

Amelia coaching Sonia transcript

Client (00:04): Hi.

Coach (00:06): Hi, how are you?

Client (00:08): Good. How are you?

Coach (00:09): I'm doing good. Thank you for being here today, and for allowing me to record this session for mentoring and credentialing purposes.

Client (00:21): Ah, you're welcome, this is good for me so.

Coach (00:23): Yes, it's good for me too, thank you, thank you, thank you. So, Sonia, what would you like us to coach on today, in the session today?

Client (00:36): So, I've been feeling for many reasons or situations that I'm going through, I've been feeling stress, but it's mostly because I feel like I'm a bit out of control. Like, I'm not on top of a lot of things any, and I have this feeling of being out of control, like stre-, and that's causing me stress.

Coach (01:00): Hmm.

Client (01:01): Um, you know, family, work, just personal things. I feel like, I feel like I'm running, running, running and not going anywhere, that kind of sense of. So, if we could talk about that, then could maybe help me almost take back control, feel more empowered.

Coach (01:25): Mm-hmm, mm-hmm.

Client (01:33): That'll be, I think that's a good, a good, would be great for me today.

Coach (01:38): Mm-hmm. So, I hear you that you would like us to explore and coach on what you are feeling, you're feeling stress and out of control. And you feel that you are not on top of things, family, work, personal things, almost like if you're running, running, running, but not going anywhere. Did I hear that correctly?

Client (02:06): Yes.

Coach (02:07): Mm-hmm. Did I miss something important?

Client (02:11): No, it's just that feeling that, for some reason, it's not going away, it's like a stress or something. And I feel almost like if I could figure out a way, almost a technique to like, you know, center myself, organize myself, I mean, I, I'm usually pretty organized with my stuff, but it's this, I don't know, um, I think it's just like a lot of things happening at the same time.

Coach (02:39): Mm-hmm. A lot happening right now in life, right?

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Client (02:43): Yeah.

Coach (02:44): Hmm. So, what would be a desired outcome for you today, from our conversation?

Client (02:56): I think it will be hopefully a sense of, um, empowerment, almost like a little bit of relief, saying okay, at least I have a plan, or, or something that is going to help me figure everything out in kind of organizing it to whatever, buckets or something that, you know, makes me feel better about the situation. Um, like right now, I almost feel like a snowballing effect, right? I feel like I'm a snowball, and I'm rolling downhill. And I need to stop and refocus and figure out, you know, how to, how to unravel, how to suffer things, how to maybe let go others. Um, and I need that little push to help me get there. So, I think that will be (crosstalk) of today.

Coach (03:53): So, are you running and there's no falling down?

Client (04:01): Yeah, I feel like I'm, like non-stop, you know?

Coach (04:05): Mm-hmm. And when you're starting to feel more in control and more empowered, that feeling of, or sense of relief that you have a plan and you're more organized, what would be a good measurement of success?

Client (04:41): Uh, I would say even, even waking up tomorrow morning and not feeling like I have a knot in my, in my throat or, you know, this sense of like: oh my god! At least feeling like okay, today I'm going to have my coffee and I have a plan, you know? Almost like a, I haven't had that feeling in a while. It's been, it's been very hectic, very chaotic. I feel like it's, it's been one thing after the other.

Coach (05:15): I see.

Client (05:16): Yeah.

Coach (05:16): So, I hear you sharing that there's a lot of stress going on in your life right now, and you feel that you're at a point where you would like to have that feeling stuck in your throat, and to wake up in the morning, knowing that you have a plan.

Client (05:41): Yep.

Coach (05:42): Why, what is it that makes you want this now? What does it make it meaningful for you to accomplish this now?

Client (05:55): Um, I don't know, I feel, first, I don't know, this, it's always been, like this summer has always been for me like a time where you can kind of reset and re-, restart. You know, technically, my daughters are finishing school this week. So, this weekend is kind of like our official start of the summer. Um, so I feel like, you know, it will be great to have kind of start

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that new, kind of like a new, fresh start now in the summer, so I feel like it's a good point as any to like just, you know.

Coach (06:34): Yeah.

