

## Carly coaching Christine #3-2019 transcript

Client: [00:00](#) Exactly.

Coach: [00:02](#) Well, thank you for allowing me to record this again for learning purposes.

Client: [00:07](#) Thanks.

Coach: [00:07](#) So, yeah. How are you?

Client: [00:09](#) I'm fine, I'm fine. My parents have been ... They are here visiting me, so I have had a bit of action time, you know being a tourist in your own country, but I have been with them and then the kids has been off. So, it's been a lot of family time. Then after the school meeting that we have had the 10th of June. I think we spoke on the 8th last time or the 7th. So it's fine. It's been everything and other type of leadership you know at home. When you don't see your parents very often, when they are with you, it's a totally different dimension and you know you just get to know them when they get older. I've been 18 years away. So, it's another perspective I think ah. But it's fine. It just to set the mindset that I'm not going to be doing work. I'm not going to be doing the normal thing I'm doing.

Coach: [01:28](#) Hmm Hmm. Yeah, it sounds like there's a lot of things going on there.

Client: [01:31](#) Yeah, exactly, exactly. They're leaving on Sunday and we are leaving to US on Thursday the 4th.

Coach: [01:41](#) Oh on Independence Day here.

Client: [01:44](#) Yeah, so we'll watch it.

Coach: [01:47](#) Where will you be?

Client: [01:49](#) I will be in San Francisco. We will fly there. I have a friend of mine who lives there, so we will go and stay at her place for few days and then start our road trip.

Coach: [02:02](#) Oh, that's wonderful. Well, I hope we get a chance to see.

Client: [02:05](#) Yeah, if you give me your address I'll be yah, just to say hi on the way-

Coach: [02:13](#) I will let you know.

Client: [02:15](#) You're in San Diego.

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- Coach: [02:16](#) I'm in halfway between Laguna Hills and San Diego. And ah, yeah. I will send you my information and I'm away until the 10th of July. I'm in China next week, but yeah, we'll see. That'd be wonderful.
- Client: [02:33](#) Exactly. Then you have ah, I hope it's not going to be too warm in China.
- Coach: [02:40](#) Yes, probably it is.
- Client: [02:46](#) Just to get the mindset.
- Coach: [02:49](#) Yeah. It is going to be too warm.
- Client: [02:53](#) Yeah, exactly.
- Coach: [02:54](#) Well, you did say you had the meeting. Do you want to talk about what happened, or the leadership with your parents, or what's emerging for you?
- Client: [03:01](#) Yeah. The meeting was the school. I prepared for it what we discussed basically. I prepared three pages of facts because what I didn't want to be is to be emotional in that meeting because it's very much touching me. I did very much prepare, like what's the purpose, what's the objective and then listed all the fact throughout almost three years. You know from the start when I saw there was something and then what I did as well, I did put more what I would have done differently or what they would have done differently and some of the ideas.
- Client: [03:53](#) Ah and that was very good because when I reached that meeting, you know when the director started you know, "Well, I haven't noticed." I stated directly what's the purpose, what's my intention in that. I said, "I'm not here to blame you. I'm here to tell you that the impact of the way that you have acted is very high on my daughter. And the way that I trusted your establishment, made me feel that I didn't do a good job at the end of the day, but I'm not here. The objective is to tell you the fact of those elements that I felt that they have not been done properly and nothing more."
- Client: [04:42](#) So instead, what I noticed, instead of he started to either being defensive or being very like finding things, he went to the fact that, "Okay, she is on another path here." And then I just stated very easily. And when he started, I had my pages with me and he wanted to take them and I said, "By no means, these are my notes. I was not going to give you anything. This is what I want."

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And then he said, "Can I get them?" He get them at the end, but it was very factual. And really the way I wrote it, it was no bad wording, it's just that it is what it is. It's like a plain reality.

Client: [05:33](#) Even though it was very emotional, I was able to draw a skeleton was no emotion in it, so you see the totality. That I think was very good. I felt it was at the end of the day I was able to give him my view and when he started like, "What I can do more for you?" I said just, "We're going to separate. I'm not going to ask you to do anything. I'm just going to tell you that the way you have led things is not good."

