

## Angie coaching Erica transcript

Coach 0:00 All right, the recording's on Erica, thank you for working with me and agreeing to record these sessions. It's really helpful to me.

Client 0:09 Sure, sure thing. Yeah. Happy to do it.

Coach 0:11 Yeah, thank you. So what's on your mind today in terms of what would be important for a focus for our session?

Client 0:20 Yeah, so just something that's still coming up is, I still have this paper that I'm working on. And I just find that man, like, I really procrastinate on it so bad. And I've been having a hard time kind of with that. So the paper itself is going to be due due like, in December. Um, But I want to, they're going to be many rounds of edits and revisions that it has to go through not just with me, but with other people on my team. So it's very important that I get it done. Like, basically, sometime next week, get as much done as I can. And I just find myself like really dragging my feet with it. So that's kind of something that's going on.

Coach 1:09 And thank you for bringing this I know we've talked about this one, when we were exploring your overall goals for our times together. So, this one sounds like it has starting to have some time urgency behind it.

Client 1:21 yea yea. So it kind of circles around like, you know, time management. But definitely in there is some of the like, perfectionism and the procrastination that comes from that. So, but I think, yeah, it's probably a combination of all those things.

Coach 1:38 Yeah. And when you say I procrastinate on the paper, tell me what does Erica procrastinating on the paper look like?

Client 1:47 So like, maybe all, I'll start working on other things that I have, like in the queue to work on. Even like addressing emails, or like setting up meetings, like preparing for meetings. So it's more things that I know how to do. And I can just get kind of sucked up in like, the busy work aspect of my job. And I'll keep pushing this off and pushing this off. Or if I start looking at it, I'm kind of like, ugh, like, I don't even know how to best like, write this or do this or tackle this. And it just feels like I don't have a lot of like direction with the report. So then it's the easier thing for me to do is just do other things I know how to do.

Coach 2:32 Yeah. And you had a little laugh there. When you said the easier thing to do is the things I know how to do what what was behind that little laugh?

Client 2:45 Um, yeah, like I, I guess, it's kind of like when I don't know how to do things. There can be a lot of like resistance to figuring out how to do it. So like, I don't really know how this paper is supposed to look, I don't really know how it's supposed to flow. I don't know the best way to tackle it. I feel like my understanding of the D.O.D., like terminology isn't very strong. So there's just a lot of variables that kind of happened in my head at the same time that I think it overwhelms me. And then I'm like, Oh, this is just too overwhelming. I don't even want to try so. And then or maybe if I do try I'll, I'll do like a few sections at a time. But I don't. I just don't

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think they're very good. And yeah, so I yeah, I just feel like I've been like bumping into issues all over the place.

Coach 3:40 Mmm Yeah. And so what would you like to have happen as a result of our conversation today to make it successful for you?

Client 3:52 I don't know. I mean, I guess I'm just open to like hearing maybe a different perspective, or like different feedback or some little things I could try. Even, you know, I've tried the thing of like, set an alarm clock for 30 minutes and but for whatever reason, it just like doesn't really work very well for me. So yeah, I guess I'd just be curious to hear like if you've worked with people that kind of have this sort of thing, like this kind of procrastination perfectionism problem that kind of keeps this like stuck place. So I just be curious to hear like maybe what what thoughts or suggestions or little things I could do like strategy wise to, like, kind of shift that or even like perspective shifts? So, yeah.

Coach 4:42 Yeah, so I'm hearing strategies to shift your approach and shift your mindset around this.

Client 4:49 Right, exactly.

Coach 4:51 Okay. And I've heard a number of different things that might be between where you are now when where you want to get to time management, you mentioned wanting to be perfect. You mentioned a knowledge of like, what to even do or how to do it. You mentioned The resistant to figuring out something I don't know how to do, then you get overwhelmed. Of those various things, like what feels top of the list, if you will? Um, in terms of what, what do you need to address?

Client 5:28 I think it's the, the direction? Because if I had a better sense of like, okay, I can think about the general direction I'd like this paper to go, then it would be easier for me to like, fill in the sections. But sometimes when I'm working alone, I have a very hard time doing that on my own, like understanding like, why am I doing this paper? Who's reading it? Like, what is the main purpose? And like, like, just so I know these things? And like, what's the best way to break this report down? So like, almost some of this higher level thinking? I'm very good at like talking that out with somebody, but I'm not very good at thinking inside my head about it.

Coach 6:13 Mm hmm. Okay, so it's around a direction and you've already identified - I'm better when I can talk it out versus sort of think really hard and eek out the answer that way?