Client (06:34): Weather's beautiful, more time outside, you know, all that, I think might be help-, helping, helping me, you know, accomplish all this.

Coach (06:44): Yes. So, now that summer has started, and that the, your daughters are getting out of school and getting into the summer plan, with the weather and all that, you want to, um, feel more in control.

Client (07:04): Yes. And it would be good for me and for them too, right? So, it's.

Coach (07:10): Yes. That'll be good for all of you.

Client (07:14): Yeah.

Coach (07:15): So, what do you think we need to address to achieve this feeling of control and this organization and plan?

Client (07:28): Um, what I need to achieve? I don't know. Like I told, I think my, my main, what I, what I'm feeling right now, it's like so, I need something, it's a trigger or tool or something, so the main achievement would be like okay, at least I have this little plan or these tools to start going, right? Like a little push to get me going and get me, get me to where I want to be, right, to a place where I'm more in control, where I'm more relaxed, where I'm actually getting things done, or feel like I'm getting things done. And less just running around, without running, running, running and not doing anything, right? At least having that feeling be gone, so I think that'll be great.

Coach (08:17): Yes. And if you were to know, what would be on this little plan, or on this tool?

Client (08:30): Um, I think one of, one thing that I've been, I always forget, is kind of looking back at me and saying, "Okay, everyone needs this and this and this and this and this, what do I need?" What do I need, right, in order to get whatever it is I need to get accomplished? Um, so that's, I think that's one of the things that I always forget, no matter what, because I, in my head, I don't have time or it's not important. So, you know, Sonia always gets like left out or whatever plans, right, or whatever lists or whatever to-dos.

Coach (09:11): Hmm.

Client (09:12): And I think, and I actually realize it, but it's, it's hard to do, right? I don't do it. I know I'm doing this, but at the same time I'm not, I'm not, um, acting on it. You know, I don't, I don't take time for myself, I don't take care of myself the way I should.

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Coach (09:34): Hmm.

Client (09:35): I mean, as an example, for like a month I've been thinking of like starting a new diet, or exercising, and it's always like well, whatever, whatever. We'll do it later. (Crosstalk) for myself, you know, or even, whatever it is, a little pampering here and there.

Coach (09:51): Yes.

Client (09:51): Never happens. Because I'm always running, running, running.

Coach (09:57): So, I noticed that you laughed there when you say never happens. What was present there for you?

Client (10:05): When I, when I said that? Um, no, but it's true, it's, um, I mean I'm laughing, but it's like I'm almost laughing at myself, right? Because it should be done, right? I should take care of myself, I should be doing things. Um, but instead, I always put myself in last, in the last priority, right? Instead of, there's work, there's the house that needs help, there's the girls, there's, you know, work, work, work, you know, never ends. It's always there. Um, you know, different projects and different things. Um, and then there isn't, there always seems to be other priorities.

Coach (10:44): Hmm. So, what I'm noticing from our conversation is that, um, you are realizing, and I want to acknowledge you for that insight that, as part of this plan, Sonia's priorities needs to come into, into this solution.

Client (11:14): Mm-hmm.

Coach (11:16): What do you feel about that when I share that with you?

Client (11:22): I mean I, in the back of my mind, I know. But I also know that last minute is the first thing that I get off my list, right? So, how do I make sure, it's almost like to myself, right? No, no, no, it has to be in whatever you do, right? It has to be, um, kind of part of your, you know, in order for you to feel better, and do more, you actually have to take care of some things first, and one of them is, you know, take care of yourself, in whatever way it is, that I can take care of myself, you know?

Coach (11:56): Mm-hmm. And if you were to be taking care of yourself now, what would be different on that, um, feeling of stress?

Client (12:12): Um, hopefully it'll be, you know, it would allow me to at least control it. Because I think stress is part of everybody's lives, I mean stress is always there in today's life, right?

Coach (12:28): Mm-hmm.

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Client (12:28): But I think it's more about knowing how to control it, and put it at least aside for a little bit, while you have to take care or whatever you want to do for yourself, and not let it just take it over all the time, right? Because, like I said I, Oh, I know, I mean, I've been working forever, but it's like there's always going to be work to be done, no matter how much, you know, you do one day, the next day you sit down, and there's more work to do, right?