Client: [06:08](#) I think, would I have loved to have another solution? No. I reached the objective that I wanted. I made them aware of their wrongdoing, where I have done wrong, maybe not being very careful on maybe following up and so, but I think they got the choice, they got the message. What was still hard for me is to the end of the school, which is to see the parents, to see all those kids that have impacted my daughter. And it was just tough. I must say, it was just that, it's like I didn't want to be left alone in that room, in the classroom because they do the ending at the end. Then the teacher was like, "Yeah, we're very happy for her moving school. It's the best for her." I was going to tell her about where were you the whole year? Well, I said, "Yes, of course, it's very good for her."

Client: [07:26](#) I don't feel I have any more bad feeling in my heart towards the school, which is very good because if I keep on lingering that type of feelings and so on, I was able to empty it all and to that closure. From that perspective, I feel I managed to. There is nothing in my head that I could have said it differently, I could have done it differently. That is a fantastic feeling, I must say. The way you are able to express yourself in the most proper manner in a matter that is really painful to you.

Client: [08:16](#) So, that I want to thank you again because I think you helped me in that structure to whatever the message is hard, and me being only want to be nice, and kind and only show this only that side of me. I was able to overcome it by being prepared, and by being intentional, and by stating the purpose and the intention from the beginning.

Coach: [08:48](#) Yes, I do sense your pride of your accomplishment to speak the truth without blaming. And to feel that heart space in you as well as you're describing it. It feels like pride to me. I don't know. What's the feeling? What's the emotion that you sense?

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- Client: [09:14](#) I think I am proud of myself the way that I manage, because my husband sent me a note afterwards because he was there, he's like, "I'm very proud of you. I'm very proud the way you led that meeting." So it felt very good, but it took few days to clear up I must say. It didn't just like you unplugged something. It's like it takes few days to get things. But that feeling of yes, I did it in the right manner, I did it in a good way, the best way it could have been done.
- Client: [09:54](#) One thing, of course, it's always, I feel that I would never celebrate. I never recognize myself very early. It's like a tap on the shoulder, it take few days until I can do it, you know, until I process it more maybe in my mind.
- Coach: [10:15](#) Hmm hmm. And have you processed it now?
- Client: [10:17](#) I did. I did. I did process it. I don't talk about it anymore. It's like you let it go and that's one of the good thing, that it doesn't leave any, I don't know, lingering thoughts in me. It's like it cleared out the system, which I think is very good. So, that I feel very proud of.
- Coach: [10:47](#) Yes. What's the learning that you're taking away for yourself?
- Client: [10:54](#) That no matter how hard the situation, you could control your emotion when you are prepared and you're stating what's true, what's really truth without to be honest, finding a winner and the loser. That was for me, one more thing because of course, they haven't won and I'm not winning either, but it was not the intention anymore to find. It's not the purpose. So this is something that I learned that even though you don't need to find the winner there, you are able to state that and to achieve something even though you have not won at the end of the day. I don't know if it makes sense at all.
- Coach: [11:51](#) Yes. So the feeling I get is that you're clear and relieved. Or the fact that you're not sensing it's still, that you don't talk about it. I got that, that's an indicator for you that you've shifted something and yeah it doesn't change the fact that your daughter went through that. And that she's changing schools, and there's a lot of upheaval, and that's true as well.
- Client: [12:22](#) Yeah. I think exactly, that's the feeling being relieved. The letting go of it is good. And I feel that that thing of letting go was not my strength. And that's something that I felt like, I don't let go easily things.