Client 6:24 Yeah. Yeah, exactly.

Coach 6:27 Okay. So where would you like to start exploring this with the idea of, you know, you want direction? You would like to shift your approach and your mindset, potentially, as well. What feels like a good place to explore from here?

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Client 6:45 Yeah, I guess like, either either one, like would be would be fine as a good starting point. But I guess it is that lack of direction that kind of makes me feel like stuck in my head or like, yeah, just kind of, like, I don't have that, like a good like starting momentum. And then it's hard to kind of keep that momentum. And then if I return to it, I'm like Oh, yeah, I know what I'm doing Why? And generally where this needs to go, it's kind of like, I don't have a good, bigger conceptual picture. So um, yeah, maybe we could talk about that first.

Coach 7:02 Yeah. And I'm fascinated, you've used the phrase, I feel stuck a number of times. What would you be feeling ideally, if you weren't feeling stuck with this?

Client 7:35 And yeah, I guess, just the opposite of that is just feeling like I have a sense of direction, or like, the words can kind of just like, come out of me. And it doesn't have to be perfect, but it's good enough. And then I can send it to a co worker, they give me feedback, and then I change it. But instead, it's like, there are a lot of areas when I'm like, like, I don't really know what I'm doing or how to do this. And it's, yeah, it's not just like, Oh, I need to do it perfectly. It's not really like that. It's kind of like, Oh, I don't even know like how to start kind of thing. Like, I don't really know what, yeah, so I guess if I weren't feeling stuck, um, it would just be like it, it was more of like a, like a sense of flow to what I was doing. And I just, I had a clear sense of direction. So I think that direction is like the opposite of the stuckness.

Coach 8:30 Okay. And you have this lovely self awareness of the benefit of being in conversation with others, I could hear the energy behind your voice, I think, when you were talking about I can talk it out.

Client 8:43 Yeah. Right.

Coach 8:45 Talk to me about what's. I'm curious of what's behind the energy that comes up when you think of being in conversation with others around this?

Client 8:54 Yeah, I guess I kind of feel like, because I am like the project lead, there's only one other person like, from my company that's like, on, you know, helping out with this project work with me, I kind of feel like, I'm the one that should know, like, how the report should go and what I'm doing. And so bringing someone else in to be like, Hey, I don't really know how this report is supposed to go. I feel like that's kind of unacceptable to say something like that. So I've I haven't really had any conversations, and I haven't really gotten any help on it. And that's been challenging. And I feel like it's almost too late for me to change that now. Because it's due in like a month. And now I'm like, like, it seems too late for me to tell someone like, yeah, there are a lot of things. I do know what I'm doing with like, things with, you know, meetings and you know, the direction that a project needs to go like I'm learning all these things and things with things with Excel and other things like organizational stuff. And yet, with this paper, it's been a struggle for me. And I quite like creative writing. But when it comes to technical writing, it's not really my strong suit is my Yeah, it's just, it's not something I so easily do on my own. But I feel like I can't ask for help. Yeah. It's a little challenging.

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Coach 10:33 And you said it. I feel I'm the one that should know how this report should be done it. If it's okay to share an observation. You're relatively new in this role.

Client 10:47 Right? Yeah. Yeah.

Coach 10:51 So you've been on a giant learning curve. And now part of the mix of your deliverables is this paper. And it's a description of your role so that they can recreate the role. so other people can do it? Is that what I understood from last time?

Client 11:07 Yeah. So so it's kind of like, I'm taking the like Air Force bases through an energy resilience exercise. And it's like, okay, like, this is how you do it. But there's coordination with like, maybe more than 100 people. So like, I mean, it's like, a project map, essentially. And I've never done anything like that before. I've never been a project manager before. And now I am one, or like, a site lead, you know, like, and, yeah, so to me, I'm like, oh, write a how to guide on how to conduct these exercises. It's in my head, I'm like, it should be as simple as writing what I'm doing. Um, and yet, it's not that simple. And I feel like I have no one that can really like, help me with this. Because there's not a ton of communication between my team.

Coach 11:58 Yeah, and we talked about how communication is one of the areas that you'd like to also work on in the fascinating how it the the different goals we have for together, do inter, interact with each other.

Client 12:09 Yeah, it's true.

Coach 12:12 What feels like what's at the core of saying, it seems too late to ask for help. It feels like I can't ask for help. If there's something around this asking for help theme. I'm curious to find out when you hear that playback, what comes up for you?

