

## Carly coaching Rebecca 2 transcript

Carly: [00:00](#) Yes. Sorry, I just wanted to start our recording. Yeah. Hi, how are you?

Rebecca: [00:04](#) Yes. Good, good. How are you?

Carly: [00:08](#) I'm well, I'm very well, thank you. Yeah. Yeah, it's been two weeks since we've spoken.

Rebecca: [00:19](#) That flies, doesn't it?

Carly: [00:21](#) How have you been?

Rebecca: [00:22](#) That's flies. Fine. Great. Busy. Yeah, it's good. It's all good. Yeah. I set up my schedule. That seems to be working really well. I'm taking it slow and simple at this point and that works for me. It took off the a huge self-inflicted pressure, so thank you. That's where I needed to to begin. It's taken off some of that. The overwhelming sensation, also. I realize, I think that was coming from having to, you know, the programming of my subconscious that I had to have. ... I had deadlines. Things had to be completed and turned in and so, for me right now, it doesn't. I can focus on the creativity. That's what I couldn't see before.

Carly: [01:51](#) It sounds like some lightness has come to you.

Rebecca: [01:54](#) Yes, yes.

Carly: [01:58](#) So is there anything else around this huge self-inflicted pressure that's still getting to you?

Rebecca: [02:05](#) We shall see. I put it in the box. I can see it, but it's, you know, it's not me. It's, yeah. I'm not trying to sweep it under a rug. I put it in a box. I can look at it, but I'm separate from it. So this is good.

Rebecca: [02:30](#) So what I had done then, I had my schedule three days a week, and I set it up for Monday, Tuesday, Wednesday, because that, you know, Monday I would be starting my normal work week and for about an hour at a time in the morning. And then if I wanted to do extra, yeah, I could do extra. That works, like I said. And I began looking over my copious amounts of notes and what I thought it would do is look for repetition. And I got that from you because you noticed things that I was repeating in our conversation. So

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that was like a strategy that I learned from you that I'm now going to do, or that I have done with my notes. So how's that? Did I get that right?

Carly: [03:40](#) I'm glad that I've no recollection of that for me. So I'm quite happy that you found something that resonated with you.

Rebecca: [03:49](#) Right? Yeah. Because you said, "Oh, you seem to be repeating these certain words or phrases." And so then I thought, okay, well let's try that strategy for all my notes. So I went through and I made a list of what kept repeating what was showing up. And then from that list I brainstormed. And so then from there I came up with three because I liked three, I like things and three and I wrote out what I wanted to accomplish.

Rebecca: [04:45](#) And so I wrote out three different things to accomplish within the group that I would be working with or the target group. And so then from that I'm going to go back and see where are the matches in my list. I haven't done that yet. So that's where I am.

Carly: [05:12](#) Would you like to talk about any of that or is there something else that you feel would be supportive of you today?

Rebecca: [05:26](#) Just, I guess bouncing that off of you to see if there's anything I can make any clearer. It feels real grounded and strong. So, and it feels fun. It feels fun. And in fact, one of the areas I wrote down what to accomplish was to begin, for the people, for the group that I would be working with, the couples. For them to begin to look at themselves individually and how they can become more emotionally light and practical. That whatever they might be stressing with that it's not their fault, possibly. But it is their responsibility to take a look at it. So to go inside. And how would that be done? But I'm not to that point yet. That's just the broad idea.

Carly: [06:52](#) It seems like you've had some wonderful creativity, some wonderful connections that you're making. And you do sound clear. Yeah. So I'm wondering what, for you to be even happier by the end of this session. What would we need to have addressed?

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- Rebecca: [07:31](#) Let's see. Well, I think I have my plan and now I just have to do it. I just have to continue to do it. I mean I have been doing it, better than I had before. Maybe we don't need any more sessions.
- Carly: [07:53](#) Maybe not.
- Rebecca: [07:55](#) Maybe we don't. Maybe I'm on my way.
- Carly: [08:02](#) Is that true for you? Do you feel that you have what you need?
- Rebecca: [08:06](#) Maybe so. That could be, and then there was something else that showed up was when I was being trained in the energy modality, I chose quantum touch because they gave you lots of room to be creative because even though you could gain units for I think massage therapists, but I wasn't interested in any gaining units versus the healing beyond borders had because nurses are doing their continuing education in that area. I understand that. I get that they're basically giving you education and practice and training in the same things. It's to help people become aware of their own energy within their bodies and outside of their bodies and how that interacts and communicates continuously within themselves and throughout their day and with their relationships.
- Rebecca: [09:12](#) So one of the areas that I was allowed to be creative was quantum touch. Then I developed from a certain strategy, one more step, and the one more step was taking an area that's extremely important to you and you have a solid intention of what it is you want to create or to see more of in your life. And then there's a rating system, a scale from 1 to 10 and I'm not going to, I won't go through the whole thing. This is something I came up with. I'm sure it's out there somewhere else too, but this is my individual version of it.
- Rebecca: [10:00](#) That then once you go through making a list and answering the questions about it with the numbers, with the rating system, then you can sift through maybe 10 to 15 areas and then you see which one's going to be the most probable to take place because of where you are in your life. I mean they all would probably be good, but it will focus you in one area and then you can concentrate. A

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little bit further and more complete. So you know, that I wasn't seeing that. Even though I use that with, I don't use it with all clients, I use it with some clients that want to go into a little bit more depth.

