

Carly coaching Rebecca 1 transcript

Carly: [00:01](#) So thanks, Rebecca. I just wanted to get the recording started before we talk too much more. So yeah, you were saying it's different not having to be on a schedule every day after 30 years.

Rebecca: [00:17](#) Right. To be somewhere at a specific time and having a schedule. Even though it was fine, I liked it. This is just a new adventure.

Carly: [00:31](#) And how long have you been on this new adventure?

Rebecca: [00:34](#) It will be six years in June. Yes, 2009. Yeah, six years.

Carly: [00:47](#) And how's your life changed in those six years?

Rebecca: [00:53](#) How has it changed?

Carly: [00:56](#) Or has it?

Rebecca: [00:58](#) It's evolved. It's not so much changed because I have always welcomed change, even though I feel comfortable with routine, I'm also adventurous. So both those have always played in my life. I would think outside the box, but at the same time be practical.

Carly: [01:24](#) Mm-hmm (affirmative). That sounds like a nice combination.

Rebecca: [01:31](#) Yes, yes. Yeah. That's an interesting question. Yes. So as far as it having changed, it's just evolved. I'm not coming up with anything that's actually changed other than having the freedom to make my scheduling.

Carly: [01:58](#) Mm-hmm (affirmative).

Rebecca: [02:00](#) Yes.

Carly: [02:05](#) Changed versus evolved.

Rebecca: [02:07](#) Yes.

Carly: [02:08](#) Seems like there's some distinction you have there.

Rebecca: [02:14](#) Yeah. I'm writing that down.

Carly coaching Rebecca 1 transcript

- Carly: [02:22](#) What piqued your attention about that?
- Rebecca: [02:24](#) I think routine. That could be a key to working with my vision and my project. So it could something that I've maybe overlooked or avoided. That's kind of come back to that and set up a schedule to be working on it. It's pretty simple. It's right there isn't it? Thank you, Carly. Yeah, there you go. Point one. How to get this done. Try a schedule. That might work.
- Carly: [03:12](#) Oh gosh. Okay.
- Rebecca: [03:16](#) Thank you.
- Carly: [03:18](#) That's great. Well, we're done for today.
- Rebecca: [03:20](#) Yeah, I think so. I've got my homework right there. Oh, that's funny.
- Carly: [03:30](#) So would you like to explore more about routine, or would you like to do something else right now?
- Rebecca: [03:36](#) Say that again?
- Carly: [03:38](#) Would you like to continue exploring routine, or would you like to go somewhere else right now?
- Rebecca: [03:45](#) Let's go somewhere else. I did make a note. So I'm ... Yeah, I will work with that.
- Carly: [03:54](#) Okay.
- Rebecca: [03:55](#) Definitely. Let's see what that looks like. But yeah, let's do something else too. Maybe open up some other areas that might fit nicely into looking at a schedule.
- Carly: [04:18](#) Well, this is our first official coaching session and so I would probably normally ask you about your vision and what would be a really valuable outcome for you for our time together. We've got up to five sessions we've committed to, depending on how we go we might only have three. Who knows? You might be cooked by then completely.
- Rebecca: [04:48](#) And ready to serve.

Carly coaching Rebecca 1 transcript

- Carly: [04:48](#) Yeah, ready to serve.
- Rebecca: [04:56](#) That's funny. Yeah, so what I want to have happen is to get a workable plan that keeps me focused on putting the program together, or at least a framework to narrow some things down because right now it's all over the place.
- Carly: [05:26](#) Mm-hmm (affirmative).
- Rebecca: [05:35](#) So like a schedule, something very practical. I know it's simple, or it sounds simple. So that's a place to start.
- Carly: [05:48](#) Okay. So you mentioned a workable plan, a framework and a schedule. And then you said it sort of seemed simple. So I'm wondering what would we need to address in order for you to make this simple and to be able to move forward?
- Rebecca: [06:11](#) Narrowing where to go first, defining where to focus.
- Carly: [06:23](#) Okay.
- Rebecca: [06:26](#) There's so much information and there's so many different ways that I could go, just that there's so many different modalities for energy awareness. So that ... I find myself wanting to know all the modalities, all the programs, and I may be doing the same thing here with all the information that's out there. So it's defining the actual niche. Where do I want to focus? And then I know everything else will fall into place, either be eliminated or be added. So it's ... I guess I could make an analogy here. It's okay, we have schools throughout California and I grew up in the system, a private school system in California. Well, I went to Cal Poly in San Luis Obispo for college. And I don't have to go to every single school to be educated. I mean, does that make sense to you? So I'm looking at all the information. It's I don't have to have all that information to be able to produce a program. So I'm trying to sift it into something that's workable and be okay with that.
- Carly: [08:18](#) Okay. So if you were to sift through all of the information and come out with a plan to implement some sort of program, create some sort of framework, what else would you need to have in order to feel that you had achieved what you wanted to achieve, or is that it?

