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## DYNAMIC PRESENCING COACHING:

### *Beyond Letting Go and Letting Come*

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**Abstract:** Emerging from the ontological gesture of Letting Be—first articulated in the development of Dynamic Presencing (DP) (Gunnlaugson, 2020–2025) and later integrated at the heart of Dynamic Presencing Coaching (DPC) (Gunnlaugson, 2024a–2025)—this article introduces three holding gestures that deepen presencing from a mode of knowing into an embodied and participatory way of being. While *Letting Go*, *Letting Be*, and *Letting Come* establish foundational process movements for deepened presencing, the addition of *Holding Presence*, *Holding Depth*, and *Holding Emergence* introduces three ontological holding environments that stabilize and catalyze this transformation. These gestures unfold through a dimensional progression of three phases—*Enfolding into Presence*, *Indwelling in Presence*, and *Unfolding Presencing Emergence*—each corresponding to a distinct stage of presencing: *Presence*, *Deep Presencing*, and *Dynamic Presencing*. When integrated, the letting and holding gestures form a dynamic choreography between receptive openness and generative participation. Embodied within the DPC Process-Method, this integrated movement invites a deeply sourced and sovereign engagement with the relational, somatic, and emergent dimensions of presencing, enabling practitioners in leadership, coaching, and related fields to cultivate new forms and stages of presencing mastery.

**Key words:** emerging presencing approaches, dynamic presencing, presencing, presencing awareness, embodiment, ontological, epistemological

## I. Introduction

Over the past two decades, Theory U (Scharmer 2007-2018) has become the main presencing approach for facilitating collective change and transformation across diverse fields.

Grounded in a process of sensing, presencing, and realizing, Theory U guides individuals, groups, and organizations through a U-shaped journey that enables access to deeper sources of awareness and emergent possibility. By suspending habitual patterns of perception and engaging deeper listening, individuals and groups descend into a threshold space of inner stillness and connection with Source. Within the social field, two core gestures—Letting Go and Letting Come—support the release of conditioned patterns while opening toward future possibilities. These gestures have come to define the presencing moment at the heart of the U-process.

While these two gestures offer a powerful gateway into the presencing field, they leave a vital dimension left unaddressed: the need for a gesture that integrates and anchors the presencing process from within. In response, Dynamic Presencing (Gunnlaugson, 2020-2025; Gunnlaugson & Brendel, 2019, 2020, 2021) brought forward a third transformative gesture—*Letting Be*. Letting Be introduces a stabilizing gesture of ontological depth, a subtle but essential resting place that coheres the presencing process between release and emergence. In Dynamic Presencing, Letting Be slows down the presencing process, opening an inner clearing where the depth immersion and integration of one's presence can take root as a precondition for presencing.

Emerging from these ontological foundations, Dynamic Presencing Coaching (DPC) (Gunnlaugson, 2024a, 2024b, 2024c, 2025) offers a next-generation application of this work in coaching contexts. While Dynamic Presencing introduced Letting Be as the pivotal gesture that stabilizes presence between release and emergence, DPC extends this movement into a full process-method—one that integrates letting and holding gestures to cultivate embodied coherence, vertical depth, and generative responsiveness in real time. Within the DPC framework, Letting Be becomes the gateway for activating a deeper choreography of gestures that enables the presencing self to be stabilized, resourced, and sustained as a way of being. Through this integration, DPC supports the coach in inhabiting presencing as a living, dimensional process that moves through the inner presencing body, coheres within the presencing self, and attunes through the presencing field within the immediacy of the coaching encounter with the client.

Yet even with this addition, the overall presencing movement of the three letting gestures remains primarily *passive-receptive*. While they cultivate openness, attunement and emergence, what remains needed is a complementary gesture dynamic: an *active-receptive movement* capable of generating coherence in real time by vertically holding presence. Theory U provides an architecture for accessing presencing as a way of knowing, but it does not offer the inner structures required to

stabilize presencing as a sustained way of being. Within DPC, this active-receptive dimension is formalized through a set of holding gestures that the coach embodies to deepen and stabilize coherence throughout the presencing process. These holding environments allow the client to inhabit the letting gestures from within a resonant space of ontological support, where their presencing nature can gradually unfold in felt contact with the depth and coherence of the coaching field<sup>1</sup>.

The DPC process-method introduces a new structural capacity: the activation of the presencing self-sense as a unified vertical conduit capable of sustaining presence in the coaching field. Coherence here functions as an inner framework that organizes and aligns the vertical depth of presence—much like a building’s structure supports its form. This reflects how coherence underlies complex systems, from musculoskeletal networks to ecosystems and technological infrastructures. Without this vertical activation of presence, presencing often remains a temporary fleeting state. In DPC, cultivating presencing as a sustained and generative way of being involves activating the presencing self as a vertical conduit. This deeper energetic circuit gives rise to a coherence-generating self-sense—a felt alignment that enables both coach and client to engage transformational work from a generative orientation. Such integration is essential for supporting presence as a living process across coaching, leadership, and developmental contexts.

## II. The Emergence of Ontological Holding Environments in DPC

The addition of Letting Be deepens the journey of presencing by introducing a vertical depth-dimension, enabling a fuller integration of insight and a more grounded inhabitation of presence in the moment. Building from this ontological foundation, Dynamic Presencing Coaching introduces three complimentary holding gestures—*Holding Presence*, *Holding Depth*, and *Holding Emergence*. Applied in DPC, these gestures function as vertical activators, catalyzing coherence through the core axis of the presencing self and enabling presence to graduate its role into that of a living conduit for generativity.