Coach (12:58): That's right.

Client (12:59): So, the kids the same, right? They always, you know, being a mom is like your, you know, 24/7, um, the house, the same, right? You start finish, you finish cleaning one corner and the next corner that you just cleaned is dirty again. So it's, life is like that, right? There's always something to do. Um, but, and I guess there's all that stress, but I do think there should be a tool where you can say okay, I'm turning all these things off, just for a little bit, because they're going to be on no matter what, right, they're there, it's not like they finished. And let's concentrate on Sonia, and let's do something for her, for just a little bit, and then you can turn them all back on.

Coach (13:48): Yeah.

Client (13:48): At least that's what I'm feeling like I'm, I'm not in that control, I don't have that control. And I want to figure how something to trigger, you know, and it might be just that I'm talking to you that it's helping me already to figure that out, you know?

Coach (14:03): Mm-hmm.

Client (14:04): Just verbalize it and put it out, versus just thinking it.

Coach (14:10): So, I hear you saying that you are not in control and you would like to turn it off, all around you, so that you can do things for yourself.

Client (14:26): Mm-hmm.

Coach (14:30): What do you think can help you to turn it off? What is it?

Client (14:47): I think it might be, I mean, as, as, as easy I think, but it's more about like doing it, right? Setting reminders for yourself, right? The same way I set a reminder to pick up something or call something or call the school or do something at work, it's putting it in your calendar and saying "This is important. It has to be done, period." There is no, you know, it's like a meeting at work or a, or a presentation that I have to do, it has to be done, period. And I think with personal stuff, or, or, you know, my stuff is always like, ah, no, I'll, I'll do something else that seems more important at the, at the moment and don't do whatever I wanted to do for myself, you know? Um, and I want to make sure that I can, I can start doing that, right? I mean, is it, is it maybe setting up calendar notices or reminders or, um, even asking maybe my family to remind me, right? My daughters or my husband like, hey, didn't you say you were going to do this or

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that or? Sometimes when you say, tell it to somebody, then they can actually remind you, right? And ask you, "Hey, why aren't you doing this?" or "Why aren't you doing that?"

Coach (16:11): Yes. So, if you were to have those reminders in place, by stopping it, would you be able to stop the snowball that is rolling down?

Client (16:31): Um, I think it's a start, I would slow down, right? Um, I guess like anything else, and I know this, because, you know, sometimes with, you know, whatever you do, I've read about like practice, practice, practice does it better, right? So, at least if you do it a little bit, like, you know, when you play an instrument, right, you have to practice, I don't know, 100 times to get it right. I feel like maybe that's what I need to do, you know?

Coach (17:02): Mm.

Client (17:03): And find the time and invest the time in saying, like, okay, even if I do a little thing, it's not going to stop immediately . . .

Coach (17:09): Mm-hmm.

Client (17:10): . . . but it will start almost conditioning myself to get it done. And hopefully, that will trigger other things that I might not even know right now, you know, eventually figure it out, and to help me feel more in control, to help me do the things that I want to do.

Coach (17:30): Yes, so, if this is just the beginning, what is it that you need to do first, to have access to those tools?

Client (17:56): Um, I think, to tell the truth, just talk, like I said, just talking to you right now, I almost feel like it's already like at least opening the bag. It's not completely open, but it's already like, okay, doing something, um, and then I need to feel, you know, I guess feel better about myself just by having done this session. Um, maybe writing down some things, you know, reminders, either actual notes or, you know, in my phone or computer, um, could be a tool, um, maybe watching something that I like. I don't know, things, like little things, you know? If it's just starting small, very small, and having some, some relaxing time, you know?

Coach (18:53): Yes. And as you're talking and this bag is opening up, what do you think is, is getting out of the bag?

Client (19:06): Um, well, all this kind of stress, all this, you know, just letting it go, letting it out. Um, and then realizing that sometimes you can do everything, right? Like, so my stress is because I have these to-do lists that have like hundreds of items in it. And I want to do them all, and then you have to be realistic and say, it's not going to happen. But let's just pick up the super important ones, that's going to have huge repercussions, or the ones that actually I want to do, and then the other things, let somebody else do it or, you know, we'll do, we'll do them next year or whatever. It's not, you know, letting some of that stress kind of opening the bag

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and say, hey, just, lets everything else falls, and then just keep like a, you know, few things in there, that (crosstalk).

