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HUMAN POTENTIAL COACHING IS POWERED BY PRESENCE

Most coaching is head-based, ego-focused and oriented to chasing goals that arise from programmed conditioning, what our conditioned mind tells us we should be doing. There is a role for this, particularly when it comes to addressing and fixing issues outside of us, however it doesn't bring lasting fulfillment, contact the real issues of the person being coached or utilize an ever-present source of inner wisdom and insight.

At the Human Potential Institute, we teach another way — an integrative, Presence-centered, somatically oriented coaching methodology. Okay, that might sound complicated. Let me explain! Beyond your thinking, conceptual mind is a dimension of you called Presence. When you relate to the world solely from the conceptual mind you will experience a 'separate-sense-of-me' centered in the region of your forehead. Most people are identified with (imprisoned by) their egoic, me-focused conceptual mind and unconsciously perceiving the reality through its filters, biases and assumptions. It's easy to know whether this is true for you.

Does your mind spend a lot of time judging, comparing, worrying, making up stories, creating drama, getting distracted, compulsively avoiding, medicating or resisting your inner experience and recycling unhelpful, harmful and/or unwanted addictive thinking/behavioral

patterns. Do you feel separate from life, sensing you are not enough or don't have enough? Does this sound familiar? This is the default for most human beings. It is the number one cause of unnecessary psychological suffering and failure to realize our unlimited potential.

When you live from your conditioning you are not in charge of your life, your conditioning is! There is an alternative way of being and living (and coaching) and this is to be Presence-centered, not ego-centered. Have you ever experience a moment when time stopped and you felt present and open, totally aware, connected, vital, at peace. Yes? This was probably you being Presence. If you haven't tasted this, you are in for a life-changing insight!

You are not your egoic-conditioned mind. You are not your body. You are Presence. Inherent to Presence are the qualities we human beings seek — wholeness, wisdom, wellbeing, connection, safety, joy, love, ease — FREEDOM. From Presence, wiser more creative solutions arise. From Presence we see clearly. Knowing how to develop, live and coach consciously from and as Presence is truly a game-changer. It will be our privilege to teach you how!

Our students (and their Clients) are often astonished at the power, simplicity and elegance of the Human Potential Coaching process. As you learn to attune

to aware Presence and relate to the movements within you (your direct inner experience) from the inherently open and allowing Awareness, liberation of stuck conditioning, energy patterns, pain and suffering happens. This focus on the experience arising within the interior space of the body is somatically oriented dimension to Human Potential Coaching. It is truly remarkable. It releases all manner of creativity, insights powers and potentials. This way of being is a revelation. It has the potential to change you and your life forever.

And then as a Presence-centered Certified Human Potential Coach you support your Clients in not only living and relating from Presence, but also guiding them in shaping a mind, body and energy system that works for them, not against them. This is the key to flourishing as a conscious, self-actualizing human being! We teach a truly whole-person approach grounded in science, one that integrates contemporary insights and practices from the fields of cognitive science, developmental theory, positive psychology, biohacking, neuroscience and behavioral change. Becoming a Certified Human Potential Coach will transform your life and provide you with a professional vehicle for being paid well to help your Clients achieve their true goals and transform their lives. It is profoundly fulfilling work.