In practice, these holding gestures support the coach in stabilizing presence as a dimensional environment in which the client can enter into deeper contact with their own presencing nature. In synergy with the letting gestures, they give rise to three key ontological holding environments that

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<sup>1</sup> Within DPC, the coaching field refers to the presencing field as it becomes relationally accessible and inhabitable in the coaching process.

support, deepen, ignite, and stabilize the presencing process from within. This dynamic integration makes it possible for presencing to unfold as a coherent, sustained, and generative way of being within the coaching field.

Each holding gesture corresponds to a distinct phase and vertical layer of the presencing process: Holding Presence supports the phase of *Enfolding into Presence* by stabilizing the inner presencing body, enabling presence to begin cohering from within. Holding Depth anchors the phase of *indwelling in presence* by activating the presencing self as a vertical conduit—this is the critical ignition point where vertical coherence comes online within the self-system. Holding Emergence supports the phase of *Unfolding into Emergence*, extending coherence into the presencing field, where presence begins to move generatively in relation. As a new way of engaging presencing, these three gestures create subtle enactive conditions that are needed for presencing to become a sustained, embodied, and participatory way of being for both coach and client.

Rather than giving authority to the social field as a transcendent source of intelligence, as emphasized in TU, DPC works with presencing from within a grounded, intrapersonal and relational space of immediacy. DPC integrates both *passive-receptive* (letting) and *active-receptive* (holding) orientations, offering a structural advancement in the underlying architecture of presencing. Through the interplay of these gestures, DPC establishes a synergistic framework that cultivates the coach's capacity to dwell within presence, stabilize emergent insight, and engage unfolding potential with the client. This marks a significant paradigmatic shift in how presencing is understood and practiced: from a process accessed through the collective field to a dimensional unfolding that emerges from the fully engaged presencing self in the presencing field.

Dynamic Presencing Coaching clarifies this shift through the three phases of the Dynamic Presencing Coaching Method: *Enfolding into Presence*, *Indwelling in Presence*, and *Unfolding into Emergence*. Each phase is supported by a corresponding interplay of the letting and holding gestures that stabilize presence across the inner presencing body, the presencing self, and the presencing field. This expanded framework of presencing (see Figure 3.0 below) invites a new way of engaging complexity by stabilizing emergent insight, while cultivating the coach and clients capacity to co-steward and co-create from presencing.

Whereas Theory U approaches the presencing field as a social field beyond the self, Dynamic Presencing Coaching reframes the presencing self as the central inner conduit through which the presencing field is accessed, engaged and co-shaped (Figure 1.0). In this orientation, presencing becomes a dimensional process that moves through the inner presencing body, coheres within the

presencing self, and attunes through the presencing field. This process unfolds as a living, self-generating circulation of presence—enacted by the coach and increasingly experienced by the client in the coaching field.

Within this structure, the holding gestures operate as vertical activators that support and stabilize presence across these three dimensions. While the letting gestures open the presencing process through passive-receptive movements, the holding gestures enable a complementary active-receptive dynamic. This deepens coherence and empowers the coach to co-steward generative emergence with the client in real time. Rather than aligning with a transcendent collective Source, the coach cultivates a participatory immediacy—grounded in embodied stillness, vertical coherence, and relational attunement. This integrated choreography of gestures transforms presencing from a momentary access point into a sustained, inhabitable way of being for both coach and client.

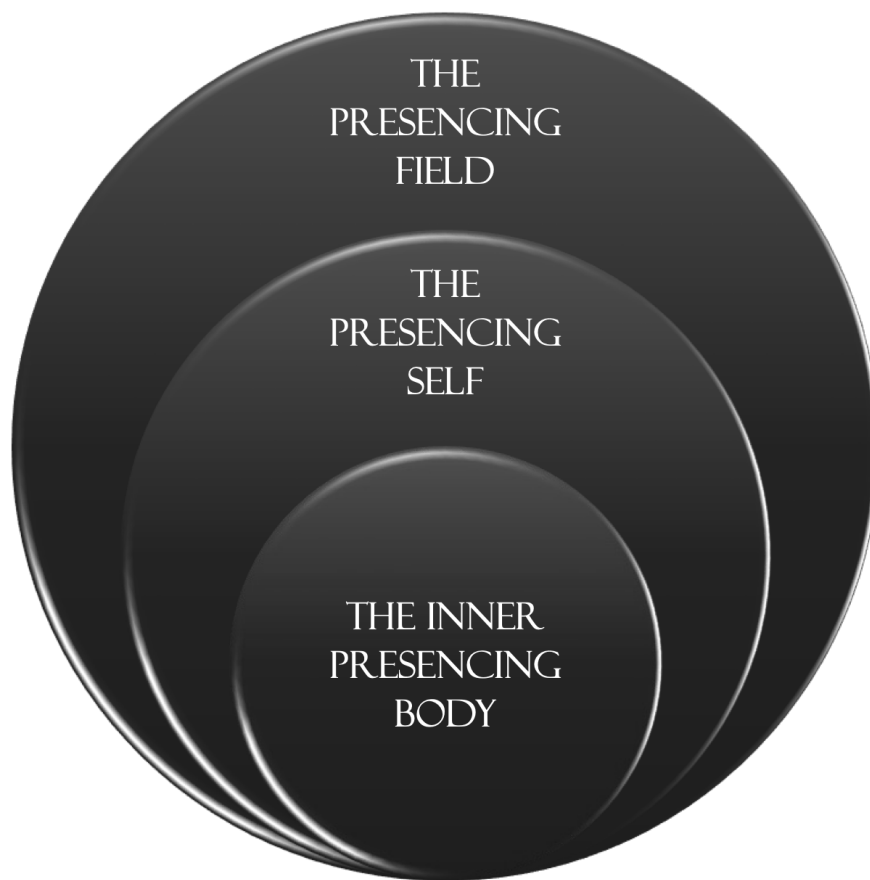


Figure 1.0: The Presencing Self-Sense as Embodied Conduit of Emergence

This shift carries wide-ranging implications for coaching. First, it enhances generativity by integrating the openness of the letting gestures with the stabilizing coherence of the holding gestures, transforming presencing from a predominantly passive orientation toward emergence into a dimensional process that is both intelligible and actionable. Second, it deepens embodiment by anchoring emergent insight within the inner presencing body, allowing the coach and client to inhabit presence with somatic coherence and vertical depth. Third, it strengthens relational attunement by cultivating shared gestures that support mutual responsiveness and coherence between coach and client within the presencing field. Finally, working with the holding gestures expands the practical reach of presencing by offering the structural capacity and grounded discernment needed to actively engage transformational dynamics in professional and developmental contexts such as coaching and leadership.

