



DOUG SILSBEE, PCC

Week Three: Center

One of the best ways to become more present as a leader is to bring your attention into your body. Centering is one way to do this.

I have clients who center when entering their classroom of six-year-olds, leading meetings of people who manage nine figure budgets, and conducting difficult performance reviews. Centering is a core practice for being more present.

A simple version of centering is to observe your posture and your breath. First, re-organize the way you're holding your body, sensing how you're supported by gravity. Feel the floor under your feet, and the seat under your rear. Rock first self and right, then front and back, finding the place in the center that feels balanced and straight. Allow your shoulders to drop. Let your jaw relax; allow your eyes to be soft. Straighten your neck on your shoulders, and let your chest open.

Now, notice the sensation of coolness at the tip of your nose as air moves in and out. Notice your chest moving up and down. Sense your abdomen filling and relaxing with each breath. Let your attention be in your belly.

Notice your sense of yourself now. How is it different than before? In this state, how might you interact with others differently?

Experiment with this during the coming week. You can do this anywhere... in a meeting, on a train, in the car, during a conversation. Practice ten times a day, for a minute or two each time. See how your experience of your day is different.

Doug Silsbee is a leadership coach, author and master teacher in Asheville, NC. His most recent book is *Presence-Based Coaching*. More information on Doug's work is at <http://dougsilsbee.com>. Inquire at ds@dougsilsbee.com or 828-254-2021 for a free consultation.