Client 12:32 And like, I guess it's maybe it's kind of like a pride thing. But I feel like yeah, it comes back to that, like, well, no one else really knows anything about this process. Other than me on my team. And I feel like therefore it's up to me to like, write the paper. But writing papers isn't my strong suit. And so that's why it's hard. So I just feel like it's too late to ask because I've, I've known about this paper for like, like three months or something. And I've been kind of working on it, like here and there a little bit work got really crazy and busy. And so I just feel like I should be further along than I am. And so I'm almost a little embarrassed to like, show someone where I am. I don't want that. Yeah, I'm just I'm kind of afraid of like, what's going to happen if I'm like, hey, like, you know, I'm halfway done with the paper. And they're like, Oh, this is shit. You know, like, this is horrible. So I get some pressure. Like, I have to fix this before I give it to them kind of thing.

Coach 13:38 Yeah.

Client 13:39 And then I don't know how to fix it. Because I need feedback to do that, you know? So,

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Coach 13:46 Yeah, yeah, strikes me you are describing yourself as feeling in a bit of a chicken and egg scenario, where it's like what happens report to start sharing with people yet until I can talk to people about it. I'm having trouble getting something down that I feel like I can share and that the cycle continues.

Client 14:05 Yeah, exactly. It's like, Okay, if I get this paper in good shape, and then I give it to other people, they'll give me feedback. And then I can go from there. But it's also like, yeah, in order for it to be in good in a good position. And for me to think about this stuff, I need someone to talk to about this with and I have, I really don't don't have like anyone to do that with and I feel like it's it's too late, because I probably should have done that, like two months ago, and yet I just tried to do it myself. And so part of the lesson learned is like ask for help early on, and don't be afraid to admit when you need it. But I think instead I was like, Oh, I you know this is up to me and I should be able to handle this and you know, it just didn't work out like that. So

Coach 14:57 You know, credit to you for acknowledging and identifying Hey, here's a lesson in this that I already want to take forward, which is, hey, if I'm struggling, let me ask for help on the earlier side.

Client 15:07 Yeah, true.

Coach 15:08 I have said this to you before, but again, I'm always struck by your, your level of self awareness and what you know about yourself.

Client 15:15 It's almost painful, though, you know, because it's like, like, I can know these things, and then nothing, nothing changes or like, is it is very painful, because I'm like, Well, I know.

Coach 15:27 Oh, well, I'm, I'm laughing along with you. Because I also pick up when you say nothing changes. And if it's okay to say, my experience in working with you, you have managed significant change in your life.

Client 15:42 Maybe, yeah, it worked.

Coach 15:44 How does that sit with you?

Client 15:46 Yeah, I mean, it's probably true. Because I came into this job knowing nothing about this job. And now I'm like, leading a project, I do everything on my own. My boss doesn't help me with anything. And so I'm like, you know, I have really just learned to take things on and handle them, and have people trust the work that I do. And so that's it. That's a big thing. It's not a small thing. But I think it's so almost like the expectation these days that it doesn't feel like any big feat. For me, it's like, oh, yeah, like, that's the, you know, that's what you should be able to do and more. And that's the part that and more is where I get messed up. Because it's like, and I should be able to flawlessly construct this paper and like impress people with it, you know, and that's just not happening. So what my part of my goal I want to try, is I even I can tell

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even when I talk about it, I'll always say I want to try. So I want to try to tackle like, and finish one of the sections tomorrow. That's, that's my goal. So at least I can be done with, it's basically split up like the intro, and then phase phases, zero through four, I need to have phases. Well, 0, 1, and two, done by December, I have phases zero, I have the intro and zero done. And so my goal tomorrow is to mostly finish phase phase one. And I wanted to tackle phase two completely next week. And so that my coworker can look that over and I'm just really afraid for when she looks at it and what she's gonna say. And if she tells my boss, I go, Client, you know, like, really blew it on this paper. And now we need to help her, you know, so I'm afraid, I'm afraid. Yeah.

Coach 17:47 You know, I'm noticing the almost like, mental movie that you're playing forward is, it's gonna be a disaster. My colleague's gonna think it's no good. [Yeah].

Coach 17:59 What's To what extent would it be useful to explore that or not?

Client 18:04 Yeah, it could be useful, because that is the thing. I feel like, I'm like, even talking about it. I'm like, Oh, God, you know, like, I get like, like, fairly nervous, like even thinking about it. So yeah, I just, I don't want them to lose confidence in me. And I don't want them to think that like, I'm, like, incapable of doing my job. It's not that I'm I'm incapable of it. It's just that it, it'll take me a little while to learn how to be good at this. And I, I actually, don't think I am that good of like a Technical Report Writer. I felt like that since I graduated college, I haven't had much experience with it. And like anything, it'll take time and exposure. And I, I don't have that kind of exposure right now. Like, my team is very much they do what they do. And then I do what I do. And there's like, not a lot of coordination or communication between us. Yeah.

