

Carly coaching Client (13) transcript

Coach (00:00): Okay, so go on. I just started the recording.

Client (00:05): So, I came from our last meeting, when I said, write a note to you, I wrote so many things that I'm so happy to share with you, ah Carly. I said Carly, look what I have done. I decided to take a walk in afternoon just to untangle myself, untangle myself from negative thoughts. I managed to take half day off, I realized that my sister and my niece don't need me to be to be doing things, but they need me to share love with them. So, I've been sending them like beautiful photos and commenting on them. And that was enough. I asked (inaudible 00:51) I had a meeting and it felt, and it went so beautifully well, and I was like what, why didn't I do that before?

So, I have reached out as well to another person when I recognize that has a better connection for my nephew to help him out too, to in a job. And it's been, it's been so good to express it and to write it down, and that there are so many, it's not only one thing that made me happy. Even though this week was not the happiest week maybe, I had four days of migraines, so headache, you know, non-stop, but at the end I managed to do things that I enjoyed them. And thanks to you.

Coach (01:26): Uh I'm so, more than anything I see you beaming, your face looks bright and you look happier than I've seen you for a while.

Client (01:44): Yeah, indeed, indeed. It's, I don't know, the shift, the, the, the, the ability to, and this is some of the topic of today, you know, this how to stop, how to disidentify myself with the feeling and let them go? And, and this ego that resist all the time, how can I get the ego stop resisting and letting go of things? We talked about letting go last time, but when I thought about it, what keeps, keeps me pulling? Is it sometimes pride? Is it sometimes the ego that is more into uh, and the way that this resonate, the word of disidentify myself so when I see things around me I shouldn't, they shouldn't become me. So, how could I distance myself, disidentify myself from the feeling or from what I feel.

So, to keep that inner peace much, much better and to feel like the day that I went and, you know, like I have this thought like I need to untangle these thoughts, get them around me that they suffocate, you know, those feelings, and then when you try to untangle them, they release you. You're, you're more free, you're more spacious. Um, and that's I think, I don't know why this week, even though as I said I had a horrible headache, you know, four days non-stop, but I managed to get this positivity or this space, more space.

Coach (03:47): Hmm. Well, I feel, I see you doing a lot of pulling your hands apart every time you speak about disidentifying or untangling. And, and I'm sorry you've had four days of migraines as well. I haven't heard you say that you've had migraines before. Is that something new?

Client (04:10): No, it's not new. I had that and, you know, it's, either it starts with bad sleep or, but I struggle with that because the head doesn't stop spinning, you know, I, like this morning I woke up 3:30, I went to the gym 5:30, I did my run, come back. You know, it's like those, you

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know, I'm glad I still have that energy. You know, it's still like there is renewable energy somewhere. But it's, um, the sleeping and the head when it starts to. I can't get my brain to rest. And that's, that's hard. How to get the brain just to take a break. You know, it's like you've been working 24/7, calm down a little bit.

Coach (05:11): Well, there's a lot there. And so, if I can just reflect a few things, and you tell me what you want to have as an exploration. You mentioned the disidentify a number of times. And it seems that what you're going for is inner peace. Is that right?

Client (05:32): Mm-hmm.

Coach (05:33): And that somewhere, the untangling of the thoughts, and maybe even the migraines are somehow tangled together.

Client (05:44): Yeah, exactly.

Coach (05:48): And what do you feel like ah. What do you need to talk about today in order to get that resolution that you're seeking between your thoughts and your peace?

Client (06:04): I think I would like to talk about untangling those thoughts. You know, how can you reach out to them before they, yeah, get, they tie you more and more, you know, they become harder to break or to untangle them. So, this is something, because that affects I think very much the brain, that affects very much my, my continuous thinking, you know, if it's not solved, I can't disconnect from it. We talk about those thoughts ruminating all the time as well, before I recognized that. So, it's, it's a little bit of that hard thing to do for me, to just let myself rest, or, or maybe celebrate that this is done, you know, or disconnect or understand better that, um, like this time, I've been running a session over for women leadership hub, and, you know, since May I've been doing that, and to this week, I said to myself, "That's the first one time I felt the sense of accomplishment."