Coach (20:04): So earlier today, um, you said, "I am very organized."

Client (20:09): Mm-hmm.

Coach (20:11): And now you're sharing with me that you keep these, um, lists, that perhaps are more ambitious than the time that you have.

Client (20:22): Yep.

Coach (20:26): When you have been feeling in control in the past . . .

Client (20:29): Mm-hmm.

Coach (20:30): And you've had a plan organized, how do you determine what to do in that list, and what to just let go of? If one of those occasions have happened?

Client (20:50): Um.

Coach (20:49): What comes to mind?

Client (20:50): Well, sometimes other factors determine it, right? Because sometimes something's in your list that has to be done that day, and if it's not done that day, the next day, it's done, you didn't do it that day, and then the day just goes. But the times where I've accomplished everything, um, it felt good, right? Because you, you did something in your to-do list, and you did all the steps, and you did it right. But it's also about getting into a mood where you said, "Okay, I'm going to do these things," and you actually do them in the time that's needed, right? Um, and I feel like I've lost a little bit of that, uh, sensitivity about timing, and how much I can do in one day, or one week, or whatever it is, that I'm, um, maybe because of the sheer amount of things, right? I mean, I'm just going super way back, but when I was single, it was just me, right? So, it was easier to do lists, it was like, eh, it's just me. Then you have a husband, it's like, ugh, complicated a little bit more. Then you have kids. Then you have, you know, all the above, plus a demanding job or changing job. And then you have all this, and it's like, it's like ever-, you know, I feel like I'm almost, I have a to-do list actually for four people, you know, trying to manage everyone, instead of, and not really paying attention to my list, right? It's almost like, it's everyone.

Coach (22:27): That's right. So, I want to check with you and check in with you. Because at the beginning of our conversation, um, you told me that you would like us to explore the stress in that feeling of out of control. How do you feel that you are in relationship to where you want it to be, which was a sense of empowerment, and I (INAUDIBLE:22:51) that you have a plan.

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Client (22:54): Um, I actually feel much better. Like literally just as I talk to you, and all this information is coming out of me . . .

Coach (23:03): Mm-hmm.

Client (23:03): . . . I almost feel like it's the beginning of the big plan, whatever the big plan is going to be for me, and I'll have to write that big plan. But, it's almost like when you say you're going to write a novel and you sit down and you just write the first page and you're like, okay, I'm starting. I did start, it's only one page, but I started, right? So, I think just being here sitting down, I feel is the same thing. So, in a way it gives me a little bit of sense of relief, like okay, I think I can do this. I started talking about it, I'm doing it. You know, it's going to be a little bit up and down and upside down and whatever, but I'll get, I'll get it done, you know? I'll get it, I'm starting to get it done, so. So, it is (crosstalk).

Coach (23:54): Yes. I notice that in the way that you're sitting now, you are sitting more relaxed, with your back to the back of the chair, in a more relaxed position.

Client (24:06): Yeah.

Coach (24:07): What is the emotion present right now?

Client (24:12): Um, in a way it's almost a little bit exciting. Um, and you got me thinking, well, I mean, I got myself thinking about this summer. And, you know, summer always gets me like happy because of the weather, and time off with the girls, and stuff like that. Um, having a plan. So, I almost, I'm envisioning the possibilities of getting it all back together, you know, and kind of, kind of the ship up, so to speak. So yeah, so I feel more relaxed, just having, you know, thinking of all these things that I can (crosstalk).

Coach (24:58): Yes. I can sense the energy of relaxation right now, feeling more relaxed.

Client (25:04): Yeah.

Coach (25:04): Um, I just wanted to check, do you want us to continue working on finding out about this stress and feeling out of control? Or how would you like us to continue the conversation for the rest of our, um, coaching session today?