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- Coach: [12:51](#) How does that relate to, you said it took you a few days to unplug? Or not, is that different?
- Client: [13:00](#) Yeah, maybe. Maybe that was to just getting it out to clearing, just processing did I do it. Did I achieve what I wanted to achieve? Did I achieve it right? Could I have done it differently? All those questions that I asked myself afterwards. Even though my spontaneous answer was, it went good, I have said what I had to say, but just letting go those feelings inside me, that took a few days just to recover ah that event.
- Coach: [13:48](#) Hmm hmm. Well, I'm wondering, would you like to explore anything more about that or? We've got about 30 minutes to focus on something. What's going to serve you the most? It could be a different topic as well.
- Client: [14:01](#) Yeah, exactly. So I was thinking that sometimes the way maybe I face situation, is when I don't get myself sometimes the choices of knowing when to say no, when to say yes to things sometimes, this is something always been a difficulty to weigh certain alternatives sometimes and what is important and going back uhm to things. So, instead of saying yes and going into the flow, it just to sometimes get myself stopping and learning to say no and staying true to what I have. So this is one thing that I have been myself reflecting. How can I be better in doing that? Uhm. So this is one thing that I have myself reflected you know on.
- Client: [15:11](#) Then, the second thing is that thing of letting go maybe that is, gets you a little bit of. It's like, did I do it right? Did I do all what I could do? Though maybe this is something that I could learn to shift faster, the gear sometimes instead of, and maybe this is something that I could benefit more from to shift gear faster when situation are tough and it doesn't have to be ah. I don't need to stay into it anymore.
- Coach: [15:59](#) Hmm Hmm Yeah, okay. Saying no and staying true to yourself and what's true for you.
- Client: [16:04](#) Yeah.
- Coach: [16:05](#) And also letting go and shifting gears faster. I'm wondering whether there's any relationship between those two?
- Client: [16:18](#) It might be some correlation between both. If you don't let go, you're still stuck where you are, you're still stuck in the yes that you instead of standing stronger and stating that, no, I will

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deviate or I will say, "No." Or I will say, "I'm not going to go on that excursion with the family. It's okay. I'm going to take care of myself. I'm gonna get better." Without feeling like I'm letting down somebody. In a way, just stating that instead of going into the flow, getting more myself into the ability to let go of that pattern. Because I see myself sometime getting into a pattern that get my energy out. And I think we discuss the energy at the beginning of that when we had the first session. And this is something that I don't want to be dragged into things. It's like to be more aware.

- Coach: [17:38](#) Yeah, so is energy actually the connector, the shift in energy between the two?
- Client: [17:46](#) I don't know if the shifting energy or the letting go, the ability to clear out faster things, to process them maybe instead of me taking me three days to let go of something, it's more that, is there a way that I could process it faster. Because I could see that even though it comment at work or a criticism or whatever, it's always hard, it stick faster than it's letting it go in a way.
- Coach: [18:23](#) So how would you describe the thing that you would need to talk about in order to let go faster?
- Client: [18:33](#) The impact on me, ah. The way you take it harsh, in a. Either you take it either very personal, that is one thing, or to the fact where uhm you feel that you have had maybe more expectation than what was in reality there you know. Ah. Or you haven't said all what you need to say. So it's ah. I don't know if that makes sense.
- Coach: [19:14](#) Yeah, it seems you are describing both an impact on me in the internal and then expectations maybe external. It felt to me like there was both the impact internal and external. How does that sound to you?
- Client: [19:28](#) Yeah, that's right. Exactly. The impact is internal and then the expectation is the external, just to set it. Yeah.
- Coach: [19:46](#) So what would you like to have by the end of this time that would tell you, you've made some progress on this?
- Client: [19:56](#) Just how can I get things less maybe impacting me. I don't know if that makes sense. Because if it gets less impacting, I am able to let it go faster.
- Coach: [20:14](#) Well, that's a nice connection.