And why didn't I feel it all the time before? Why, why it happened right now, maybe because I was fully present or fully prepared or fully, you know, or the Christine that I know, you know, the one that is creative that is has, you know, that is confident and standing there, you know, that's the one I know, because it's been maybe a period of time where I couldn't recognize this person. Um, it's Christine still, but I saw her in another situation. I saw her in another condition or conditioned in another way. And that's I think, maybe it created disappointment in me. You know, it's like, you get disappointed with yourself. Maybe it's another things that I am bringing in, but it's more the, um, yeah.

Coach (08:57): Well, as I'm listening to you, I feel like you're already starting to untangle some thoughts here. So, it seems like you want to go for untangling and that's it. So metaphorically, would you like to explore it metaphorically? What is the tangle? What is it? Or not?

Client (09:16): I see the tangle, it's like a rope. It's like, you know, you're getting a rope around you. And it's like, it's like those plants, that, that keeps on turning and turning. They become so

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much under each other, so it's very hard to know where is the start, where is the end, until you you cut through. But it's those, um, the plants that, yeah.

Coach (09:48): So, is it a rope of plants that you're talking about?

Client (09:52): Yeah.

Coach (09:53): That's tangling around you, you actually circled yourself with your hand.

Client (09:58): Yeah.

Coach (09:59): And you used something to cut through.

Client (10:03): Yeah.

Coach (10:04): What is it that your, you might sense is useful to use to cut through the rope of the plants?

Client (10:18): Scissors? That comes to my mind first. Or, you know, to use your fingers to just get, get the space, you know, try to space out things. And, you know, use your own power to, to, to do it. Use your breathing to, to expand and maybe crack it, I don't know.

Coach (10:57): It seems like you've got a couple of things there that already.

Client (11:02): Mm.

Coach (11:04): Fingers pulling apart. Ah, it seems there's a physicalness to it, not just the breathe, breathing is one aspect, but I noticed you again, doing expansive movements with your hands. What is the physical cutting through, what is that?

Client (11:32): For me, it's basically the space, the, the, the, um, it's to not let it, not let it tie you in more, but, you know, just stop it, or understand where it is and, and handle it as well. And maybe looking physically, where is the tangle, where is it happening in my body? Um, and try, and try to. . . to breathe it out, or to reach out to it first to understand where is it? I think that's something, it's important to understand that where is it this, why do I feel like that and where is it happening? And try to evaluate that it's not me. You know, maybe it's happening, but it's not me, I don't need to, to say if something bad has happened, it's not me that is bad. Or if something that I, I, um, didn't manage to break through, or somebody that was not good in the meeting, or I felt like that I cannot tolerate that behavior or whatever, that it should not be me.

It should be something that I need to treat, rather than taking it. So, it's like to put it, um, to put it on, on distance and, and look at maybe this is another way that will help me to, once I could understand that right now, it's, it's being tangled, hold on, let's, you know, can I put it a little bit on the, in front of me and look it up, and try to see what has happened, why is this person, why

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is this annoying meant, or why, and first is that I think it's to understand it's not to me, it's to distance myself to it.

Coach (14:01): You said it's not me. You've said disidentify. And now you're saying there's some distance. How do they all connect?

Client (14:16): I think if I did, if I identify myself with the thought, if I get the thought to become me, this is what I think it's, I take it on. So, the annoyance become my annoyance, the, the, you know, it becomes taking over and it becomes, instead of crippling maybe or, or it becomes for me, if I put it a little bit on this in the front of me, I will be able to evaluate it, see it much better maybe, clearer. To put it at a distance and then look at it, and it's like, okay, why that meeting I felt completely drained from that person, not she should get it what I'm trying to say, or she's not engaged. So, it's like directly put the judgment. And then again, so it's about that feeling that it creates, or if I'd done something that I'm not proud of, like on Monday, I couldn't answer a question. And it should have been answered much quicker. And I was like, "What's wrong with me? Why didn't I answer it?"

And, and that's like, it created a lot of doubt, sadness in me, and the second that, you know, the second moment, I was like, and the second day I was like, "No, the answer is super clear, and crystal clear. I should have answered much better." Um, but I recognize that, okay, I've done that mistake, or I've done that thing. And I tried right now, today, to solve it again with myself, how can I discuss that topic, and understand why did I stumble on it? Rather I, it should have been more fluid. So, I reached out to a person and asked them, you know, about, you know, what, how come? Sometimes we do those, yeah, mistakes of, yeah.

