

People Smart Life Coaching

Week 2: Presence, Listening, and Loving Attention

For Soul Coaches and Life Coaches
Topic 4: People Skill Confidence

*Listening is agape love made visible through presence,
attention, patience, and restraint.*



Course Connection

People Skill Confidence - Topic 4

This week focuses on presence, listening, and loving attention as an expression of agape love.

TOPIC 4 RESOURCES

- Video 4A: Listening Is More Than Waiting to Talk
- Video 4B: Presence, Attention, and the Gift of Being Heard
- Video 4C: Practicing Loving Attention This Week
- Reading 4.1: Listening as Agape Love
- Reading 4.2: Presence, Silence, and Wise Attention
- Worksheet 4.4: Listening and Presence Practice Plan



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Coaching Aim

Help the participant practice listening as Christian love.

NOT ABOUT

- Being impressive
- Having perfect responses
- Fixing the person
- Winning the conversation
- Giving quick advice

ABOUT

- Being present
- Paying attention
- Listening before speaking
- Honoring the person before God
- Practicing agape love

Coaching is supportive structure for faithful growth.



Truth to Receive

Listening is more than waiting to talk.

Listening is a way to love.

- Listening slows the soul.
- Listening honors the image of God in another person.
- Listening helps the coach notice before advising.
- Listening creates space for truth, grace, and wise next steps.



Presence Before Performance

Release the pressure to manage the whole conversation.

People often enter conversations trying to:

- Sound wise
- Be liked
- Avoid awkwardness
- Fix the problem
- Prepare the next answer
- Control the outcome

Presence begins when we pray: Lord Jesus, help me be here with love.



Listening as Agape Love

Agape love seeks the true good of another person before God.

Listening becomes agape love when it is:

Patient

Kind

Humble

Attentive

Truthful

Non-controlling

The goal is not to fix the person. The goal is to honor the person before God.



Scripture Map

Biblical anchors for presence and listening.

James 1:19 Quick to hear, slow to speak.

Proverbs 18:13 Listen before answering.

Colossians 3:12-14 Put on compassion, humility, patience, and love.

Ephesians 4:29 Speak words that give grace.

Romans 12:10 Honor one another with brotherly affection.

Presence and listening are not merely techniques. They are Christian love in practice.



Semi-Directive Coaching Questions

Let the participant choose the real-life focus.

- Where do you most need to practice listening this week?
- Who do you often interrupt, correct, avoid, or answer too quickly?
- What makes listening difficult for you?
- What do you tend to do when you feel awkward or impatient?
- What would loving attention look like in one ordinary conversation?
- How could agape love shape your listening this week?



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Coaching Flow

A simple rhythm for faithful growth.

- 1 **Welcome & Prayer**
- 2 **Topic 4 Course Review**
- 3 **Reflection Questions**
- 4 **One Listening Practice**
- 5 **Prayer by Permission**

Coaching is not interrogation. It is supportive structure for faithful growth.



One Faithful Practice

Practice loving attention in one ordinary conversation.

BEFORE

- Pause
- Pray
- Release performance
- Ask God for agape love

DURING

- Look at the person
- Listen without interrupting
- Notice feelings and meaning
- Do not rush to fix

AFTER

- Review with grace
- What helped?
- What was hard?
- What would I practice again?



Small faithful practice builds people-skill confidence over time.

Weekly Deliverable

Two simple outputs for Week 2.

1. LISTENING PRACTICE PLAN

Name one conversation where you will practice presence and loving attention.

2. REAL CONVERSATION REFLECTION

- What did I notice?
- How well did I listen?
- Where did I feel impatient, distracted, or tempted to fix?
- What did agape love invite me to do?

Keep it short, honest, and grace-filled.



Closing Prayer

Lord Jesus,
teach us to be present with others in love.
Slow our words.
Quiet our need to impress, fix, interrupt, or control.
Help us listen with patience, humility, and agape love.
Let our presence become a small reflection of Your
care.
Guide us into one faithful listening practice this week.
Amen.