### III. The Inner Architecture of the Dynamic Presencing Coaching Approach

Theory U has played a formative role in introducing presencing as a generative collective framework for leadership, organizational change, and systems transformation. As previously discussed, its letting gestures support a release from past constraints and attunement to emerging possibilities within the social field. These gestures among other qualities, cultivate openness, surrender, and spaciousness, offering a powerful means for engaging the presencing field collectively across diverse contexts.

However, Theory U's emphasis on a passive-receptive orientation, coupled with its framing of the presencing field as a transcendent social domain, introduces limitations in coaching contexts that require greater stability, embodied coherence, and participatory depth. While Letting Go and Letting Come create valuable space for receptivity and emergence, they offer little structural support or guidance for grounding and shaping what arises in the moment. Letting Go clears space and opens both coach and client to new possibilities, yet lacks a mechanism for anchoring that openness in a sustaining depth of presence. Similarly, Letting Come depends on the intelligence of the social field to guide emergence, but does not in itself support the coherence of presencing as a dimensional, embodied, and generative way of being.

Drawing on Francisco Varela's work with the phenomenological method of epoché (Depraz, 2003), Theory U integrates Letting Go and Letting Come as gestures that suspend habitual knowing and open a receptive state of connection with source. While Theory U has made significant contributions to the field, particularly by foregrounding the interior condition of the practitioner, it

leaves the deeper transformative potential of presencing underdeveloped—especially in coaching and leadership contexts where directional engagement is essential. To meet the needs of such environments, presencing must evolve beyond its predominant passive-receptive orientation to include active-receptive gestures that stabilize awareness, deepen coherence, and support the dimensional unfolding of the presencing process in real time for both coach and client.

Without these participatory capacities, the deeper potential of presencing remains unrealized. In coaching contexts, presencing requires more than momentary access to insight into the emerging future; it calls for generative ways of being capable of carrying the conditions for that insight into embodied, relational, and actionable expression. Just as mindfulness and meditation have evolved beyond passive awareness into more integrative and engaged practice, presencing is now moving toward a deeper synthesis of receptivity, dimensional coherence, and sustained participation. In this light, Theory U's continued emphasis on the transcendent intelligence of the social field leaves the embodied, ontological capacities of the presencing practitioner comparatively underdeveloped, a gap that Dynamic Presencing Coaching is committed to addressing.

### III.1 Cohering the Presencing Self through the Holding and Letting Gestures

In the DPC process, the presencing self emerges as a generative, ontologically sourced depth-dimension of one's presence and being that integrates the inner presencing body within the presencing field (Figure 1.0). This integration gives rise to a coherent presencing self-sense, capable of functioning as a fluid, generative conduit: the inner presencing body anchors stillness and presence, while the presencing field extends this grounding into relational contact and emergence. When engaged, they form the ontological foundation for presencing as a dimensional, transformative way of being.

Within this emergent space, the letting and holding gestures function as distinct yet synergistic expressions of the presencing self. The letting gestures activate receptive movements of release, stillness, and emergence. The holding gestures establish subtle enactive conditions and ontological holding environments across the inner presencing body, self, and field. For both coach and client, this dynamic relationship between gestures forms a dimensional choreography that allows presencing to be accessed, inhabited, stabilized, and increasingly sustained as an embodied way of orienting the coaching process.

Integrating the letting and holding gestures activates the presencing self as a generative conduit of coherence and emergence. The three letting gestures involve a flowing movement of

release, abiding and allowing: Letting Go initiates the process by loosening identification with the conditioned self; Letting Be invites a descent into presence and a deeper inhabiting of one's presencing nature; and Letting Come opens the way for sourced emergence to take form from within. The holding gestures accompany this progression by activating the subtle ontological conditions that stabilize and sustain the process: Holding Presence establishes conditions for a felt immersion within one's inner presencing body; Holding Depth supports vertical alignment with the Five-Level Depths of Presence (Gunnlaugson, 2024a, 2024b) within the presencing self; and Holding Emergence attunes to the generative currents of the Five Field Stages of Presencing (Gunnlaugson, 2024a, 2024b, 2025) within the presencing field.

These ontological holding environments engage the presencing self in being resourced, sovereign, and sensitively responsive to what is arising. For both coach and client, the letting and holding gestures enact a dimensional choreography of presencing in which presence is stabilized, emergence becomes participatory, and the presencing process unfolds as a sourced, living reality. This alignment generates the inner conditions for a new way of participating with presencing from the inside out. By recognizing the letting and holding gestures as core dimensional movements of the presencing self, practitioners deepen their embodied capacity to engage presencing as an increasingly sustained and generative way of being.