Coach (16:43): Well, as you're speaking, there seems like a lot of self-judgment about having to have said something correctly, fluidly. And where does that fit into your plant/rope metaphor? What is that?

Client (17:14): I think this is part of the high expectation on myself. This is what I believe, it's, it's a lot that I expect myself to always have the answer, or I expect myself, so it comes from maybe my, my critical voice, or my critical, you know, like high demand or, and lack of understanding or forgiveness, you know, compassion for me, so.

Coach (17:58): What color is it in your metaphor?

Client (18:02): Dark, dark green.

Coach (18:05): Dark green?

Client (18:08): That's the dark green that's coming. I love green, but that's the maybe the extreme of the, of the green that comes darker and darker.

Coach (18:20): And what helps the dark green to transform?

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Client (18:28): Find the light, or dilute it, you know? Put more, put more shine, more light on it and, and take it, um, shed more light on it.

Coach (18:58): I had, to hear for me to say, so I'll say and you tell me. There are two things that you've given me already that you felt really happy about this last week. One was the writing of what you're grateful for. And then the other one was, you said, with the women's leadership meeting, you felt fully present, there was something there that was very different to what you're describing. So how, how can you incorporate into your metaphor here the things you've learned from those two activities?

Client (19:43): It's to look more for what I'm grateful for, you know, if I would, if I would, and this is, has to become more, um, more of a practice, more of a, you know, part of my daily practice, to, to see, to look at things and maybe to say, "Christine, okay, you're looking at things from two sides." Look at the, you know, what you see can be done here and what you see that has been good. And then before you judge, before you go into your mode of tangle, how can you before that, specify two sides, and then go to that and do it maybe physically, you know, write, put two columns, and then okay, what is it, what it is good about it?

And then, so, maybe to make it clear and to exercise that gratitude for it, and the presence as well, to use those two and then evaluate lesser effect on it on myself, so it does not become so, yeah, I don't become so tangled. And maybe the untangling, if it happens, it's easier because I'm already have worked it out, at least logically or from an intellectual perspective, and not go directly to the, to the feeling and to the, to disconnect, to use both sides of the brain.

Coach (21:27): Mm. The dark green and the light.

Client (21:32): Yeah.

Coach (21:22): Well, that seems like you've come up with a way to untangle your thoughts.

Client (21:40): Yeah.

Coach (21:44): Going to that situation where you judged yourself earlier this week, what was the missing piece in there that you didn't evaluate?

Client (22:01): That I'm human, and I'm subject for mistakes, one. Um, the second one is, is to be more certain about what, what I know and what I don't know, to be more like, acknowledge that maybe I'm good, maybe to know deeper about things, you know, not to stay on the surface of things. Because then it will help me to be much more clear. You know, like, evaluate, evaluate things myself, is it clear for you? Why do you, why do you believe in this? Or why you don't believe in this? and double click on it. Why, why is it? So, it's a little bit to maybe myself get a deeper understanding of my answers sometimes. Because that will allow me to, to be more present and to be more clear on my point of views. Why is that point of view, I have or why I don't have that. So, to be more substantial in that, rather than I believe in it, and everybody should believe like me, you know, because it's not the case.

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Coach (23:47): Sounds good. You've got a lot of things, and I know you're writing, so I'll let you write until you let me know when you're ready.

Client (24:41): Yeah, thank you.

Coach (24:45): So, what are the, what are the insights you've had so far about this entangling to inner peace experience you're seeking?

Client (25:00): I think the experience is to, um, don't judge it, don't judge it before, don't judge, don't, don't jump into your judgment, and look into what can you do about it. Um, deal with it with the logic and deal with it with compassion to yourself.

Coach (25:40): So, logic plus compassion equals what?

Client (25:48): It will equal a better way to, to see the bright, to see the situation, um, clearer and to see the situation, and not to take on all of it myself, not to take it on, is that to recognize that, okay, this is what has happened, this is the, the, the annoyance, or this is the situation, and then to distance myself from it, and evaluate it more in a rational way and accept it or to let it go, or to deal with it much more in, in a peaceful way, and space and create space for me, I think like that too, to think maybe, it will allow me to, to think much more with clarity, you know, to sit, the clarity, to go back to the, um, clarity and breathe it out, you know, the day that this has happened, I went out and started to breathe and breathe and breathe and continuously breathe, and I recognized that maybe the situation did not, I cannot undo it. But at least it does not annoy me anymore as it was before. So, it cuts, you know, I could let it go, let go of that judgment that I made on myself directly.

