

Three Circles of Presence

Presence = How and where your energy is directed with others



Impact, Influence, Aura
Charisma, Engagement,
Connection



Circle One - Introspection
Inwardly focussed energy,
talking to yourself, pulling
from them



Circle Two - Connection
Two way energy, talking,
responding, reacting, engaging



Circle Three - Projection
Outwardly focussed energy,
talking at them, announcing,
broadcasting

What's this interaction about?

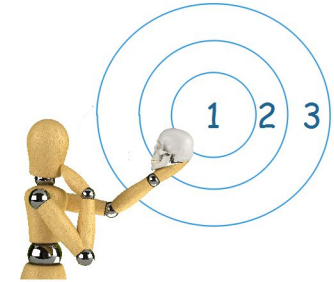
Have you connected with them?

Do they feel you're present?

Are they connecting with you?

Do they feel they're in a conversation?

Are they listening to you?



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②

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Body	Breath	Voice	Eyes
Slumped, hunched, folded in	Sighing	Talking to self	Looking down or inside
Open, available, connected	Relaxed and managed	Conversation and interaction	Interested and curious
Pumped up, chest out, chin up	Large intakes for volume	Broadcast mode	Middle distance

Source: Based on Patsy Rodenburg's work



thinkspot
www.clearworth.com