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- Client: [20:16](#) Yeah.
- Coach: [20:17](#) Okay. All right, how can I get things less impacting on me so I can let go faster. What would you like to explore first?
- Client: [20:35](#) Yeah, less impact on me, maybe we start with that.
- Coach: [20:43](#) What about that do you want to explore?
- Client: [20:54](#) When there are situation that I have seen around me, people behaving in a non-ethical manner for example, or draining energy for others or whatever that is indirectly I'm impacted by that environment very much. It gets a lot on me and then for me to perform, for example, I've seen situation that pulls me back instead of either addressing it or just saying that it does not impact me, why would I care? You know it's like to move on and to continue to deliver despite that and to take it to a level where maybe I can impact this negativity. You know I can do something about it instead of retracting from it. You know, it's just like repulsive type of energy. Instead of me withdrawing, I can do something more about it. Just to continue instead of if I have a nasty person for example, that I deal with, I've seen situation where I get reserved, because I feel that I can't deal with this. So, it impacts me and then instead of me letting it go and continue with what I do, I just, it it puts me one step back. Those are situation where I have seen that impact affecting me on that sense.
- Coach: [22:44](#) What are the indicators to you that you're being impacted and affected?
- Client: [22:52](#) I get silent. I don't engage. It doesn't, I don't feel that I perform at my best. Uhm, and I get my tolerance level becomes a lower.
- Coach: [23:31](#) So if I was watching you, from the uhm fly on the wall, your behavior, I'd see you getting silent. And what emotion would be present? Yeah, what would I notice?
- Client: [23:53](#) Unease emotion. You know it's like not that ease completely. Yeah. Not engaged, no communication. You just get that feeling like, okay, I could have said that but nothing gets out. It depends on situation but I have seen myself in situation where I don't engage. Either I feel like it's not worth it sometimes, but at the end of the day it is impacting me because it's impact what I have to do.

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- Coach: [24:45](#) Hmm. So then if you were ideally changing and being the person you want to be in this situation, what would be different about you?
- Client: [25:00](#) I would say, not being affected by my surroundings. Less affected. Being less affected and being less emotionally impacted. You know when the emotion gets into play, either it's somebody's respectful, more like more on a value-based type of the inner me, gets more on that side. That is ideally changing that I could isolate that. I could say, "Okay, this is clear clinical type of situation." Rather than making it emotional even though it impacts people around me.
- Coach: [25:51](#) Hmm hmm. Sorry.
- Client: [25:52](#) So, the ideal is to get into the fact where you isolate maybe the fact again from the emotion in it.
- Coach: [26:02](#) Okay. So that sounds like, again, you mentioned that was one of the keys to the conversation you had at the school. Sounds like that's one of the key things that you've brought up again, it's being able to separate out the facts.
- Client: [26:20](#) Yeah. And not being engaged in it emotionally. Maybe this is one thing to just say, "It's okay. This is what we have attempt." Rather than being you know taking it personal maybe or so.
- Coach: [26:53](#) Well, if your emotions were your best friend, how would you treat them?
- Client: [27:06](#) I would calm them down maybe. I would say, "You know what? Hold on. It's okay. You're not going to be hurt." Or I will tell them, "It's not your role right now. It's not your place." You know. I don't know if you could, but it just to play them calm down. It's okay. It's not your role now.
- Coach: [27:43](#) Hmm hmm. I'm not sure if you want to go there, but is there a metaphor or a picture that you have of your emotional best friend, or not?
- Client: [28:05](#) I love the movie, Inside Out. I don't know if you've seen it with all the five emotion?
- Coach: [28:11](#) Yes.
- Client: [28:15](#) It speaks to me a lot about the different character there and when you need to put some on, like now the fear, you put some



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and it's okay. This is a great thing for me to sometimes to play on that. And to acknowledge, because what I have been trying all my life to do as I grew up in a war play, is to overcome fear and make fear a friend rather than an enemy because it impact me a lot. So this is something that I've been able to process a lot for a very long period of time. But still to take maybe things to accommodate. Sometimes I don't like my feeling it's too much. It's too much of impact. It's too much of that.

Client: [29:23](#) If I would have been my best friend, I would just tune them down just like, "Rest. Rest for a while. Leave me. Leave me being calmer, leave me being on a different level of peacefulness but ah. And don't worry a lot." So I don't know if it makes sense, but when you said about the metaphor, it went with the Inside Out characters.

Coach: [29:58](#) Great. Beautiful. Yeah. And what I noticed is that ah. When you mentioned fear and just what you've been through, and I felt the impact of that when you said that and just processing that fear. So, I just wanted to acknowledge that I felt there's a lot that you've experienced that I will never have experienced and just how you process that as you just explained that uhm beautifully so yeah.

Client: [30:34](#) Thank you.

Coach: [30:37](#) So how are you feeling about this exploration of how I can get things less impacting me? So I can let go faster. Where are you at?