Coach (27:52): So, there was actually not only a logical thinking it through, there was a physical component that helped you to release or something.

Client (28:05): Yes, yeah.

Coach (28:06): So, what are the components of the physical activity that you know, in the moment, might be helpful besides breathing?

Client (28:25): It's to, to get away from where I am, it's, you know, just like walk out, and, um, and find another space, find another, you know, like wider space I'm in, it doesn't, you know, you don't become stuck in somewhere, you know, you become, you know, one piece of many other pieces maybe. So, like the nature that I feel it's a great space for me right now to, to get untangled and to just feel that, and so that has been, and to talk about, you know, like, not to keep it for myself. You know, I will you, you know, I was able to share this with my husband, and it's like, you know what, this is what has happened and this is what, am I completely wrong? You know, am I completely, even though I was very upset or not upset but sad, but it was, it, I managed to express it as well. Maybe the ability to express, and I didn't need him to find the solution. I just want him to listen.

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Coach (29:51): And did he? Did he just listen?

Client (29:55): He just listens, yes.

Coach (29:57): Great.

Client (29:58): Just listens.

Coach (29:59): Seems like you're getting, um, quite a few things here together, I just want to check with you how you're feeling about, you know, you've got some strategies here, physical, verbal, thinking.

Client (30:17): Exactly.

Coach (30:19): What else do you need?

Client (30:30): Sometimes I say to myself, how much, why is it, why is it then? But how the effect of the feeling on us, and the ability to let go of the, you know, how the resistance sometimes, where does it come from, because.

Coach (30:56): Oh, you froze.

Client (30:59): (Inaudible:30:59), what is this in fact? Yeah sorry, sometimes I look, what do we resist? You know if this is something so annoying, what are we resisting? Or what am I resisting here?

Coach (31:11): Mm-hmm. What's your answer?

Client (31:17): It's very good. That I need to always be right, you know, like my own, my own, my own, um, it's a good exercise to do, you know, what am I resisting? What do I resist to do? Um, always right, always taking on more, always showing up, um, not showing up the good thing, you know, I'm normally open to say how I feel, but, um, especially when you resist sadness in you, you know, what, if I'm sad, what am I resisting? What I, why don't I let it go? And that's something I don't understand it. Sometimes when you, you're sad, and of course you need to, to live it through and let go, but what, what is the me is doing here, not to act?

Coach (32:41): Well, if you were, if you weren't resisting, what would you be experiencing instead?

Client (32:59): Openness, I would be, you know, it's, if I would not be resistant, I would be more open to accept things, you know, like more like acceptance. Um, I would be more flexible. I would be more happy. I don't know, calm, happy. That comes to my. . . and have more space in me. You know, it's like you are more, more growing, more receptive.

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Coach (34:04): Mm-hmm. They're all great. There's such a difference between disidentifying, entanglement, and then there's openness, acceptance, flexible, happy, calm. And what's going to keep you moving into that place of being in Chris. What other ways are you going to do that?

Coach (34:47) What was the two columns thing? I'm sorry. (Crosstalk) What was that?

Client (34:52): The two columns that I said to myself is that what I'm, you know, the, the what is annoying me, maybe the annoyance, and what I'm grate-, you know, what I'm grateful for, and is good and this happening. So, that was the two column. Um, or what is more heavy to carry? Or what is a heavy feeling?

Coach (35:28): How would you modify, I get a sense that's not quite it. I don't know it. But what is, what are you maybe going to modify that, ah to serve you even better than the two, I don't know, two things you said, maybe okay, I'm not sure. Gratitude and the heavy piece.

Client (35:57): Or to put what is resisting and what is more releasing? You know, it's like. . .

Coach (36:09): That has some movement, resisting to releasing. I felt something shift there as you said that in me, I don't know about you what happened when you said that?

Client (36:19): It's a, you know, you're just, it just to take it to another level, it just you take the space in it, you, you, you release it, you, and I think releasing is an active action. It's an active choice.

Coach (36:41): Great.

Client (36:42): If that makes sense.