Coach 19:04 Client, if you were sitting at lunch with a good friend of yours, who was telling you that this was her situation, what would you say to her?

Client 19:16 I probably tell her to like, yeah, just that this is all part of the process of like, learning and growing and developing new skills is that you can't just start at the end, like you can't just start where you want to arrive and be like, Oh, I'm so good at everything. Like you have to go through the learning period. And, and a good way to go through that is just not being afraid to, to show what you might consider to be a weakness, but really, it's just an area where you need help and to be developed. And that's okay to ask for that. So, yeah, I'd probably tell her something like that (laugh)

Coach 19:55 What a level of kindness you would convey to your friend.

Client 19:59 Yeah. And then like not to ourselves, you know, to ourselves, we're like you should do better.

Coach 20:09 Yeah, and by the way, I'm I'm noticing something that you're absolutely not alone in, which is the tendency to focus on the things that we haven't developed as fully yet as we'd like to are the things we haven't gotten done on our list, you know. So I was glad to hear you earlier express some of the things that you are doing well, and that you are on a huge learning

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curve, and your team does trust you, and you're becoming more and more self sufficient. So, again, I'm what I'm hearing is all normal. And I'm wondering, what would it look like for you to be as kind to yourself as you would be to a friend?

Client 20:49 Yeah, that's, that would probably really help with this, because it's probably part of the reason I don't want to do it is because I'm being like, fairly harsh, internally. You know? Like, lots of pressure. So, yeah. . . writing that down, you know, you're not the first person who's told me this. So it's usually how you know that it's, anytime I talk about work with my mom, she's like, you know, I think you just need to be a little easier on yourself. And I'm like, What are you talking about, you know? And yeah,

Coach 21:27 You've you giggled a number of times across sharing that the other people have reflected it, too. So what's what's happening for you inside yourself?

Client 21:38 I think I almost like it's almost like, my mind tries to get, like things done, using like, pressure or fear, you know. And instead, like, if you use like trust, and kindness, and communication and those other things, it works so much better. But it's like, still this idea in my head that like, I've got to do it, you know, like, I'm on my own kind of thing. And, yeah, I just think part of the kindness would be just recognising that. And any things that are done well in this life are never done on your own, for the most part. Yeah. So yeah, I don't know, I definitely recognise that there's like, a degree of harshness, but I think I was so used to using that as motivation or as fuel. And now I'm kind of learning how to come from another place rather than like fear, lack, needing to be better at things, you know, that's not the best motivator.

Coach 22:53 So what are you learning? Relative to you said, I want to have a shift in my approach and my mindset, what are you learning around that just from what we've talked about so far?

Client 23:09 A lot, actually. I mean, being kind is shifting your approach, you know, because if my approach is like, I've got to do this, by this time, you know, that I'm very focused on the strategies of force. And then if I'm kind and whatnot, then that's like, focus on the strategies of almost like, true power instead of force. And, you know, it's, it's like yield need to overcome, like, if I'm constantly pushing, pushing, pushing to overcome, I'm not gonna overcome anything. But if you start yielding to it, then you're being kind with it, and you're being kind with yourself. And, and that way, there's not so much pressure and like, you're free to, like, let what comes out of you come out of you, and it doesn't have to be just right or just perfect. So, yeah. Yeah, I think you You did a really good job with breaking that down.

Coach 24:07 Thank you, and I just appreciate how you articulated that. It was so lovely.

Client 24:12 Thanks

Coach 24:13 And it. I'm, I'm wondering about how or where else in your life, might you want this kinder approach to emerge as well?

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Client 24:28 Yeah, like a lot of areas probably. Yeah.

Coach 24:33 Like where?

Client 24:37 I'd say. Um, yeah, just if I wanted to step into doing something like being a coach or going back to school and being a therapist or something like to be kind with the process, instead of like, pushing you know, like, instead of Pushing to like, be kind and gentle and easy. And even, like, I'm, I'm 29. And I'm not dating anyone in a serious capacity. And the guy that that I'm kind of dating, you know, I just, um, I think I'll like doubt myself a lot, and kind of think that he's right all the time. And one of the kinder things is kind of to start, like, just being really kind with myself and how I feel and like communicating how I feel, and knowing like, even if the other person doesn't agree, like, I'm allowed to feel what I feel and like, think what I think and do the best that I can. And that's enough, you know, and I don't, I don't have to be wrong all the time, basically.

