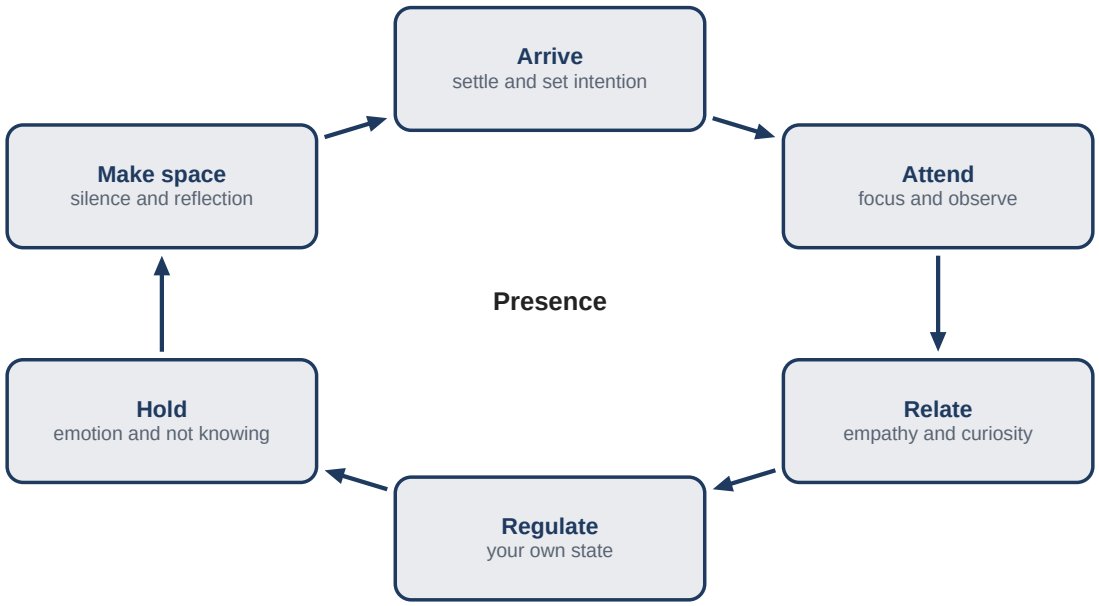
Practices to build presence

Practice	How	What it builds
Breath anchor	Three slow breaths before each session	Settling
Body scan	One minute: feet, belly, shoulders, jaw	Grounding
Single-pointed listening	Listen to one conversation with no phone or notes	Focus
Count to five	Wait five seconds before replying	Comfort with silence
Daily reflection	Note one moment of presence and one of drift	Self-awareness
Mentor coaching	Record a session with consent and review	Noticing what you missed

> **Coach's note.** Aim for progress, not perfection. Presence is a lifelong practice, and the practice is returning.

Putting It Together

Maintaining presence is a cycle rather than a checklist. The coach arrives, attends, relates, regulates, holds strong emotion and uncertainty, makes space, and returns again and again.



The presence cycle.

Do and avoid

Do	Avoid
Prepare and arrive before the session	Rushing in from the last task
Notice drift and return	Pretending to be present
Stay curious, not certain	Assuming you know
Welcome strong emotion	Rushing to fix or change the subject
Allow silence	Filling every gap
Look after your own state	Ignoring tiredness or triggers

Phrases by purpose

Purpose	Sample phrases	When to use
Arrive	*How are you arriving today?*	At the start
Stay curious	*Tell me more. What is that like?*	Throughout
Empathize	*That sounds really hard. I'm here.*	When feeling surfaces
Admit a lapse	*I drifted for a moment. Could you say that again?*	When attention slips
Give space	*Take your time. There's no rush.*	After a big question
Hold not knowing	*I don't know. What do you think?*	When tempted to answer

Practical notes

- **Start each session with a breath.** It costs nothing and changes a lot.
- **Trust silence.** Wait longer than feels comfortable.
- **Name your drift.** Honesty brings you both back.
- **Stay with the client's pace.** Their pace is the pace of the work.
- **Protect your energy.** Rest is part of presence.
- **Return, again and again.** That is the practice.

Session Checklist

A quick review after a session, or before the next one.

- [ ] I paused, breathed and set aside distractions before the session.
- [ ] I stayed focused on the client and noticed when I drifted.
- [ ] I observed the client’s words, tone, energy and silence.
- [ ] I responded with empathy and warmth while staying steady.
- [ ] I stayed curious, setting aside what I thought I knew.
- [ ] I noticed and managed my own emotions and triggers.
- [ ] I welcomed the client’s strong emotion without rushing to fix it.
- [ ] I was comfortable not knowing and did not rush to answer.
- [ ] I allowed silence and gave the client time to reflect.
- [ ] I chose one thing to practice to be more present next time.