Client: [30:49](#) I think it's more to isolate again, to isolate the fact in it and to play down certain feeling. And to acknowledge that I have that side. You know, it's to acknowledge that it's maybe I have it a little bit more than others, so then I need to tune it more than others. So calm it down rather than leave it on its own.

Coach: [31:24](#) What are your most.[crosstalk]. I'm sorry.

Client: [31:26](#) No, go ahead.

Coach: [31:29](#) What are your go to emotions?

Client: [31:37](#) The one that I seek or the one that pops up?

Coach: [31:40](#) Oh, I don't know, what's the difference for you?

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- Client: [31:55](#) Yeah. If I would say in a working, but the one that the emotion that I. It's no aggressivity. I feel like this is the one that maybe I don't look up to because that repels me, that brings the worst out of me basically. Either it's get me to the silent you know this situation, uhm. And I don't know if it's anger or, or uhm yeah, maybe anger. Frustration and anger. If I would this is the one that it surface faster.
- Coach: [32:48](#) Hmm hmm. And what about fear, seeing, you mentioned it?
- Client: [33:02](#) Fear is. I don't know if it's any association of, but it's not maybe in the fear itself, but it's like either it's the failing piece of it, or it's the rejection piece of it or it's the not being seen, not being recognized. If I would turn those around with fear. I don't know, but it's of course its element that impact me. These are things that that comes up.
- Coach: [33:53](#) Hmm. Well, you've surfaced a lot with between the frustration, and the anger, and the silence and then what it means to you if the fear is there. How do you want to use the knowledge that you have brought forward here to support you?
- Client: [34:09](#) I don't know if it's about seeing it, acknowledging it and getting it into a controllable manner. Or foreseeing it. You know like going in, maybe this is something that could be more easy for me, it's to foresee, okay, how, what would that be? And being ready for it instead of being surprised by it.
- Coach: [34:50](#) Well, that's a nice distinction between seeing and foreseeing. How do you want to work with those two distinctions?
- Client: [35:03](#) Well, seeing it is to acknowledge it, is to understand what is it that I see around me and this is. And foreseeing is the fact maybe I would work with it to know that in those situation this is how I normally react and then counter it basically, try to work it differently.
- Coach: [35:31](#) Hmm hmmm. So sometimes you're seeing it because it's already there and sometimes you're foreseeing it because it's not there yet.
- Client: [35:36](#) Yeah, because either if you know the characters or if you know the situation or if you know that, okay, this is how it's going to be because of either experience or a certain, yeah, you have been there. So it's those things that maybe I could work even further with and try to avoid being impacted and distance myself more to it. So, if that makes sense.

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- Coach: [36:15](#) Hmm hmm. Well do you feel like you've got enough to be able to start looking at some actions or do you feel there's more to uncover yet?
- Client: [36:24](#) No, I think it's good to, it's enough to move to the action.
- Coach: [36:34](#) All right. What have you got?
- Client: [36:38](#) I got the impact where I am impacted. Uh, how that impact me. I got the feeling that generates and what is that generation, you know what kind of feeling yeah. And I got the last piece, which is to foresee it and calm it and seeing it. So, I set the right expectation, so it does not become surprising. So it's being prepared for it more.
- Coach: [37:19](#) Hmm hmm. And what would help you prepare more?
- Client: [37:26](#) One, is to look at myself in that situation, you know in that moment or in that. Second, is to understand who am I meeting and if either has it been certain situation where I have experienced. So I could better prepare for that or is it, to relate if it's something new, is to relate to the old situation and pull out something that I learned quickly. And maybe by that I will be able to distance myself into that. So I don't get into the frustration, and anger, and you know in to those unwanted behavior or feelings that impact me.
- Coach: [38:26](#) Hmm hmm. So, there sounds like quite a bit of pre-planning or pre-thought that goes into this. How do you feel about following through on that?
- Coach: [38:37](#) Good.
- Client: [38:38](#) That's yeah.
- Coach: [38:40](#) So, you're a planner.
- Client: [38:41](#) Yes. I think I'm planner and I'm more that I need to do that, so I don't leave it to the last minute. So I think this is something that I would, maybe it's coming back where it is helping me to prepare and to be more ready for it.
- Coach: [39:03](#) Hmmm. You mentioned right at the beginning something that I just thought of again, you mentioned that you had different leadership with your parents as an adult. And it made me wonder about self-leadership here in this situation, what might

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be, I don't know. What might apply for you and your leading of yourself?