Coach 25:52 So how, how might you imagine you could support yourself in being gentler and kinder, and coming from this place of yielding?

Client 26:10 I feel like kind of taking time to like, check in with myself, you know, like, how I'm doing and stuff and like paying attention to that. Which is probably like a degree of slowing down, right? Like, when we slow down, then we're kind of more able to like, tap into how we feel. And the slowing down is kind of kinder, because when we're fast, it's like this, you know, doesn't always feel so kind. So. But I'm not sure. Do you have any other suggestions? Like, for what, what that would be like, or maybe in your life areas where you felt like that shift started to happen a little bit more?

Coach 26:53 Oh, well, I mean, first of all, I absolutely felt you're slowing down, while you said it helped to slow down and check in with how I'm feeling. So I'm curious, what works for you, either in the past or, something you might experiment with to slow down?

Client 27:19 Yeah. I think like breathing, like, act like actually just taking some like, slow, deep breaths, and just letting myself like feel really good from that. But also, like taking breaks. And like, I hate this idea of an eight hour work day, because there's some days, maybe I work, like, let's say, I work six hours, and I get so much done to get everything done, I need to, and then I have an idea, I need to work two more hours, and then I'm exhausted. But I already did everything I needed to do in that six hours. So I feel like internally, it also means trusting my trusting my understanding of what I need to do in a given work day. And not using the eight hour bar that my company uses. Even if they want me to use it, it doesn't mean I have to. And I think that that's something I actually really want to start doing is not doing just the Oh, eight hours, I have to work from, you know, eight to five or eight to four, you know, like, I don't want to do that anymore.

Coach 28:34 You know, Client, I actually feel goosebumps as you share that. And I remember talking to you during our work last year, when you said hey, look, some of the components of

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my ideal working situation would be a project basis type of work where I can push hard, and then break.

Client 28:53 Right, right. Yeah, because that's, I mean, I very naturally fall into that, like today was one of those days, I'm like, I need a break. And yesterday was a day I was like on you know, like almost the whole day. And even for the last six weeks, I was like on busy had stuff every day working like basically eight hours every day. And then this week, I've been like, I need to chill, you know, I need I need to do less than eight hours a day. And I think just knowing that about myself that I'm incredibly efficient when I need to be and I don't mind putting in hours but to have this kind of idea just because just for no good reason. It just yeah, it doesn't make any sense to me. So I felt some like fear of kind of doing that, you know, because everyone else I work with does this like standard thing. But I honestly think I'll work a lot better and be a lot more efficient if I start doing what I know. To be the best way, and what I feel to be the best way. Yeah,

Coach 30:07 Yeah, your voice picked up pace when you said I want to work in this way. And I, the way I feel is the best way.

Client 30:14 Right

Coach 30:15 So what is that energy that's happening for you there?

Client 30:19 Yeah, I think it's like, it kind of comes back to this like trusting myself because I really, I want to feel like I can trust myself and like, I don't have to just push. You know, if there was no pressure at all, and I woke up and was like, I want to do X today and work on this kind of work, I will do it. I don't need any kind of external motivation. Like, a lot of people will use the eight hours to make themselves do it. And I really just have the motivation naturally. So like, I don't need to force myself. And yet I fall into the habit of thinking like because others do it this way. I need to also and it feels like a, like a mini death sentence to me.

Coach 31:09 Hmm, doesn't sound very pleasant.

Client 31:13 Right? Yeah, I have a lot of flexibility in other ways. But I just know when I'm most creative, and I know that it's not with someone else's schedule for me.

Coach 31:27 So this feels like a insight that you're having around conforming to the normal, quote, unquote, way of working versus working in the way that best suits who you are. [Right]. What do you want to do with that?

Client 31:44 I don't really know. Like, you know, part of one of the things that comes up is, you know, we have this Skype thing. So it shows when you're active when you're away, and how long you've been away. And so I, I prefer, like, you know, if I could work from like, eight, until like, 1pm, and then maybe work like an hour or two in the afternoon, if I needed. That would work really well for me, actually. That'd be like, perfect for me, like really having focused work from like, eight until one. And then in the afternoon, as needed. If I needed to do three more

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hours, fine. But it's the it's the fact that I start working at eight. And then what is that Parkinson's Law? When you spread out? Like, yeah, like you have a task, and maybe it'll only take you two hours, but because you know, you have an eight hour day, it takes eight hours.