Through a range of practices, including *Taking One's Seat of Presence*, the DPC practitioner learns to engage presencing as a subtle and dimensional alignment across the inner presencing body, the presencing self, and the presencing field. This layered attunement activates each ontological environment active as a living center of presencing awareness, functioning in fluid continuity with the others. Within this inner ecology, the presencing body serves as the somatic ground through which presence is first contacted and stabilized. From this anchoring, the presencing self emerges as a coherent axis that orients within and across the Five-Level Depths of Presence. Extending beyond the self, the presencing field opens a relational atmosphere through which sourced emergence can begin to constellate and unfold. As this vertical alignment deepens, presence begins to circulate through the inner body of the presencing self, cohering the presencing field and attuning the practitioner to the unfolding dynamics of the moment. Together, these nested ontological holding environments form the dimensional infrastructure through which presencing can be sustained, enacted, and inhabited as a generative way of being.

Where Theory U sources emergence from the collective intelligence of the social field, Dynamic Presencing Coaching affirms the primacy of embodied presence, positioning the



presencing self as the generative ground for participating in the field. This shift enables the coach to engage relational and collective emergence through the alignment of their inner presencing body and presencing self within the presencing field. In coaching and leadership contexts, this orientation offers a more stable and embodied basis for sourcing transformation from within. As the coach's inner presencing body attunes to presence, it opens a subtle connection to the presencing field. From this alignment, a relational presencing begins to unfold—an interiorly sourced and field-sensitized way of being that emerges through their reciprocal coherence. This layered attunement establishes a dynamic continuity through which the coach can stabilize the unfolding process and actively engage the full generative potential of the presencing process in real time with the client.

When viewed dimensionally as a whole, the three ontological holding environments form a nested, fluid architecture, each functioning as a distinct dimension while remaining in coherent continuity with the others. The inner presencing body grounds somatic awareness and initiates the descent into presence. From this ground, the presencing self arises as a vertical axis of orientation and coherence. Extending into relational space, the presencing field opens as an emergent atmosphere where new configurations, insights, and shifts constellate. As this inner ecology matures, presence begins to circulate beyond the individual self, extending into the field as a responsive and sourced form of engagement. Through the DPC apprenticeship process, practitioners cultivate the capacity to explore presencing an embodied, dimensional way of being that sustains stillness, presence, and presencing in coaching and leadership contexts.

### III. 2. The Dimensional Choreography of the Letting and Holding Gestures

In Dynamic Presencing Coaching, the letting and holding gestures create conditions to directly participate in the process of presencing. These gestures extend the presencing self's capacity to orient within emergence, working in resonance to sustain and guide the process for both coach and client. The following section elaborates on how each gesture functions in practice. The unfolding of this sequence reveals a pivotal insight: the letting gestures arise from the deeper nature of the presencing self, fostering receptivity, surrender, and alignment with the dynamics of the presencing field. Letting Go, Letting Be, and Letting Come work within the interior space and process of presence, initiating a descent into the depths of presence that allows awareness to deepen into contact with what is arising. In Dynamic Presencing Coaching, these gestures open the inner space of stillness and presence, establishing optimal conditions from which the holding gestures can emerge. From this deepened contact, the holding gestures generate ontological environments that

stabilize and sustain the presencing process as it unfolds within the presencing field.

The letting and holding gestures support the emergence of a coherent and interdependent presencing self-sense and self-system, guiding the presencing process through a dynamic rhythm of release and containment, spaciousness and structure. As Letting Go softens the grip of the ordinary self, Holding Presence provides the somatic grounding through which a deeper contact with one's presencing nature can begin. In this descent, Letting Be invites a deeper indwelling within the lifeworlds of presence, while Holding Depth brings vertical coherence to this inner unfolding, sustaining orientation across the level-depths of the presencing self. As emergence begins to constellate, Letting Come opens the way for what wishes to come into form, and Holding Emergence attunes to the subtle dynamics that allow the new can arise, emerging through an embodied movement within the presencing field. These gestures unfold within a unified rhythm of becoming, enabling practitioners to participate in presencing with grounded responsiveness and dimensional clarity.

The letting and holding gestures reveal a dimensional simultaneity: each activates a distinct facet of the presencing process, yet they unfold emergently rather than in fixed sequence. Their choreography draws from stillness and emergence, interior depth and relational attunement, gradually integrating into the lived experience of the presencing self. For the coach, this simultaneity reveals itself as a generative coherence that takes shape through their embodied way of being. For the client, these rhythms open a deepening contact with their own inner ground, inviting a participatory presence that supports real-time transformation. Together, this shared presencing activates a dynamic field of emergence within the coaching encounter.

Crucially, both the letting and holding gestures participate in shaping the embodied coherence of the presencing self. Rather than arising from a fixed center, these gestures unfold relationally—co-activating presence through an inner rhythm of release and containment, openness and structure. As dimensional movements within the presencing self, they ensure that the presencing process remains grounded in stillness and sourced awareness, disentangled from the reflexes of the conditioned self. For the coach, they cultivate a stable inner coherence from which to orient and engage. For the client, they open and stabilize the ontological conditions through which emergence becomes lived, integrated, and gradually sustained.

### III.3 Clarifying the Inner Function of Holding

In Dynamic Presencing Coaching, the holding gestures establish the inner conditions

through which presencing becomes coherent, inhabitable, and generative. Unlike physical containment or psychological management, holding in DPC is a felt dimensional responsiveness that supports each phase of presencing. Rather than directing the process, the holding gestures create inner environments that the practitioner orients from, allowing the presencing process to unfold in its own time and rhythm. It can be helpful to visualize the letting gestures as foreground enactments of presencing, with the holding gestures arising as background conditions that support, infuse, and sustain the presencing process. Together, they form a dimensional interplay that enables presencing to be lived, sourced, and embodied as a way of being—for both coach and client.