Client: [39:27](#) To adjust my style, to adjust more to the competence level, maybe. At that level, to adjust to the fact that their needs are different than mine. But it's still, you find joy in doing it a lot even though that this is not what you maybe want to do. Or like you've seen the council 15 times and you see it as number 16 and you a new set of eyes or through different set of eyes I think. And that people are not at your pace all the time that you learn that because they walk slower point you know. And I know myself, I am always just far ahead and this is a little bit the point where maybe self that I need to go back and walk slower because I just need them to be with me. It's um, and to be more caring for their needs, and understanding their needs and achieving something together. So uhm. And sometimes taking decision because otherwise nothing happens. So you know deciding this is the plan, this is what we want to do, this is the thing and I recognize that that kind of leadership that required from me that I could of course pull out from.

Coach: [41:25](#) Hmm. Yeah, that sounds very wise to knowledge about yourself and leadership. What reminder do you need, if any, to walk slower or walk at the pace of the people around you, when necessary?

Client: [41:44](#) Yeah look up more for their needs. Understand what is it that we want to achieve together with them. And it's okay to walk slower. It's okay to adjust to another pace. And not only keep your own way. And I think that's something important that I can learn from. Because otherwise you end up only one people who like you all the time. I think that's a good learning.

Coach: [42:25](#) Hmm. How else might you apply that learning?

Client: [42:36](#) When I am, when I recognize I'm not going to accomplish by running by my style, I have been able to adjust to the pace where people are at. Because I knew that this is frustrating for me if I still keep my own running. I used to work in Russia and then I told them at the beginning I was very frustrated, but after that I was like turning my watch 10 years back in time and all of a sudden become nice, it works. [shared laugh] We are moving but it's still great. It took me a while until I unwind myself and it worked. I was finding joy more in it. And this is, I think it's a good learning for me to understand. But my learning, my biggest learning is to understand myself that I cannot change them. I need to adjust myself and this is something, it's important in any situation because I can't change the people

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around me. I can only adjust myself so we achieve things together.

Coach: [44:07](#) Hmm hmm. It's so interesting because I was going to ask you then about the letting go piece. Because you said you also wanted to talk about how I can let go faster. So I'm wondering whether that has given you any insight to what you just said?

Client: [44:29](#) Yeah, a little bit. One piece of it, it's just to accept things and letting it and adjust to it, maybe this is one. Ah, the other pieces of the letting go, I don't know, maybe this is the way that I see it, is the fact that uhm. Maybe to the acceptance that I cannot change it and don't get it impacting me. You know just to pass. The other one is to deal with it. One is to get rid of it. I don't know if it make any meaning. But. And sometimes it's not good to let go because then you let go one time, maybe it accummulate. It's about understanding what you're letting go. It'd be more, I need to understand what do I want to let go and what do I want to solve.

Coach: [45:46](#) Hmm hmm. Okay, so does that sound like something that's going to take forward is, make that distinction?

Client: [45:56](#) Mm-hmm. Yeah. Instead of. Because it's no good to let go something that it's still going to haunt you back or is still going to annoy you at one point, because it's going to come back instead of being at the best.

Coach: [46:22](#) Hmm hmm. What could you do to understand the impact of you holding on or deciding to let go?

Client: [46:36](#) It's still understand the reason, what is it? Is to understand what is it the impact of letting it go. If I know that it's going to come back. If it's a behavior that I don't like, it's not going to change. It's going to come back. So you let go one time, you let go the second, the third especially if you work with people, the same people or you work with any people with that kind of. You need to address it. It's not about letting it go, it's about addressing it. It's about understanding, maybe at one point of time it will not, or to learn how to deal with it more.

Coach: [47:21](#) So I know we're coming near the end of our session here and you've done some really good exploration. Where are you now versus where you started around impacting you less and letting go faster?