Client (25:22): Um, I actually wanted to ask you about maybe some, um, suggestions for how to, you know, like really, like relax yourself in times of a lot of stress, how you can kind of call them to yourself and say, you know, what are the techniques that trigger those like, when you feel like you're going, going, going and say, "Okay, stop. What is it that I need to do?" right? What is it, other than taking maybe a deep breath, which actually I sometimes do, is like deep breaths, what else can I, can I do, and to refocus on, on the what the goal is, right, to be more in control, to make sure that I do the things that I want to do for myself, so I can get stronger and more empowered to finish all the other stuff that I need to do. And hopefully, that will bring me more, less stress and more like empowerment (crosstalk) is the goal.

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Coach (26:29): Yes. So, um, you would like us to continue focusing now more into what are those techniques that would allow you to relax, in terms of a lot of stress, and instead of going, going, going, just like stop.

Client (26:43): Yes.

Coach (26:43): One of the techniques that you mentioned is, um, just take a deep breath and relax.

Client (26:52): Yeah.

Coach (26:53): What else comes to mind from things that you have put into practice, in times of a lot of stress in your life?

Client (27:07): Well, one thing that always helps is being outside, right, even if it's for five minutes. Um, and I should do it more often. But I don't. So, maybe I should, that's one of the things I should do. Like even if it's my lunch break, or a little break in the morning, or in afternoon, whatever, you know, right now, obviously, working from home, it's not like you, you think you're home, so you don't even take advantage, right? If I was in an office, I would like always love to go out for lunch, right? Because at least you're out of the office to get your lunch out, even if you eat it on your desk, but you were going out and back. Now at home, I feel like it's great because you're home, but then you miss out too on those things, right? So, maybe it is like in my lunch break, so to speak, to go and go for a 10-minute walk (crosstalk). Or, you know, when I'm super stressed between meetings, take the five minutes and go, even if it's to the front of the building and just, you know, look up and take a deep breath out there instead of here, right? Just change of scenery, even if it's, so I feel like as I'm talking to you, maybe that's what I should do in terms of something easy.

Coach (28:20): Yes.

Client (28:22): Yeah. So, that could be, that could be one, in addition to the, you know, big breath.

Coach (28:28): Yes, because when we used to go to the office, at least we had to go to the office. So, we had to somehow be out there, but when we're working from home, probably we forget that there's an outdoor out there waiting for us.

Client (28:43): Yes.

Coach (28:44): And that we like to connect. So, what do you need to be, to have that presence in you, that presence of calmness, of relaxed?

Client (29:01): What do I need to, um, what do I need to, or I don't understand the question, um.

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Coach (29:13): Um, what are those elements or skills or thoughts or feelings that you need to be having, that would keep you reminding to yourself that I need to take care of me, and this is one of the ways that I relax. These are some of the tools that I use to relax.

Client (29:42): Um, well, I think, I think, um, it's really thinking about how I'm going to feel when I'm relaxed. I mean, I've got to tell you, I have like a little bit, especially with work, I have a lot of tension during office hours, right? It's almost like, and believe it or not, even though nothing changes, when 5:30, 6 o'clock hits, I go like, "Phew!" Even though nothing has changed, right? The work is still there, you still have to do it. But it's almost like you're off the clock, so you can relax for a few minutes. But then, you know, immediately after I get stressed again, because there's like, I'm still thinking what I need to do next day for work, and then there's all the other personal stuff that needs to be done that evening, right? But, um, I do get that sense, even stronger on a Friday night, just because the same thing, right? You're like, ah, you're done with the week, and at least you have two days ahead of you where you can have a little more flexibility with your schedule. Um, but then, like, come Sunday afternoon, you get that tense moments again, because maybe everything that you wanted to do as of Friday night, here it's Sunday night, and you didn't get all that done, because, you know, just things happened, and you didn't get everything done. Um, but, but yeah, maybe one tool is not to be so aggressive with my, with my things. Like if I have 10 things in a list, maybe from now on, say, "Okay, I'm going to be happy if I do five." And just put that in my head, right? If that's 12 things, let's just do six, whatever. And like know that the other bottom of the list is the bottom of the list, and might not get done. And maybe that's up to, maybe that's, I don't know, I'm just thinking out loud.