This moves well beyond Winnicott's (1960) original notion of a "holding environment" as a psychological container that supports early development through the caregiver's consistent, affectively attuned presence. While Winnicott's frame highlights the stabilizing role of relational containment in the formation of the self, it remains situated within an interpersonal and psychological paradigm where holding is something externally provided to another. In Dynamic Presencing Coaching, by contrast, holding becomes internal and ontological. Less in the sense of being private or enclosed, more as a subtle condition that arises within and between, something one becomes through sustained attunement to presence. This embodied posture entrains a depth of inner and relational presence through which new ontological capacities for coherence and sourcing begin to emerge.

The inner presencing body, the presencing self, and the presencing field, as illustrated in Figure 2.0, develop into a subtle structure through which the generative coherence of the presencing process unfolds. Within these inner environments, holding functions as a dimensional field-condition. As a subtle action, it fosters continuous, embodied participation. As coaches learn to inhabit and sustain these inner environments, they establish the ontological conditions that allow the letting gestures to become real-time movements of sourced emergence in their work with clients. In this way, holding becomes a participatory way of supporting and engaging the generative unfolding of presencing—a dimensional process through which presence circulates through the inner presencing body, coheres within the presencing self, and attunes through the presencing field as an embodied and sourced way of being.

Holding Presence corresponds to the first ontological environment: the inner presencing body. It arises as Letting Go releases the coach's embeddedness and identification within the conditioned self. Here, holding provides a subtle inner grounding that signals a shift into presence as a felt orientation. This gesture supports the somatic spaciousness through which awareness can rest,

reorient, and stabilize in stillness. Without Holding Presence, the gesture of Letting Go may dissolve the ordinary structural sense of self without offering a ground of presence from which the coach's presencing nature can become inhabitable.

Holding Depth stabilizes the vertical depth-dimension through which the presencing self coheres as a dimensional unfolding of being and presence. Aligned with the Five Level-Depths of Presence—*Being Real*, *Being Witness*, *Being Essence*, *Being Source*, and *Being Presence*—this gesture supports the coach's inner alignment across the ontological terrains of presence that constitute the presencing self. Holding Depth isn't simply accompanying the vertical descent; it sustains coherence as the coach attunes to and inhabits these forms of presence. This gesture becomes especially vital in the phase of Letting Be, when the presencing self begins to indwell within the level-depths of presence as living structures of presence. Without the support of Holding Depth, the coach may experience subtle forms of fragmentation, disassociation, or ungrounded spaciousness. With it, vertical continuity is cultivated, allowing the coach to stabilize their way of being from the inner ground and seat of presence.

Holding Emergence corresponds to the presencing field itself—the relational and generative environment where presencing is engaged. Instead of being passively oriented toward the emerging future, this gesture engages an active-receptive attunement to the generative movements sensed within the presencing field. It supports Letting Come by stabilizing the conditions for discerning the generative currents within emergence. Holding Emergence does not guide the process toward a fixed outcome. Think of it more as attuning to the essence of what wants to come through. It safeguards the process by protecting the coherence of emergence, preventing premature closure, projection, or shaping by the conditioned self. Holding Emergence keeps the coach open to what is sourcing through, allowing the unfolding to retain coherence with its deeper origin.



Figure 2.0: The Vertical Holding Gestures and Their Ontological Holding Environments in DPC

These vertical holding gestures form a nested system of inner support, each corresponding to a distinct ontological holding environment within the presencing self. Together they generate a layered ecology through which presencing is grounded, verticalized, and extended into relational space. These environments do not simply accompany the letting gestures—they make their coherent unfolding possible by providing the dimensional structure and ontological context through which the gestures take shape. In this manner, the holding gestures gradually become the inner holding environment through the coach’s sustained practice and overall DPC Apprenticeship. Over time, holding matures into a capacity to support the letting gestures with greater precision, depth, and integrative coherence.

This subtle dimensional holding allows presence to gradually become a living medium through which the coach perceives, participates in, and responds to presencing in real time as it unfolds with the client. As both coach and client deepen into this inner ecology, Holding Presence,

Holding Depth, and Holding Emergence begin to shift from intentional gestures into embodied ontological postures—non-grasping, non-managing, yet fully engaged—forming the invisible, enactive scaffolding that sustains the presencing process. Over time, the holding gestures become dimensional ground conditions, enabling the letting gestures to be engaged with greater discernment, depth, and continuity. Without this stabilizing influence, the letting gestures risk leading to dissociation, over-expansion, or premature emergence. Insight or transformation may be momentarily accessed, but the deeper living dimensions of presence remain unintegrated or unembodied.

When the holding gestures are active, they establish ontological continuity throughout the presencing process. Letting Go is held by Holding Presence, which somatically grounds the transition in the presencing self. This support allows the coach to soften habitual identifications while remaining anchored in an inner spaciousness that reconnects them to their deeper presencing self. Letting Be unfolds through Holding Depth, stabilizing the descent into one's presencing nature across the level-depths of presence. Letting Come is supported by Holding Emergence, which attunes the presencing field to the subtle rhythms of generative becoming. Through this interplay, the letting gestures cease to function as passive acts of surrender and instead become integral to a dimensional participation—sourced, embodied, and actively attuned to the unfolding dynamics of emergence.

#### IV. The Dynamic Presencing Coaching Method: Three Stages & Phases of Presencing

Dynamic Presencing Coaching unfolds through a threefold progression in which each phase of practice corresponds directly to a distinct stage of presencing. The phase of Enfolding into Presence gives rise to the initial stage of Presence, where the practitioner begins to anchor in the inner presencing body and open the initial descent into stillness. The phase of Indwelling in Presence enacts the second stage of Deep Presencing, as the presencing self orients and stabilizes within the vertical axis of the five level-depths. Finally, the phase of Unfolding Presencing Emergence engages the third stage of Dynamic Presencing, as the presencing field becomes sensitized to sourced emergence and relational coherence begins to constellate through practice. This layered progression forms the living architecture of the Dynamic Presencing Coaching Method. Each phase–stage integration is animated by a choreography of letting and holding gestures that stabilize and guide the unfolding process for both coach and client.