Carly coaching Rebecca 1 transcript

Rebecca: [08:49](#) That's a start.

Carly: [08:51](#) Okay.

Rebecca: [08:53](#) Yeah, that's a start. So I don't keep looping in my head, over and over, "Well, I need a little bit of that, I need a little bit of that. I better look this up. I better do that." Blah, blah, all over the place. So if I can get razor sharp focused at this point, then I can let up a little bit and be able to see where I can draw from because I'll have that main focus.

Carly: [09:28](#) Mm-hmm (affirmative). Alright, so it seems like we may need to address the looping in your head and how to maintain razor sharp focus.

Rebecca: [09:41](#) There you go. Yes.

Carly: [09:48](#) Is there anything else?

Rebecca: [09:49](#) Yeah, the grass is always greener type thing. Oh, there's a pretty package. Let's open that one up. Let's see what's in that one, when I haven't finished opening the one that I had or exploring what was in that. That was available.

Carly: [10:16](#) Yeah.

Rebecca: [10:18](#) And I have my own. I have a lot to draw from.

Carly: [10:24](#) You have your own what to draw on?

Rebecca: [10:30](#) My own knowledge, my own experiences and my own notes that I've been taking.

Carly: [10:38](#) Mm-hmm (affirmative). So it sounds like we've got a little bit of an idea of the scheme, the sort of overall scheme of where you want to go. I'm wondering whether there's something else that needs to be addressed, or whether we sort of dive in and take a piece of that today.

Rebecca: [11:03](#) Probably let's dive in and take a piece.

Carly: [11:05](#) Alright. So what piece would you like to bite off today?

Rebecca: [11:12](#) Well, you know what, it's going back to scheduling.

Carly coaching Rebecca 1 transcript

- Carly: [11:14](#) Okay.
- Rebecca: [11:15](#) It went right back there. So let's go there, because that's where I want to go first.
- Carly: [11:29](#) Okay.
- Rebecca: [11:30](#) Yeah.
- Carly: [11:31](#) Well, what would you like to discover about scheduling?
- Rebecca: [11:41](#) To pay attention to it and what does that look like for a week? What is reasonable for me to give it attention? To set it up? Then I'll do it. Because I know I've got a beginning and an end and then I can leave it alone. That will reduce the looping stuff that goes on. So I would say the first part is to make a schedule, looking at what I have available.
- Carly: [12:35](#) What would be important for you to look at in your schedule there?
- Rebecca: [12:45](#) Where I can have some creative fun with it and relax with it.
- Carly: [13:01](#) How do creative fun and relaxing with it work for you in a schedule?
- Rebecca: [13:10](#) I'll do the work and so I'm going to look at the seven days of the week and put down the times that would be reasonable for me and workable and that I feel are where I work my best, which is going to be mornings. So I could devote maybe an hour at a time. Say right after I've eaten breakfast and then just ... Even put my timer on and have a start time and an end time. And maybe just start out like three days a week, start it with that first.
- Carly: [14:32](#) And if you did this three days a week for the next seven months, if you did this three days a week for the next month, what might be different for you?
- Rebecca: [14:56](#) I'd see the focus. It'll reveal itself. It's like building a house, so I'm building the foundation.
- Carly: [15:10](#) Hm. So what foundation are you seeking to build?