Coach (31:40): So, I wanted to run an observation by you and see what you feel about it. So, um, what I noticed when you were talking is that perhaps you might be holding the bag, and only opening it at the end of the day – "Phew!" And I was wondering if there are ways that that bag can remain a little open, so that that tension you were speaking about does not remain inside for that long.

Client (32:19): Okay.

Coach (32:20): What comes to mind when I share this with you?

Client (32:24): Um, I think you're right. I think you might be right. I think, I think in a way it may be me, like you said, just holding everything in the bag and not letting it just go. Um, and it could be because sometimes I'm a perfectionist, you know, so you want to, right, it could be because I have self-doubt, so even though something might be ready to be released, whatever it is, I want to keep it longer because I want to make sure that it's fine, and I'm self-doubting me, it's like is it okay, is it okay? I mean, that happens, I can tell you that happens with work. Sometimes I have like a presentation that I could, you know, whatever, a project that is ready to go and mail or email to somebody. And I say no, no, no, I'm going to keep until tomorrow so I can read it again. And then it's like another to-do list for tomorrow, right? Instead of having to, instead of having released it and said, "Okay, it's good enough, I did a good job, let's just,

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done.” And then that accumulates, right, it starts accumulating a bunch of things, because I am actually taking longer to do things instead of done, do, do, do, doing, you know, get it done.

Coach (33:43): So, what I hear you saying is that perhaps what keeps the bag, um, filled, and the tension in the bag, is that tendency or that feeling of being a perfectionist, and having self-doubt in what you do, which makes the list of tomorrow even larger instead of smaller.

Client (34:09): Yeah. No, I, I totally, like you, yeah, I think you had a great, great point, when you talked about the bag. That's definitely something I need to be more conscious about.

Coach (34:25): Sure. So, perhaps on, on our next session, we can look deeper into this perfectionism, being a perfectionist and self-doubt, what do you feel about that?

Client (34:39): Yeah, that'd be great.

Coach (34:40): Yeah? And in the meantime, can we find, um, a way to keep the bag open enough for the tension to start leaking out during the day now?

Client (34:59): Yeah, I'll, I'll try to do that. Yeah.

Coach (35:03): Hmm. And what would that be?

Client (35:07): Um, well, at least getting some of the smaller stuff, right, done.

Coach (35:13): Yes.

Client (35:13): Um, a lot of little things that maybe can just be done, um, or given to somebody else to do, both at work and/or at home, um, that could like, at least deflate that bag, can only keep like sort of like the super important things, you know? Um, yeah, it's, it's a way of kind of organizing things and keeping it flowing.

Coach (35:45): So, it sounds like a little plan to me, doesn't it?

Client (35:49): Yes.

Coach (35:50): What do you say?

Client (35:51): Yes.

Coach (35:52): And it's a little plan with a lot of useful tools on it.

Client (35:55): Yes, I like it.

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Coach (35:57): Yeah, yeah. So, um, now that we have found a little plan with tools on it, to bring you and to make you feel more control, and more empowered during your day, what is possible now for Sonia, during her days, in terms of a lot of stress?

Client (36:25): Um, I think it's more possible to actually like co-live with stress, but not in it. Um, I think that's how I visualize it, stress is not going away, right? But at least you can kind of be together and learn to live with it, but not in it, where it's like completely chaotic, and you don't even know how to get out of it, you know?

Coach (36:57): Mm. So, in the meta-, in the metaphor that you used earlier, you said that it was like a ball of snow that was rolling down. Do you think that this plan, little plan and the tools that you have find out today would get the snowball to be so small that it can roll down without interfering or causing you to feel this feeling in the throat now?

Client (37:30): Yes, I think so. I just need to make sure that, you know, again, I think after this call, I'm going to write myself a note with everything that we spoke, to remind me, maybe make some, you know, think, you know, think about this better and know that I can do it. But yeah, I think I feel better, much better.

Coach (37:50): Mm. I see a big smile there, nice. You're even more relaxed in your chair.

Client (37:59): Yeah.

Coach (38:00): That's, that's a, that's a big laugh there. So, how are you feeling?

Client (38:07): Good.

Coach (38:08): Good.

Client (38:09): Yes.