Coach 32:43 Yeah, yeah. I don't know. It's the work expands the time available to fill.

Client 32:50 Yeah.

Coach 32:51 So what could you shift for yourself, either internal to you, or external, to move toward working in the way that really supports you to work how you best work?

Client 33:12 Yeah. So I just don't know, like, I almost wish I could just start doing it. And not say anything. Like, I don't want to say something to my boss, concern him? And then he says, No, I'd rather do it. And if I get really good results, he'll be like, wow, like you do a great job, like what, you know, what's your strategy, then I would tell him, like, well, I work for six hours. And then if I need to work the other two, then I do it. But like, you know, I keep a relatively flexible work schedule. So I think again, it's just not caring if my Skype activity is inactive, at 2pm until 4pm, and that I have my phone, which will, anyone can call me. And like, if I have any clients that are emailing me, I have my email on my phone. So I have both of those things. So I think it'll just be like, starting to, to not care so much if my Skype status doesn't show that I'm there from two to four for instance.

Coach 34:24 Hmm. Yeah.

Client 34:26 Yeah.

Coach 34:28 And what could support you in the not caring?

Client 34:33 I don't know. Do you have any suggestions?

Coach 34:38 I don't know. I don't know. I think everybody's different. You know, so I'm curious what pops to mind for you like?

Client 34:47 Well, I think if I just like if I had some sense of like, you know what, I did a good job today. Then I wouldn't care so much, because if anyone asked me Have you gotten your work I wouldn't feel guilty. I would just be like, Yes, I have, you know, I would know, I would know I'm doing a good job. And that would be enough, you know? Yeah. Because I think that we, we largely do have a sense. If someone's like, you deserve a raise, and then you feel guilty asking for a raise. Often times, it's because you either have unrealistic expectations, or it's because you don't, which, which also probably means that you don't think that you're doing a good enough job. And so I think having realistic expectations for myself, making sure that my boss is happy with my work, checking in with my client regularly being like, Hey, you know, are you happy with the work I'm doing with you? Is there anything more I can support you with? If I have my clients feedback, then that means I'm doing well. Like, if I get their thumbs up, then I'm good. So maybe that's what I can do is like, twice a month, check in with my client and be

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like, how am I doing? Can I help you with anything else? You know, what can I do to best serve you? And I think that's, yeah, maybe that's the best thing I can do.

Coach 36:11 Hmm, yeah, I love that. And one of the questions I would had was, how can you assess what good looks like, on any given day for you?

Client 36:28 Right. Um, and this Yeah. I feel like sometimes I'll make, um, I'll have like a monthly list of the things that I generally need to do. And then I have like a weekly list, and I just take the the key items, or like, you know, the things I need to do that week, and I'll move it up to the week. So I guess that the success of my day wouldn't so much be like, was I successful today? But it would more be like, Oh, it was able to get everything done this week, that I plan to get done, you know? Yeah. Yeah. So instead of looking at it, like, oh, each day did i do enough? It'll be like, Did I do enough today to reach my weekly goal? You know? Uh, huh. Yeah.

Coach 37:19 Love it. So it's about saying, here's what I want to accomplish this week And did today's activities get me where toward that direction enough? How does that feel?

Client 37:34 I think that feels good. And even asking myself the question of, like, if I spent more time working, would I have been able to get more things done? Or is there something else that needs to shift that would allow me to get more things done? And almost always it's the second? Because I think I could I honestly think I could work like a 20 Hour Workweek and get the exact same amount done. And it would be not a huge problem for me. And I and I do a lot of work. You know, like, I'm not I don't like sit here all day. So. But yeah, I just don't want to fill my time anymore. I don't want to I want to be like, focused, and have a sense of like, purpose of what I'm doing. Not just like, you know?

Coach 38:26 Yeah, totally. So let me pause here and check in because you at the beginning said, Look, I want to have a sense of direction with this paper specifically. And I'd love to walk away with some strategies to shift my approach and or mindset. So what have you learned about the situation around the paper specifically?

Client 38:53 Yeah, so I think the being kinder to myself is really big. I think, like, kind of optimizing the times when I have the most energy to work on the paper is also big. When I try to work on it in the afternoon, I'm like, dead I don't feel like doing it. So working on it, like either first thing in the morning or for me, like at nighttime I also like working, so. First thing in the morning, like seven or eight, or I like working at like, sometimes seven or 8pm you know uhm, but doing it in the middle of the day or in the afternoon is something I don't enjoy.