Carly coaching Rebecca 1 transcript

- Rebecca: [15:21](#) To be available to create this program.
- Carly: [15:27](#) And what's stopping you from being available now?
- Rebecca: [15:31](#) Being overwhelmed. It's more of a mental thing.
- Carly: [15:38](#) And how is overwhelm related to looping in your head?
- Rebecca: [15:45](#) It's because all the information that's out there, I just go to the next shiny thing. I go ... So I have to rein that in and train my brain to "Okay, this is the time. We're going to do it. We have a beginning and an end." I'm used to that kind of scheduling with creating lesson plans and being at meetings and working with families and administration. So that's familiar to me. And I can do it. So this is training myself then. And then as I go along, I can ease up on that possibly. It's not set in stone, that I'm realizing that my intention is to create this program for families to use, it's got to start getting down on paper. Because like I think I've said before, it's in my head and I've got notes here and there, but there's no organization to it. So this is a way to get all that organized.
- Carly: [17:02](#) Mm-hmm (affirmative).
- Rebecca: [17:03](#) And then you'll see what happens. We'll see how the pieces fit together or the building starts getting built. And then built up, they'll show up.
- Carly: [17:15](#) That's great.
- Rebecca: [17:16](#) I do know I'm not going to do it all. I totally get that. I know my strengths and my weaknesses and I believe in teams and have full confidence I will find the people, the resources to complement or do those areas. So yeah. I like this already, Carly. That's good.
- Carly: [17:51](#) Oh good. So your energy's gone up. I'm noticing. You're a little excited.
- Rebecca: [17:55](#) Yeah.
- Carly: [17:59](#) What's different already for you?

Carly coaching Rebecca 1 transcript

- Rebecca: [18:02](#) The plan. Having a plan. Of just basic scheduling. And that it be not something that's this huge obligation that I've set up for myself, but I can chunk it out. It's reasonable and it has a purpose.
- Carly: [18:25](#) Mm-hmm (affirmative).
- Rebecca: [18:29](#) So I'll write that. And your guidance helps then to streamline this, because otherwise, then I see the real value in the coaching because then I mean, I might desire to do this, but then I'll kick myself into that looping thing again, or let's take a look at what that program has to offer, what that person has to say, or what that seminar replay is information is going to give me. So this really helps then to show start here, this is a starting point. Yeah, you've created a structure, which has helped me create the structure that I know I need to have.
- Carly: [19:34](#) So what is this structure that you have-
- Rebecca: [19:35](#) Have I not made-
- Carly: [19:35](#) Pardon?
- Rebecca: [19:37](#) Am I not making any sense? Am I not making-
- Carly: [19:40](#) Oh, you're making perfect sense.
- Rebecca: [19:44](#) Okay, thank you.
- Carly: [19:45](#) You're making perfect sense. Yeah. I just already sense there's some energy that's being released for you.
- Rebecca: [19:51](#) Yeah. Yes. Yes, thank you.
- Carly: [20:08](#) So I'm wondering whether you want to explore any more of your schedule, or whether you feel like what you've already put in place is enough to begin with?
- Rebecca: [20:18](#) I think it's enough to begin with. Yep.
- Carly: [20:32](#) So what-
- Rebecca: [20:33](#) I could ... Once I have that schedule written out and I can see it ... I kind of lost my thought. But ... What was I going

Carly coaching Rebecca 1 transcript

to say? That I can brainstorm and make a list of specific areas that I want to take a look at. It might be going back over my notes and organizing them. So that's probably the next piece, which I can do with my hour that I have devoted to this. That could be part of the beginning work.