Coach (38:10): And as we're getting, um, to the end of our session, I wanted to check, check in with you again. Um, have you found what you wanted to deal with the stress, and to feel in control again?

Client (38:29): Yep.

Coach (38:30): Yeah.

Client (38:31): I think so. Yeah, (Crosstalk).

Coach (38:32): And what would you say, I'm sorry?

Client (38:35): I think this session was really good for me.

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Coach (38:38): Thank you. Thank you. And, um, what would you say has been your learnings or your insights about yourself, um, that you can take with you from our conversation today?

Client (38:53): Um, I know that it's always good to verbalize, and kind of externalize what you're thinking and feeling. And I think why these sessions are so good. Um, so that's one. I think, when you have somebody to talk to kind of just bounces back stuff at you, it kind of makes sense, right? You send it out in the world, and then it comes back and you're like, oh, okay, now it makes sense. But it needed that loop to make sense, right? You have to see it, you have to send it, and they have to send it back to you to like see it and understand it. So yeah, I think that I learned, I mean I know this, you know, sessions like this are helpful because of that.

Coach (39:44): That was very powerful Sonia. And what have you learned about the situation per se, about the stress and feeling in control?

Client (39:54): Um, well, I was able to relax during this session, which to me, it's a, it's an insight that I actually can do it. Um, which makes me empowered to know that, even if it's baby steps, I can start implementing, you know? Like I said, it's like it's, it's almost like I said, said to write a novel, and at least I wrote the first paragraph already, right? So, it's a start, I can say I started, I started, I started my big novel, even if it's baby steps, you know, one sentence at a time.

Coach (40:31): Yes. One sentence at a time will be a big novel.

Client (40:35): Yeah.

Coach (40:36): We'll write a big novel. So, what are the, um, the thoughts, the actions that you're going to take, that would continue helping you writing this big novel and relaxing, feeling empowered (crosstalk)?

Client (40:51): From a practical, practical perspective, because I write lists and notes in my calendar, I'm actually going to write things in my calendar and notes to help me remind myself, right, about taking big breaths, taking breaks during the day, even if it's five minutes to go outside for a quick walk, you know, some fresh air. Um, so that's very, you know, kind of practical, from what I see from the weekend, at least I can also do something more outdoorsy with, with my daughters, um, that I think always the outdoors kind of just kind of brings some relaxation into, into life. Um, and really also think about my list and be more gentle with myself, right? Like I can do, it's okay if I don't do, you know, a big list of 30 things in one day. It's okay if I only accomplish five.

Coach (41:51): Mm.

Client (41:51): Yeah.

Coach (41:52): That's very powerful. Amazing insight, Sonia. So, um, I heard you talking about your daughters, and the people around you, um, as accountability partners, is that something that is available to you that you can just tell them, "Hey, let's go for a walk," or, um.

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Client (42:16): Yeah.

Coach (42:17): Yeah?

Client (42:17): Yeah, I can tell them like, you know, "Let's make sure that we get at least a little walk every day," or, you know, or that "You see me, ask me if I went for my walk," or whatever, something that they can keep me accountable.

Coach (42:31): Yes, and do that for you.

Client (42:33): Yeah.

Coach (42:34): And it's fantastic. So, thank you very much, um, for the session of today, I have seen you get in here extremely stressed, and I am so humbled and privileged to having witnessed how you were able to relax and open the bag, and let all the tension out, and most importantly, find your plan and find those tools that would allow you to continue writing your big novel. How would you like to close our session today, Sonia?

Client (43:07): Um, I just want to thank you for the opportunity as well. Um, I like, I like, again, I think I benefit from just, you know, talking and letting it out. So, thank you so much. And I, you know, hopefully when we speak next, I can tell you what, you know, how it's going and how I, you know, especially with my kids too, you know, using them a little bit to help me in this task, you know?

Coach (43:39): Yeah. Wonderful, wonderful. Well, it has been my, my privilege. And thank you very much for this opportunity to let you coach again. I'll see you in two weeks.

Client (43:52): Okay.

Coach (43:53): Yes.

Client (43:54): Thank you.

Coach (43:54): Thank you. Bye.

Client (43:55): Bye.