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- Client: [47:38](#) I think I explored a lot more into analyzing it, more into to get into what is it and what is the difference, and I think with your question about what's the difference? Understanding the difference and understanding and of course on the impact I have had more work with it, exploring it, understanding and working with it. And I think with the letting go, is if I do the first part right, then the second part will be calm. If I link them together more, they're going to help each other. I feel like I have a plan, I have more clarity around them.
- Coach: [48:30](#) That's great. Well, how would you describe the uhm, emotions now about both?
- Client: [48:40](#) I think I have more clarity. It's more clear for me ah that I could deal with them. That's I think, it's very obvious for me, that clarity that I could. It doesn't have to be that it's like impossible. It is something that I can deal with and it is something that I can work within myself to explore it more and try and to be more maybe attentive and aware of it so, I can deal with it.
- Coach: [49:20](#) So we have no more sessions, but I wanted to ask you what would be a good resource for you to keep exploring?
- Client: [49:33](#) Uhm, help you mean or?
- Coach: [49:34](#) Yeah help, yeah. Do you, any help? Or what would help you to. Because we didn't really explore, as you said, the letting go as much. Letting go fast as much as the impact. So I'm wondering what would you like to do next with exploring that?
- Client: [49:54](#) I would like to see that maybe with, if I would say, if I would understand better. What is it that I'm going to let go is to be more of myself articulate in it. And then I will be able to take it one step further and to explore how can I deal with situation like that? ---- Carly?
- Coach: [50:27](#) Yeah. I can hear you.
- Client: [50:29](#) Okay. Can you hear me?
- Client: [50:30](#) Okay, perfect.
- Coach: [50:31](#) Yes.
- Client: [50:31](#) Yes.
- Coach: [50:33](#) Yes. Okay. So you want to explore?

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- Client: [50:35](#) Yeah. I want to explore more myself situation where I will be able to face it again and understand, okay, how can I. How with what I have today, can I deal with it? Or it's like I'm going to test it and see, because I think what was right that was fantastic during our session, is that I was able to put into action everything that we have been discussing. I will try to see how can I work with this more actively myself and be more aware of this, and then see if I would need more help to explore it more, or to understand it more. Or is it something that is really impacting me or it's something that I could myself you know work with it with the material that I have.
- Coach: [51:38](#) That sounds like a plan.
- Client: [51:41](#) Exactly.
- Coach: [51:43](#) Well, I've noticed such a big shift in your energy over these three sessions since we started and the previous, before that when we spoke before the first session. And just how much more empowered you sound in your ability to discern which is a fact, and what the impact is on you and what to do with it. So yeah, it's really been a pleasure to work with you.
- Client: [52:09](#) Thank you. Thank you. It's my pleasure as well. I want to thank you. I'm very grateful for that and I always believe that things happen for a reason at the right point in time. So I'm very grateful and thankful. Because you helped me out a lot in a very tough period where I've been and discussing element that maybe at that point were not maybe a coaching thing, but it was more for me a life changing way of addressing things.
- Coach: [52:44](#) Hmm hmm yes. Well, what would you like to say to close out our coaching sessions?
- Client: [52:54](#) I want to say that this is extremely helpful. It's always, it has been very helpful. You asking me questions and not giving me any answers and letting me finding them out. I think that is a lot that by that approach help me to process, and to explore and to put into action. I think that has been for me, great way of seeing that I have the answer. It just that I need to be helped in the right manner and that I and I need to ask for the right help, because sometimes we don't know what to ask. And I think for us having only three sessions, was for me like, "I want to get the best out of it. I want to ask for the help that I normally don't ask for." So I've been able maybe to say things that I have never asked for it before, which I think has been extremely rewarding and valuable. And I want to thank you for that.

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Coach: [54:10](#) Hmm. Thank you. And that's a good reminder even for me to ask for what we need and want, even when it's hard, so.

Client: [54:18](#) Yeah.

Coach: [54:19](#) Yeah. Thank you so much. It's been a joy. I'm going to switch the recording off and then just chat to you a few minutes about your trip.

Client: [54:27](#) Yeah.