

Carly coaching Jennifer transcript

ICF Chapter Host (00:00): Jennifer, would you be willing to be coached, by Carly?

Client (00:05) Yes, I would.

ICF Chapter Host (00:07) Okay.

Client (00:08) I wasn't wanting to, um, I felt that I'd given my input already, so, uh, if nobody else is, is wanting it, I'd love to be coached.

ICF Chapter Host (00:14) All right. You're unmuted. Go ahead.

Coach (00:16): Lovely. Well, I'm happy for you. Thank you for stepping up and, um. So I, I'm just gonna dive straight in. I'm going to just sort of ask you whether there's anything you feel that you need, um, you know, before we start?

Client (00:34): Um, no, I think I'm, I'm good. Thanks, Carly.

Coach (00:38): Okay. So why don't you give me a little about your, your situation that you would like to talk about?

Client (00:43): Well, I think, uh, you know, what came up for me is that I feel a little surreal today. Um, a close friend of mine has gone into hospice, and it's just really brought to, I mean to sort of a place of, there's a conflict going on around me being alive and life as usual, and, um, you know, what she's currently experiencing and just there's grief.

Coach (01:13): Mm. That's totally understandable. I'm sorry to hear about your friend.

Client (01:18): No, thank you.

Coach (01:22): So I can imagine it's taken you to a different place. I sense right now that there's a lot of emotion for you.

Client (01:29): Yes. And I think at the same time though, there's this sort of wonder too about life and, um. You know, that surprised me, actually, just the sort of the heightened space that I'm, I'm inhabiting just, I'm noticing everything. The sense of really around me right now. Um, and I know that that's part of the gift of, of life and it's fragility as well. So there's, there's that in the mix too.

Coach (01:56): Mm. What a, what a wonderful perspective to be able to take.

Coach (02:04) So I'm wondering what would be useful for you for, um, us to talk about and accomplish in a short period of time?

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Client (02:13): You know, I think this, there's just something around, um, I'd love to get to a more comfortable place. I feel so many contrasting feelings and thoughts are sort of jumbling in my head right now. Um, and I'm, I'm looking for calm.

Coach (02:33): Yeah. I can hear, I really appreciate the vulnerability that you've brought and the, the truth that is present for you in this moment.

Client (02:45): Mm, thank you.

Coach (02:47): So, in terms of looking for calm, what, what typically does that look or feel like for you, that you know you're feeling calm?

Client (03:02): You know, the first thing that came into my head is just calm water um, there's something about water, uh, for me, uh, that's always the visual I go to. Mm-hmm.

Coach (03:16): Mm-hmm. And how could you use that visual to know that you've reached some place of calm by the end of our short coaching session? Or is there something else?

Client (03:26): Well, you know, as you're saying, and I'm not sure whether it's the, the Targeted Approach that I was looking at, but I sort of see this whirl thought going on right now, um, in my calm pond um. There's a kind of a vortex in the middle um. Yeah. So my calm pond is not calm right now. Mm-hmm. <laugh>.

Coach (03:54): No, that does not, that does not. I'm, I can sense that <laugh>. The whirlpool is definitely not a calm pond. <laugh>.

Client (04:03): No, no. Yeah.

Coach (04:08): So what. I'm actually wondering whether you, is it that you want to go from a whirlpool to a calm pond? Or is it something else?

Client (04:19): Well, I'm actually, there's something curious about that Whirlpool and, you know, where that's taking me, because there's, there's, I think my curiosity is actually there um. It's almost as if I want to look into the whirlpool um you know, I kind of want to enter that vortex in a way, uh, today. So perhaps I'm not off to come. Mm.

Coach (04:46): Great. That's a nice, uh, piece of clarity. Mm-hmm.

Client (04:50): It isn't it. <laugh>.

Coach (04:52): So we're going to dive into the Whirlpool <laugh>.

Client (04:56): <laugh> Yay. Alright.

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Coach (04:59): Well, how would you like to do that?

Client (05:01): <laugh> Well, I immediately wanted to hold my nose and take a deep breath. Yeah.

Coach (05:10): Well, why not?

Client (05:11): Yeah. Well, there is that sort of sense of Yes, this is a space to explore, and I really want to go deep um. Hmm.

Coach (05:25): What was that?

Client (05:27): Yeah, I kind of want to do it with you, though. I don't want to jump into that Whirlpool on my own. <laugh>.

Coach (05:32): Okay. I'm happy to go there with you.

Client (05:35): Okay.

Coach (05:36): Okay. So, um, how would you like me to jump in with you?

Client (05:41): I, I think that, that kind of ready set jump.

Coach (05:46): Okay. Are we holding hands?

Client (05:48): Yeah. Why not, also holding hands.

Coach (05:52): Okay. Do you wanna say it?

Client (05:54): Yes. Okay. Ready. Steady. Jump.

Coach (05:57): All right. So what's happening?

Client (06:13): Well, there's a little bit of a void into nothingness. Um, um, I'm just not seeing anything except sort of a pale blue.

Coach (06:27): And what might that represent to you?

Client (06:38): The first word that came into my head was, um, you know, not knowing were the words. Not knowing, uh, not knowing this space at all.