- Carly: [21:35](#) Mm-hmm (affirmative).
- Rebecca: [21:42](#) And then if I want to go explore all the other shiny things that pop up, I can do it at another time. So I don't think I'm not being able to do something. So I can do that ... I'll give myself permission to do that at another time.
- Carly: [22:03](#) Okay. Well, you've mentioned shiny a number of times. So something seems important about the shiny things.
- Rebecca: [22:11](#) Okay.
- Carly: [22:12](#) I'm just wondering if there's any value in exploring what shiny means or what's important to you about the shiny.
- Rebecca: [22:25](#) It's because I'm so interested in the whole field, in the whole area of educating parents and the personal growth of each individual and each individual's potential in learning and in healing and taking all of that and preparing the environment for children so they have a good shot at having mental health in place as best as they can.
- Carly: [23:00](#) It's very clear when you speak about your vision and what you desire to have for people.
- Rebecca: [23:16](#) Yes. Yes.
- Carly: [23:24](#) So if the shiny was to support you instead of maybe taking your attention away, how would you use shiny to support you?
- Rebecca: [23:38](#) Shiny would mean fun and creative, full of energy, happy, positive and also if you get yourself in a bind, where the escape hatch is. There's plenty of tools out there to learn that if things start to get too big, too difficult, there's always something out there to lighten your load. That's another aspect of the program, to teach the couples that individually we have our own perceptions and what happens when things don't work, when the tools aren't

Carly coaching Rebecca 1 transcript

working? There still are plenty of things you can do. Really simple things, like breathing, breathing activities. So I think those are all the shiny things too. Making this simple and workable and that even when things aren't going the way they think it should go, that have some tools in place so they can pick and choose from. And I've used them. So I know they work.

- Carly: [25:37](#) So you mentioned so many wonderful qualities about shiny and you mentioned tools that you know work. So there's like fun, creative, full of energy, happy, positive, making this simple.
- Rebecca: [25:52](#) Yeah.
- Carly: [25:53](#) Knowing where your escape hatch is.
- Rebecca: [25:55](#) Yeah.
- Carly: [25:56](#) Or hatches are. So I'm wondering how you can apply any or all of that to your ability to make a schedule and stick to it.
- Rebecca: [26:08](#) Yeah.
- Carly: [26:08](#) Yeah. Think so.
- Rebecca: [26:16](#) Mm-hmm (affirmative). I'd have to think about that too. Say that question again, or say that comment again.
- Carly: [26:26](#) Yeah, I mean, I'm wondering how you might be able to apply some of those qualities associated with shiny to making your schedule time shiny. Or is that not necessary for you?
- Rebecca: [26:53](#) Maybe. I'd have to think about how that would look. I'll explore that.
- Carly: [27:10](#) What might be a better question to have asked you there? I sense that didn't quite land with you.
- Rebecca: [27:19](#) Uh-huh.
- Carly: [27:19](#) I guess what's the important thing for you? We've got a coaching session in two weeks time from today. What

Carly coaching Rebecca 1 transcript

would you want me to be asking you about when we start our call in two weeks that would have you feel that you have accomplished what you wanted to?

Rebecca: [27:38](#) Probably have me describe how I'm feeling. Describe what's in that accomplishment. Maybe describe the feeling of accomplishing something?

Carly: [28:03](#) And what will you have accomplished?

Rebecca: [28:09](#) The foundation of creating this program. That's what gets me excited. Creating the foundation. Because then that means I have sifted through and have started to narrow where I want to put my attention.

Carly: [28:38](#) Mm-hmm (affirmative).

Rebecca: [28:40](#) That will match and align with the whole purpose of what I'm trying to do, what I'm putting together, what I want to provide for people, which is for them as individuals, as a couple, and as a family. And that if they have behaviors that are positive or when they have obstacles in their lives, then they're going to teach their children how to move through those obstacles in ways that are going to be beneficial. We're all going to have the negative feelings, we're just human. We're all going to get angry. We're all going to get resentful. We're all going to get upset, or our feelings hurt. That's a given. That's a fact. So okay, so what do you do with that? What do you do with that? So I have to figure out what area I'm going to address and how to address that. But however that gets done, the end result would be that those adults will then be aware of those behaviors of what they do when they get angry or upset and then model that for their children.

Carly: [30:15](#) Hm.

Rebecca: [30:21](#) What are the healthy mental, mental healthy ways to move through obstacles also?

Carly: [30:32](#) So I'm wondering how that applies-

Rebecca: [30:32](#) You're-

Carly: [30:34](#) I'm sorry.