Coach 39:34 Yeah, so connecting it to your personal mental energy levels.

Client 39:38 Yeah. Right.

Coach 39:39 And what support could you put in place for yourself to work on it during those times?

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Client 39:49 Umm, probably blocking my calendar off for those times. And maybe turning or doing like Do Not Disturb On my Skype function, because I really need to get this paper done, it's important that I prioritize this, I need all the help I can get, which includes not getting pinged every five seconds for something. And so turning off my notifications from, let's say, eight to 10 in the morning, while I work on this, like, you know, just as an example, I think each day, I would feel which one, like, which one felt a little bit better. But yeah, I think turning off notifications, and just like, not answering people's emails.

Coach 40:36 Totally.

Client 40:42 Yeah.

Coach 40:41 Yeah Erica, there's a book called Deep work. And the author speaks of some of these strategies that you're talking about. The mental interruptions and eliminating or decreasing those significantly.

Client 40:54 Yeah. Okay.

Coach 40:58 What else? Oh, go ahead. I didn't mean to interrupt.

Client 40:59 Yeah, I was just gonna say like, in terms of the paper itself, I have. Ahhh like, I could maybe talk to someone like my dad, you know, about the conceptual like, why am I doing this paper? Or, like, explain it? Yeah like, almost ask my dad, like, "Hey, can I just explain to you what I'm doing with work. And you can tell me if it makes sense. And then I'm going to break down how I'm planning on doing the report. And then you can give me some feedback." Uhm, and I think that he'd be happy to to help me, like my dad, and maybe my sister, like. There are other people in my life that I can ask, if I'm not ready to ask my co-workers yet uhm, if I want some help now. And then I can ask my co-workers like there are other people I can lean on.

Coach 41:52 Oh, what a lovely source of support you've identified there uhm.

Client 41:59 Right.

Coach 42:01 And I'm glad to hear you, 'cause I was curious earlier when you said I've got these sections, the intro and zero through four, 'cause I thought, ooh that sounds like that's a bit of a direction or an outline. Uhm but then there's some kind of disconnect for you feeling like you've got what you need. So, how do you want to resolve that?

Client 42:21 Yeah. So I think the next thing I might want to do is, I don't, I'm not clear on what's going in each section yet. So I have zero and one mapped out. But I think the best thing I can do is finish, getting a general idea of this goes in two, this goes in three, this goes in four. Cause then it'll be like, oh, okay, like so now I have a better idea of like the flow. So I think it'll just be me kind of maybe taking some time to not try to write the paper, but to just think about the flow and the structure of the paper. Like, let myself have the creative time that I need to just like, have a little fun and like think about this. Because I think that's the problem is I'm not

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letting myself think about the thing as a whole. And I'm like, Oh, I have to do these, these subsections. And I can't do a subsection without the bigger picture. But I won't give myself the time to reflect on the bigger picture [client laughed] so.

Coach 43:26 Yeah, and what would be different about your approach, because earlier you mentioned creative writing. If you were approaching it more like a creative writing project, what else would shift? I hear you saying bigger picture. Anything else that would change?

Client 43:48 Well, I think with the creative writing, I just, I have no idea where it's gonna take me and I just start writing, and then I'm surprised by the end. And so I think it's like that with most writers like you, you have no idea what's going to happen. And then you start writing. And then you're like, wow, like, that's very surprising, like, I like this. And maybe you'll add to different sections, whatever. But, um, that creative writing piece, like I have no attachment to what other people like really think about it. Like maybe I want them to get something of benefit from it. And maybe that's the difference. Because in this, I'm like, Oh, I want to look like I know what I'm doing. But with the creative writing, it's all about I'm trying to impart something to someone else, like some kind of wisdom or insight that I want them to understand on a deeper level. It's like I'm teaching them. But if I'm writing for my own self-image, then it has, it's just stressful and it's not enjoyable and it's not coming from my heart. It's just coming from my mind.

Coach 45:01 Mmmm. So, what could you do, or experiment with to connect this piece of work more to your heart?

Client 45:16 I think it might be to even just journal on like, why does my job matter, you know? And like, why does this paper matter? And how can it improve anyone's lives? And if, you know, if I had to teach this to someone, what would be the like, really valuable information for them to know? So I think if I look at it like this is helping people. This is helping people do something that without this, they wouldn't know how to do. Uhm, but instead, I look at it as like, this is just my job, you know or like. But when I actually work with these people, like I am, like, with some of the people from the installation at the basis, they're amazing people, we have a lot of fun. I want to help them answer any questions, I go out on a limb for them all the time, you know. And then with the paper, I view it as separate from the people you know. It's like this stagnant thing. So I think it's kind of connecting to, who is this for? And that might even be a question for my boss, like, Who is this for? Who am I writing this for, specifically? And like, how is this gonna help them? I can think about it on my own, but maybe talking to people about it would be good.