As coaches move through each phase and stage with their client, they deepen their alignment with the inner presencing body, the presencing self, and the presencing field, allowing presencing to develop into a coherent way of being. This dynamic choreography is summarized in Figure 3.0 below, which maps the interrelation of phases, stages, gestures, presencing self-sense and vertical context that bring the Dynamic Presencing Coaching Method to life.

PHASE OF PRESENCING	STAGE	LETTING GESTURE	HOLDING GESTURE	PRESENCING SELF-SENSE LAYER	VERTICAL CONTEXT
ENFOLDING INTO PRESENCE	PRESENCE	Letting Go	Holding Presence	Inner Presencing Body	Holding Presence in the inner presencing body
INDWELLING IN PRESENCE	DEEP PRESENCING	Letting Be	Holding Depth	Presencing Self	Holding Depth in the presencing self
UNFOLDING INTO EMERGENCE	DYNAMIC PRESENCING	Letting Come	Holding Emergence	Presencing Field	Holding Emergence in the presencing field

Figure 3.0: The Dimensional Progression of the Dynamic Presencing Coaching Method

#### IV.1 Stage One: Presence – *Enfolding into Presence*

Enfolding into Presence begins with the movement of Letting Go into Letting Be. This initial phase establishes the subtle ground and depth from which presencing unfolds. Ontologically, it corresponds to the first stage of the presencing process: Presence. This is the pre-presencing terrain where the coach begins to stabilize embodied awareness within the somatic regions of their inner presencing body. While not yet fully presencing in its generative expression, Presence functions as the necessary precondition from which deeper dimensions of one's presencing nature can unfold.

In Dynamic Presencing Coaching, the Five-Level Depths of Presence—*Immediate, Expansive, Core, Originating, and Dynamic*—are living dimensions of the presencing self that the coach gradually inhabits and attunes to through sustained apprenticeship. Within the session, the client is invited into this deepening terrain through the resonant presence of the coach, whose presencing nature subtly scaffolds the relational unfolding. This attunement involves an active, participatory embodiment of presence, where presencing perception and being start to align. Each lifeworld reveals a distinct microculture of presence, opening new pathways of contact with the unconditioned source within. As this descent deepens, the gesture of Holding Presence begins to emerge organically, stabilizing the inner presencing body as a somatic ground from which both coach and client cross the threshold into the Five-Level Depths of Presence.

As Letting Go transitions into Letting Be, awareness begins to deepen into the lived territory of embodying the presencing self. This phase marks a layered embodiment of presence, where the inner presencing body becomes more fully inhabited and subtle dimensions of contact begin to open. The coach settles into the inner presencing body, finding a stable alignment from which presence can begin to express itself with greater fluidity and depth. From this grounded stillness, the coach attunes to the unfolding lifeworlds of presence, creating the dimensional conditions for the client to gradually enter and resonate with these levels of depth.

What first arises is Immediate Presence, where presence comes into existential contact with what is—in the first lifeworld, Being Real. As presence deepens, it opens into Expansive Presence, where perception softens and widens, and space becomes an active dimension of Being Witness. From this spaciousness, a deeper current begins to move—Core Presence, where the soul's interior movement becomes more perceptible and felt in Being Essence. This experience gradually gives rise to Originating Presence, as the practitioner reconnects with the generative ground of becoming in Being Source. As these lifeworlds are contacted and embodied, Dynamic Presence emerges, integrating the full depth and span of presence into a fluid, responsive lifeworld: Being Presence.

Enfolding into Presence is the initial phase of descent into the inner territory of the presencing self. It begins with the gesture of Letting Go, which softens habitual identification with the conditioned self, releasing surface attachments and creating space for deeper contact. As Letting Be follows, awareness begins to settle into a new atmosphere, one shaped by the subtle depth of presence itself. The coach enters stillness, allowing contact with presence to be sourced from within their presencing nature. The client is invited into this process through the resonance of the coaching field. As Holding Presence is enacted, it stabilizes this early shift by anchoring presence in the somatic coherence of the inner presencing body. As Enfolding into Presence completes, presence becomes more fully embodied for both coach and client. This coherence prepares the ground for Indwelling in Presence, where awareness roots more fully into the generative depths of presence.

#### IV.2 Stage Two: Deep Presencing - *Indwelling in Presence*

Indwelling in Presence marks a deepening activation and stabilization of the vertical presencing conduit, through which the presencing self begins to take form and cohere as a living axis of being. Having entered into contact with presence through the gestures of Letting Go and Letting Be, this phase invites a further inhabiting—a stabilization of presence from within. What was previously touched now becomes lived. Presence shifts from something arising to something being



rooted in.

In the Dynamic Presencing Coaching Method, this phase corresponds to the second stage of the presencing process: Deep Presencing. Here, the client continues to explore the core themes or questions that brought them to coaching. As the session deepens, the level-depths of presence that constitute the presencing self become increasingly active within the coaching field. The coach works with the gesture of Holding Depth to stabilize and sustain the vertical continuity of presence as it deepens. While Holding Presence anchors the inner presencing body, Holding Depth aligns the coach within their presencing self, supporting the unfolding descent of the client into resonant levels of presence. This gesture sustains the dimensional coherence necessary for the client's material to be engaged from within the Five-Level Depths as living dimensions of presence.