Coach (36:43): Yeah. So, how do you feel about, um, moving more into how you're going to take this forward? Do you feel like you've done enough discovery, or do you need to?

Client (36:55): I think it's, it's enough. I think those are good aspects to, to get more into understanding, is understanding where, what is the contrary of resisting and I like the fact that if I was not resisting what I would be doing, and find those answers, and try to see where I can, what am I resisting to, and what I, what can be, what I can release. And then by releasing is, is more to get more space, and to get more, um, you know, like freedom or feeling, feeling that I'm not this.

Coach (37:46): So, the next time you're feeling that you're not this in a meeting or wherever, what is the way that you will remember to release, or whatever that is?

Client (38:08): I think I would remember those words: resist, release, resist, release, if I, if I would do the "R&R."

Coach (38:20): That's good.

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Client (38:22): And then try to take it from there, try to, to just trigger another thinking. So, to release rather than resist. And then I don't get into the tangle anymore. You know, you just try to catch it before it gets into you. (Crosstalk)

Coach (38:46): I'm sorry. Great. And what about your brain that's having a hard time releasing at night and resting? What's the, what's the applicability to your sleep, to your brain, to whatever?

Client (39:10): It's to release some of the, it's to be able as well to release some of the thoughts and maybe to do an exercise about relieving those thoughts. How can I relieve those thoughts?

Coach (39:34): So, is there a, it seems like there's something to do, there's a doing, I don't know when, but it's some R&R process around your brain at the end of a day or something. What's your thought?

Client (38:57): I think it's, it is something that I could do much better. And if I could get it a little bit in a routine that to see what is it I resist, and what I'm releasing, and then like how to, you know, to release it, and get into that habit, to do that and try it out, to see if the brain will we get some rest. And it's like you empty it.

Coach (40:37): What's the way that you want to empty it, maybe with some creativity?

Client (40:53): That's a good question. To draw something, to exemplify, or . . . through colors?

Coach (41:27): Well, I'm just aware earlier you were doing a lot of your hand movements and stuff. So, I don't know whether there's something there in that physicalness, some physicalness, or if it is drawing, I'm not getting your sense of drawing here as I look at you that that's what you want to do. Yeah. As evidenced by the screwing up your nose just then. No, I don't want to do that! What does Chris want to do, really? You don't have to even like what I asked you, you can say "No, that's not for me."

Client (42:04): I wish I would release more in this brain, because it's, it's, it's heavy on me. Um, maybe happy thoughts to, to a little bit go in more happy mode before, before going to bed as well, like to last things that I do is either it's fun, or to, this is what I told my husband, "I need more jokes, get me a book of jokes and tell me every day a joke, I need to laugh," you know, it's like systematically, "You need to get me a book of jokes, and then we will laugh. We will read and laugh," because it's like, it has to be more fun. You know, laughing, nothing in the world is funnier to someone, but it's like you could laugh at it. You know, I love this, people that have the capability to laugh at it, and maybe I should do more laughing at it, laughing more about my brain, you know, making fun of my brain.

Coach (43:09): That sounds fun. You want to try that out?

Client (43:16): I'll try it out, make fun of it.

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Coach (43:22): Yeah, what I'm getting though it's a light-hearted fun, not a, um, negative fun.

Client (43:27): Yes.

Coach (43:28): That's what I'm sensing as you, there's a lightness that's coming to you as you've spoken about this.

Client (43:33): Yeah, exactly.

Coach (43:36): And then with your husband, um, it seemed like you were waiting for him. And that's okay. I also want to ask you what you're willing to do to find the jokes and the fun, the things to bring to you at the end of the day?

Client (43:52): You know, one time we had, I had the birthday of my daughter and I had the balloons with confetti in them, and I was at the end, you know, after a few days I want to get rid of the balloon, so I was very keen to, to, um, to put a hole in the balloon, you know to take, and then of course I forgot about the confetti, so I had confetti all over the kitchen. So, then every time I said to my husband, we go into the kitchen because I didn't clean it, I said "Let it be, I will not clean it right now. We will dance, because this is a dance floor." So yesterday I said to him, "We need the confetti in the, in the kitchen again," because it's like it was so fun that day that it was just, it's a play but it was fun to change your mood and this is so simple. You know a balloon of confetti, you know, confetti on the floor. Just I said, "We need more confetti."