Carly coaching Rebecca 1 transcript

Rebecca: [30:35](#) No, go ahead.

Carly: [30:39](#) I can't help but notice that was beautifully said and very clear and articulate and I'm just wondering how you might apply that to making your schedule?

Rebecca: [30:53](#) I know it's coming back to that. Okay. I don't know yet. Maybe I'll know in two weeks.

Carly: [31:03](#) Okay. So I'm wondering what learning has come to you so far? I know we're coming near to the end of our session here, but what has come to you or become obvious to you so far in our coaching today that supports you to move forward?

Rebecca: [31:29](#) Having your guidance that keeps me on track to get clear. Your guidance, your coaching then keeps my brain focused to where I want to be. It keeps pulling ... It feels good. I mean, I can feel it. It feels fantastic. It feels liberating and my mind is clear and at the same time it's engaged, but it's not overtaxed either. It's a balance. So you've provided a balance for me then to work on what I, myself, have defined the work to be.

Carly: [32:30](#) Yeah.

Rebecca: [32:32](#) You didn't tell me to do anything. But you guided me to get to that point and now I'm excited to try that, or to do it and see what comes out, what shows itself.

Carly: [32:43](#) Wonderful. So you mentioned team and you believe in teams.

Rebecca: [32:50](#) Oh yes.

Carly: [32:51](#) I'm wondering is there anything you need or anyone in order to support you, keep this high energy and keep this excitement going?

Rebecca: [33:00](#) You.

Carly: [33:04](#) I'm here in two weeks again, yes. I'm right here. But in between [crosstalk 00:33:09][inaudible 00:33:09]?

Rebecca: [33:09](#) I can hear your voice. Say it again, I'm sorry.

Carly coaching Rebecca 1 transcript

Carly: [33:12](#) No, that's okay. You can use my voice as it supports you. But I was just wondering whether you needed or wanted anyone else to support you in this process, seeing you mentioned that you believe in team.

Rebecca: [33:26](#) Not right now. I'm choosing you as part of the team right now to get started.

Carly: [33:35](#) Okay.

Rebecca: [33:36](#) So I feel real comfortable and confident with that at this point.

Carly: [33:42](#) Alright.

Rebecca: [33:42](#) And your voice is very calming.

Carly: [33:45](#) Oh.

Rebecca: [33:47](#) Your tone is ... It's just, it's amazing.

Carly: [33:51](#) Oh, thanks, Rebecca.

Rebecca: [33:53](#) Have you ever done hypnotherapy at all? Have you done anything in that area?

Carly: [33:59](#) You mean being hypnotized or being a hypnotizer?

Rebecca: [34:01](#) Being a hypnotizer? Not that you're hypnotizing me, but you have just a very easy voice, very easy.

Carly: [34:12](#) Oh, thank you. No, I haven't. I think that must be another lifetime you're channeling for me.

Rebecca: [34:19](#) Maybe so, because it's ... Yeah. I'm real sensitive to voice and tone.

Carly: [34:28](#) Mm-hmm (affirmative). So how do you want to use that as you move through these next two weeks with your schedule?

Rebecca: [34:37](#) Calming down. It'll calm me down.

Carly: [34:40](#) Mm-hmm (affirmative).

Carly coaching Rebecca 1 transcript

Rebecca: [34:41](#) So it's not overexcitement, balance.

Carly: [34:51](#) So if you think about where we started today and where you are now-

Rebecca: [34:57](#) Huge.

Carly: [34:59](#) Yeah?

Rebecca: [34:59](#) Huge.

Carly: [35:00](#) Okay.

Rebecca: [35:02](#) It's simple too. And that's what's fun about it to me. I think it was a huge opening and realization and it's not overwhelming. It's very clear and simple. And it's a beginning. I don't have to do it all in one day.

Carly: [35:26](#) Mm-hmm (affirmative). Well, if there's anything else ... Do you feel like there's anything else we need to address or shall we finish here?

Rebecca: [35:38](#) I think we can finish here.

Carly: [35:40](#) Okay. Well, let me just switch off the recording.