At this stage, the coach orients from their inner seat of presence, with Holding Depth sustaining their alignment within it. Rather than guiding or directing the process, the coach rests into the vertical depths of the presencing self, allowing presence itself to shape the relational and perceptual space. Holding Depth steadies the coach within this axis, ensuring continuity and attunement as presence deepens across the Five Level-Depths. From this stabilizing stillness, presence begins to constellate outward through the coherence of the coach's presencing self, opening a subtle environment in which the client may begin to sense and deepen into their own contact with presence.

Even without conscious recognition of the presencing self, the coherence sustained within the coach begins to shape the presencing field. This opens a subtle possibility for the client: an invitation into embodied contact with what is most real. As Holding Depth anchors the coach within the vertical depth of their being, presence becomes perceivable through their way of being. Subtle shifts may arise in the client as the atmosphere of coherence deepens. In this attuned state, the coach's presencing self becomes experientially palpable through the living resonance it holds.

This stage is Deep Presencing. It asks the coach to remain inwardly gathered in presence, entrusting the unfolding to the living intelligence already at work. At this point, the presencing self is no longer in relation to presence; it becomes the conduit through which presence listens, speaks, and shapes the moment. Stillness and vitality interweave, giving rise to insight and possibility that bear the signature of coherence and wholeness. Indwelling in Presence bridges the interior stillness of being with the nascent movement of becoming. As the coach holds this coherence, the client may begin to experience subtle shifts in their own orientation—small glimpses of stillness, inner clarity, or resonant insight that emerge through the supportive presencing field. The practitioner's way of

being thus becomes the silent architecture within which the client's deeper contact with presence can unfold. This prepares the ground for the next phase, Unfolding Presencing Emergence, where the presencing self begins to release from Holding Depth into the attuned receptivity of Letting Come.

#### IV.3 Stage Three: Dynamic Presencing - *Unfolding Presencing Emergence*

As presence deepens through Indwelling in Presence, a subtle inflection arises. What was stabilized through Letting Be begins to move from within, initiating the early gestures of Letting Come. This marks the threshold of Unfolding Presencing Emergence, where the presencing self begins to activate as a vertical conduit of sourced expression. In DPC, this phase corresponds to the third stage of the presencing process: Dynamic Presencing. Here, presence expresses itself as movement; it begins to manifest through the DPC coach's way of being, knowing, and sensing, and through the client's emergent awareness of what is seeking to unfold. The presencing field grows more dynamic as the coach attunes to presence itself, as well as to how presence begins to articulate itself. This is the emergence of a sourced responsiveness.

At this stage, the gesture of Holding Emergence comes forward as the subtle field-condition that allows Letting Come to unfold with coherence. While Letting Come initiates the movement of sourced becoming, Holding Emergence stabilizes generativity from within. The coach attunes to the field dynamics without directing them, ensuring that what arises is constellated in integrity with the depth that preceded it. This inner gesture sustains the openness of emergence without allowing it to become diffuse, fragmented, or prematurely acted upon. For the client, this coherence offers a responsive atmosphere in which their own emergent insight, action, or orientation can begin to take shape. Holding Emergence holds the becoming, allowing it to articulate itself without interference.

The transition is subtle but unmistakable: the arising new begins to enter the space. What once lived as vertical depth now entrains with the process of emergence. The DPC practitioner remains gathered in presence while attuning to the formative intelligence arising through the field—an intelligence congruent with the underlying source as one engages presencing. In this attunement, the coach maintains the coherence of the presencing field through Holding Emergence, while the client begins to sense the contours of what wishes to come forth within them. This shared field becomes the generative environment through which sourced emergence can unfold with depth and fidelity.

Here Letting Come becomes active. It is not effortful, yet it calls for conscious participation. Through refined discernment, practitioners listen with and through their inner presencing body to what is taking shape. Holding Emergence remains active, sensing the subtle integrity of becoming, stabilizing the field while resisting premature resolution. This phase requires the ability to remain in synchrony with emergence without prematurely succumbing to reactivity, projection or the need for control. Gradually, being and becoming intertwine as a creative movement emerges from within presence itself. Holding Emergence ensures that this arising is sourced and subtly congruent with the presencing process. Unfolding Presencing Emergence is the phase where new insights, forms, or directions arise out of stillness and are shaped by presence.

The three phases of the Dynamic Presencing Coaching Method reveal a living pathway through the depth dimensions of presencing. Each phase corresponds with a distinct stage of presencing—Presence, Deep Presencing, and Dynamic Presencing—and activates a unique interplay of letting and holding gestures that support the practitioner's capacity to serve as a generative conduit within the presencing field. As these phases unfold, presencing becomes progressively more stabilized, embodied, and expressed through the inner presencing body, the presencing self, and the presencing field. The integration of these movements gradually coheres presencing as a participatory process of emergence and way of being. In this way, DPC reveals a dimensional architecture of transformation that is both ontological and process-guided in nature.