Coach (44:56): Sounds so fun, look at you, your lightness here as you're talking about that. So, what are you willing to do with that?

Client (45:04): Yeah, I think it's, it's for me as well to create that confetti, to, to ask for it and to remember every day I need to confetti, one thing that's, that's positive and the confetti style.

Coach (45:24): Well, even remembering the confetti right now has changed your mood as I observe you. So, how are you feeling now about versus when you started the session with your entanglement and identified?

Client (45:44): I think we have done so much, we have, you know, find many ways or many paths with that. Um, and I, I like how we connected it to, to, to the, to the resistance, how we connected as well to the releasing of things, and, um, and going back to the fact of, you know, the compassion that I need to, to, to keep reminding myself, you know, do things, be compassionate about yourself. I think we have unveiled so many things, and then the confetti, I love it, just to the fact that, you know, you need to be responsible for your own confetti sometimes.

Coach (46:40): Be responsible for your own confetti sometimes. What a beautiful phrase. Who knew you were going to say that? At the beginning of our session, if you'd said to me, I'm going

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to be talking about confetti, at the end of the session, I would've gone, well, maybe. That is so great, so fun. **Coach (47:08)** So, how are you feeling?

Client (47:15): Thank you for making, yeah, the confetti a positive side of this session. And giving consent, another meaning, you know, putting confetti in another context. And I feel, I feel very good. Thank you.

Coach (47:32): Great. What else do you feel you need to talk about or complete in this session?

Client (47:44): I think it's more to get the habit, to make it, to get into the habit, to, and to try it out without even judging, and to, to get the habit to do it.

Coach (47:57): Alright, what do you need in order to get the habit?

Client (48:03): I think I need to remind myself, I need to have like something that reminds me about it. And, you know, like a, I don't know, a confetti or whatever, you know, something fun, something that is physical that helps me to, to see it, and, and do it.

Coach (48:28): Are you taking that on as something, get the confetti and put it in something or whatever you want to do to see it?

Client (48:36): Exactly. I will, I still have some of those balloons. So, I will go back.

Coach (48:42): Oh, so this was recent, the confetti?

Client (48:44): It was, it was in August.

Coach (48:47): Oh, and the balloons are still?

Client (48:50): The balloons were still, you know, they are magic, you know, it's a normal balloon but has confetti, and then it was just like, I got tired of them because they are all, you know, all over. So, then I decided one morning to put the knife in it, and then it was beautiful confetti. So, soon I will have another birthday. It's my son and my husband's birthday in November, on the 19th and 22nd. And I will again get those balloons, I have them. So, I will use them.

Coach (49:24): That's great, because that's actually between our coaching sessions. So, nice.

Client (49:29): Exactly.

Coach (49:31): Lovely. Oh so, just lovely Chris, I just feel your energy shift through this session and your playfulness, and who knew you had all these fun things in your house already!

Client (49:47): Exactly. Exactly.

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Coach (49:48): Yeah. So, do you feel like you've got enough to start to really form a habit, or do you need something else for accountability?

Client (50:00): I think I will use the Carly, where I tell Carly what you did to get that, um, and to get the habit, to more build on that habit.

Coach (50:16): I will be energetically receiving your lovely messages of what you've done and how you feel, so very happy to.

Client (50:26): Yup. Thank you.

Coach (50:28): Wonderful. Alright, how do you feel about completing the session now? Are you okay?

Client (50:33): Yes. Thank you so much. Thank you.

Coach (50:36): Well, delightful as always to be with you and to see you in a different room.

Client (50:42): Yeah. Thank you.

Coach (50:43): And are you okay to finish? Or do you need to say something?

Client (59:47): No, I'm very, very happy today. And thank you so much. And I appreciate the shift of energy that you helped me out with, and, although it goes a dip, and then it goes back, we managed to get it up to where we want it to be. Thank you.

Coach (51:07): Mm, great. Well, it seems like it's in your body right now. So, I wish you a good evening of feeling this beautiful energy you've created in yourself.

Client (51:17): Thank you so much. I wish you a very good weekend and hopefully good results.

Coach (51:22): Yes. I agree. Thank you. Alright.

Client (51:26): Thank you so much.

Coach (51:27): Be well, bye.

Client (51:29): Thank you, you too. Bye-bye.

Coach (51:30): Bye.