Coach (06:51): Mm.

Client (06:59): It's actually quite peaceful um. And there's something around tears as well.

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Coach (07:14): Mm. So there's both peace and tears. There's void and there's something.

Client (07:24): Yeah.

Coach (07:27): Hmm.

Client (07:39): Yeah. And I'm just, I, I've got a real tightness in my throat um.

Coach (07:51): What would you like to do with that tightness?

Client (08:00): Um, it kind of represents my friend, um, just the, the beautiful soul she is. Yeah.

Coach (08:12): Mm.

Client (08:13): So I'm wanting to hold on.

Coach (08:15): Okay. You're absolutely able to, that's your choice. That's beautiful. Mm-hmm.

Client (08:24): Yeah. So I'm holding my throat now.

Coach (08:27): Mm-hmm. What else do you wanna do with that?

Client (08:42): You know, there's just something about holding it close um. Yeah there's so much in there. And I think I was just thinking that sort of peace space I want for her, but I don't feel that the peace is for me um.

Coach (09:19): I want to ask you a question that may, may or not work for you. So you tell me if it doesn't work for you.

Client (09:24): Yeah. Yeah. Thanks.

Coach (09:25): If you could imagine yourself just in that whirlpool, but now that somehow you can actually with your throat feeling as it is. Sensing, or that you're sensing. If you can somehow just take yourself to a future point somewhere, either future or outside of that whirlpool. And you were able to look, look down, or look back at this feeling, this sense of tightness in your throat, thinking about your friend. What's the perspective that might be available to you?

Client (10:11): Well, you know, I, I think part of it is, is that, that there's something around that sort of journey of life and just the journey of connection and friendship too um. Kind of seeing almost the circles of the whirlpool as being parts of our, you know, where we've connected and, and where that's taken us, and kind of the, the preciousness of it um. So, and yet the pain with that, the pain of having to let go.

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Coach (10:51): Yeah. What I, um, appreciate about you sharing is the depth of clarity you have about the multiple layers that are present for you right now. And that there is really no right answer to this situation.

Client (11:09): No, thank you. That actually helps me feel that my jumbles okay. <laugh>.

Coach (11:21): Yeah. What if your jumble was okay, what would you, what would that mean to you?

Client (11:28): Uh, <laugh>. Well, that's a common theme in my life. <laugh> Living with Mess <laugh>. Um, uh. It is freeing. It's, um, I think it's also what motivates me to keep sort of getting out there and dealing and, and facing complex <laugh>, um. Because in a sense there's just such, um, there's so much learning in that space, uh, which is a huge value for me. Mm-hmm.

Coach (12:09): Mm-hmm. So how wonderful that you've realized the parallel to living with mess in your whole life as a theme.

Client (12:15): Yes. <laugh>

Coach (12:17): And the value of learning. So I'm wondering what connections you've just made around, uh, yeah that might serve you?

Client (12:30): Well, I think there's definitely something about embracing the mess and embracing the whirlpool um, because it leads to that deeper, uh, deeper, deeper, I suppose, experience and, and understanding because of it um. Yeah. And that, yeah, <laugh> that there's so many kind of, um, paradoxes in life. I mean, there, there's something very philosophical about this space, and I, I'm sounding, I feel sort of, oh, I'm getting too <laugh> ridiculous with all my words right now, but there is something there for me to, to ponder, I think more, um.

Coach (13:22): What was that laugh?

Client (13:29): I was noticing that I got into thoughts and actually my, I think the, the place that I want to really be is with my feelings right now.

Coach (13:36): Okay. That's a [crosstalk]

Client (13:37): Yeah. Yeah.

Coach (13:44): So what would stop you from just being present with your feelings?

Client (13:53): Well, actually, I've been, you know, working and trying to not be with those feelings all day. And actually, I think maybe this is a good time to say what I'll commit to allowing those, um, time for being with them. Ah, because actually, I think that's really what I want. Mm-hmm.

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Coach (14:16): Mm Beautiful. Yeah.

Coach (14:20): So, uh, what else would serve you and support you before we start to wrap up?

Client (14:31): You know, I, you're already supported, thank you um. Serving, you know, there's just something here where I think, um, an agenda actually wouldn't help, um, apart from just saying, I'm gonna take some time to, you know, just be in connection with, um, my friend, even though I can't see her. Mm.

Coach (14:51): Yeah. But you're definitely connected to her. There's, I just feel your presence with her.

Client (15:00): Yeah.

Coach (15:02): So when you think back to the calmness versus the whirlpool, what, uh, what did, what did you accomplish?

Client (15:13): Well, actually, I'm feeling extremely calm right now um, I feel that there's, and I, I think the calmness was around the connection for me um. And just being with that connection is, is is a space that's just feels right. Yeah.

Coach (15:30): Mm.

Client (15:31): Yeah.

Coach (15:34): What a gift. Thank you so much for sharing. I'm, you are just so the perfect person to have stepped up and to share the humanity of you and to allow us to, um, experience you and your depth of feeling, and obviously love for your friend. Thank you so much.

Client (15:53): No, thank you, Carly. That was, that was really great. Thanks. <laugh>.

Coach (15:56): Mm.