Coach 46:37 You know what I see or sense in you Erica is a shift from this paper being about you and your capability, to it being about serving others.

Client 46:50 Yeah. Right. That's a really good point.

Coach 46:59 You're writing and you're smiling and you're laughing. What's happening for you right now?

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Client 47:01 Yeah, it's just so funny how life you know, it's always like that. It's like, the second that we're just caring about other people and ourselves then we're so happy. And the second that we're like, well, I got to look good, [client laughed], then we're miserable.

Client 47:18 Yeah. And it's like, you know, you can put so much into facades, and they just don't matter at all. And we all know that, you know, deep down we know that, but. Some areas of our lives can be doing things for the wrong reason, sometimes so it's good to see it.

Coach 47:38 Well, if there's one thing that I've learned about you over the time that I've known you is that you have a huge heart and a wonderful ability to support and care for and nurture others uhm. So, I didn't, yeah just, I'm appreciating how that is starting to come through, even in this technical piece of writing that's part the mix of what you have going on.

Client 48:01 Yeah, it's like you can still like help people and stuff with this. Like it can be coming from a good yeah yeah. It doesn't just have to be like this damn paper. [laughter]

Coach 48:14 Oh, Oh, Erica, so. What is it from today? Overall, we've covered a fair bit of ground, but what what have you learned about yourself that you're going to take forward with you?

Client 48:29 I feel like a lot, but mostly that it really matters, what my motivation is uhm. Because if the motivation is to be enough, do good enough, be seen as doing well. If it's about me, it's not going to carry me. And maybe for some people, it does perfectly, but like, for me, like, it's weak, and it makes me feel miserable. And when it comes from a place of being kind to myself, being kind to others, which includes wanting to help them, um, then there's a chance that I mean, I'll, uh, I'll be willing to put in the work, you know, like. Because it's, it's wanting to serve and wanting to help out and that's something I care about. And uh, but if it's about me looking good, as much as I can try to care about that, I don't care nearly as much about that as having some kind of a an impact on the world on the world that's a good one. Yeah

Coach 49:34 Yea, awwh, I actually got goosebumps as you were sharing that. I feel like it's. You were slower and more, mmm, in touch with your heart as you shared that, compared to the way you showed up at the beginning which is totally understandable, kind of a very thinky, heady place about this paper and where you wanted to go with it. Thank you for being open to exploring what's happening with you in this situation and uhm for being willing to go inside yourself and see what's happening.

Client 50:11 Yeah, well, thank you for helping me kind of piece these things together, it's ah. It's really helpful the questions that you ask, and then how you tie it into like other areas of my life because it helps me see like, this isn't yeah, like, there are threads and the threads are very important to start noticing it helps a lot. So thank you.

Coach 50:36 Oh, thank you for that. And, um, Is there anything else that you would like to talk about or say to feel complete around our session for today?

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Client 50:47 Um, you know, yeah, I think I think I'm okay, it'll just be kind of implementing some of the things that we talked about both on a practical level of like, no less no, less notifications and distractions, and then on an attitude and a level of like, kinder coming from a place of helping, it's okay to not be so great at this and that you might need a little help or support. And uh, and asking for that support, you know uhm. And not even not being afraid like, I think before maybe I would have gone to my co-workers like, oh, here's the paper, you know, I'm sorry, it's not good enough. But if it were to come up, I think I just say like, "Look, I'm you know, I'm very good at my job. It's just, you know, maybe I need a little extra time to spend on working on something like this. It's still new to me." Uhm, and just like reframing it, because I if I tell people like, I'm so sorry, I messed up. And they'll be like, "Whoa, she's been like slacking." And, you know, I'm already putting it in my head, this reality that my brain is, it's not true. So yeah.

Coach 52:00 Yeah. Thank you for sharing that uhm. Yeah, well, it's a pleasure and a privilege to support you at this stage in your journey Erica. I'm so glad to have the chance to work together.

Client 52:14 Me too Angie. Really, I so appreciate just your help and, and, and your coaching. It's, it's really great. Thank you.

Coach 52:20 oh, well, thank you for that. I'm going to stop the recording now and we can talk about whether you'd like to set another session now or you know, give it some time and we can set one in future. So let me just stop the recording and we can talk about next session.