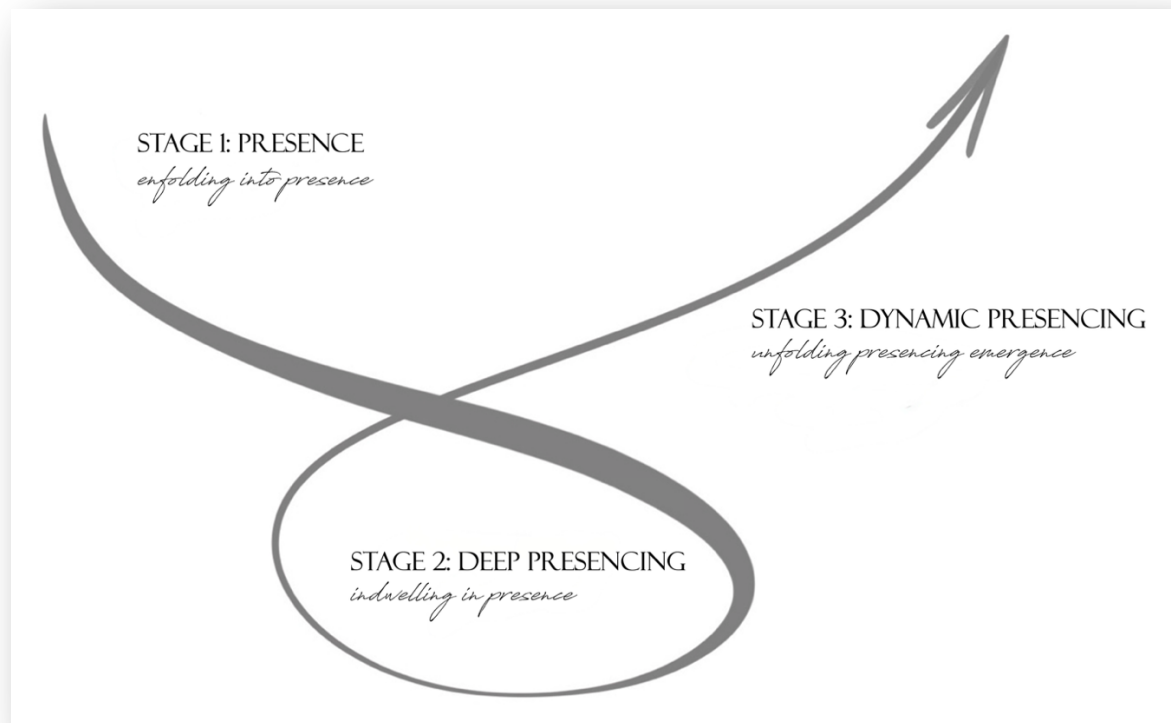


Figure 4.0: The Three Stages of the Dynamic Presencing Coaching Method

As the letting and holding gestures unfold, a dimensional progression of presencing begins to take form. The three holding gestures correspond to three ontological stages through which presence becomes increasingly stabilized, inhabited, and integrated. Holding Presence grounds the first stage, Presence, where the inner presencing body stabilizes awareness in somatic stillness. Holding Depth deepens the second stage, Deep Presencing, as the presencing self begins to inhabit and sustain vertical coherence across the level-depths of presence. Holding Emergence supports the third stage, Dynamic Presencing, as the presencing field activates and articulates sourced becoming in real time. These ontological stages are illustrated in Figure 4.0 above and reveal both where one is presencing from, and how presencing itself matures as a dimensional, transformative way of being. As coach and client, these three phases offer a clarified map of the phenomenological stages of presencing, shedding insight into our interior participation within the unfolding process of emergence itself.

## V. Conclusion: *Toward a New Horizon for Presencing*

The emergence of the holding gestures marks a pivotal evolution in the presencing process. Integrated with the letting gestures, they help support the ontological environments through which

presencing stabilizes as a coherent way of being. Crucially, the integration of the holding gestures offers an inner ecology of active receptivity that allows the letting gestures to unfold with greater dimensional integrity. When integrated, these gestures allow presencing to become a living medium that is generative, responsive, and sourced from the ontological depths of being directly. As this new direction of presencing practice takes shape, DPC offers a dimensional apprenticeship into the living intelligence of presencing itself for both coach and client.

While the letting gestures cultivate essential openness and attunement, their implicitly passive orientation can leave emergent possibilities diffuse or unanchored, particularly in coaching contexts that require active engagement and integrative outcomes. By weaving the letting and holding gestures into a unified process, Dynamic Presencing Coaching opens a new participatory terrain for presencing, one in which emergent insights are received, grounded, shaped, and gradually brought into meaningful expression by the coach and client within the coaching field.

This ongoing flowing movement between the letting and holding gestures transforms the very function of the Coach into an active co-steward of generativity—sourced from within yet attuned to the presencing field. Whereas Theory U emphasizes the intelligence of the social field as the primary locus of emergence, Dynamic Presencing Coaching re-centers this locus within the coach's presencing nature, through which the presencing field is shaped, attuned to, and engaged. Within this field, the client is richly supported in contacting their own presencing nature, allowing emergent insight to arise through a shared coherence of presence.

With the presencing self as the generative conduit, DPC coheres the inner dimensions of presencing into a unified, flowing wholeness. The inner presencing body anchors the coach's presencing self, allowing them to draw from this depth in relational contact with the client in the coaching field. As these inner environments cohere, the presencing process becomes more attuned, responsive, and capable of unfolding the subtle stirrings through which emergence takes form.

Beyond its theoretical contributions, this expanded framework redefines how presencing is sustained and applied within real-world contexts. As a whole, Dynamic Presencing Coaching invites both coach and client into a more integrative way of engaging presencing as a way of being. Through this integration, coaches learn to inhabit presencing as a living process: one to be attuned to, sourced from, and responded from in each moment. In doing so, the DPC Method opens a new frontier of applied practice, illuminating how presencing becomes transformational when sourced and guided from the ontological depths of our presencing nature within the coaching field.

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To date, Olen has authored or co-authored over 55 peer-reviewed articles and chapters and 15 edited, authored, or forthcoming books, including the recent three-volume series *Advances in Presencing*, which showcases interdisciplinary research and applications from the global presencing community. A passionate educator, he has received five major faculty awards for excellence in teaching in both Canada and the United States. At Université Laval and other institutions internationally, he mentors MBA and PhD candidates in pioneering research across the evolving frontiers of presencing leadership and coaching.

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[Google Scholar](#), [ResearchGate](#), [LinkedIn](#), [Amazon Author page](#), [Faculty Page](#)