- Rebecca: [10:59](#) And so it's like, oh well I could use that. So that's what you are helping me with is what do I already have that I can use? And I wasn't seeing that before. There was just, it was TMI. Too much all over. So that's good.
- Carly: [11:20](#) Well you've done really good job of coaching yourself. And yeah, that's great. I mean, really.
- Rebecca: [11:31](#) Yeah. I know.
- Carly: [11:31](#) It seems like, you just needed to get started.
- Rebecca: [11:35](#) Yeah. I just needed a kickstart. Yeah. And then all the other areas, all the practical stuff where they ... Just the logistics of it, what I need to be put it put into place. The people I need to have on the team when I will do what, I don't want it to. What I don't care to do, but I know there's somebody out there that could do it. That's all that's going to, that will come, that will come. So I had to make peace with that because it's like, well what do I do about this? What do I do about that? But that will come later. All the business parts of it. So I've made peace with that. Put that to the side so I could focus on the actual program.
- Carly: [12:29](#) So how does one more step fit in?
- Rebecca: [12:32](#) One more step? You mean by the one that I came up with?
- Carly: [12:36](#) Yeah. How do you use that for yourself?
- Rebecca: [12:38](#) Oh, it will show a possible path to take or the most probable, the one that I'm probably going, that these are the ones that I would more likely interact with or develop or be part of. And stick with. Compared to maybe some of the other ones that I might get bored with. These are the ones that had the most energy for me as an individual. So I hadn't seen that before. And then, A-ha. Yeah, that showed up. Like, whoa, I can use my own, one of my own strategies?

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Carly: [13:24](#) Isn't that have wonderful when you see what's right in front of you?

Rebecca: [13:26](#) Yeah, okay. Yup. Yup.

Carly: [13:31](#) Well done. That's great.

Rebecca: [13:35](#) Yeah. So what do you think? Because you work with so many different people and individuals and groups and, what do you feel? What are the common areas that need to be looked at maybe? I could see that helping me too.

Carly: [14:07](#) Well, I'm just looking at your intake questionnaire here and you said that your three most important goals for coaching was a plan on how to get started.

Rebecca: [14:16](#) Yeah. Did that.

Carly: [14:18](#) So how'd you do with that?

Rebecca: [14:20](#) Check. Check. Got that.

Carly: [14:24](#) Check. Staying focused and objectives that I develop.

Rebecca: [14:29](#) Yup. That's in the process. But that makes more sense to me now. So it's ongoing.

Carly: [14:39](#) Okay. And exploring creative ways to demonstrate this information to couples.

Rebecca: [14:45](#) Yeah. That's coming. It's not there yet, but I have to do this to get to there.

Carly: [14:51](#) Okay. So, and the overall challenge you had, you said here was developing a plan of action for my vision to take form.

Rebecca: [15:00](#) Right. Check.

Carly: [15:04](#) So it sounds like you're in process. And the other thing you said to me was, do you want to bounce something off of me? And but everything felt clear and you felt like it was all strong. So I'm not sure if there's anything else that you feel in that realm.

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- Rebecca: [15:24](#) Okay. [crosstalk 00:15:29]. Yeah. That it just unraveled it. It helped to unravel it. Do you see clients just that becoming overwhelmed. It was, you know, like the, what do you call it, the bird's nest in a fishing reel. You know how that all gets tangled up. If you keep doing it, it's going to continue to be a tangle unless you stop and focus on moving that line back to where it was supposed to be. Or you just cut it out and start over again.
- Rebecca: [16:11](#) So I think that's where I was. Just kind of, you know, staring at everything. And like I said before, my attention would go as something else that would pop up and which may or may not be part of what I want and maybe I'm still doing it, but I'm doing it with the process instead of in addition to the process. So I'm combining it. Does that make sense? That I'm combining things that I, because I enjoy learning about different strategies and processes and modalities and interpersonal and intrapersonal intelligence formats and framework and there's so much out there, instead of just jumping around, then it's more of, oh, how, you know, what parts of that could possibly be shared in what I'm putting together.
- Carly: [17:32](#) Well, it seems like it's, it's all making sense to you.
- Rebecca: [17:35](#) It is.
- Carly: [17:35](#) And that you've made it somehow, you know, it's serving you. That's all that matters.
- Rebecca: [17:44](#) Okay. And I'm okay with if this, if this goes somewhere, that's great. If I get to a point where okay, I gained all this knowledge, I'm going to pass it on to somebody or it's kind of time to put it to bed. It didn't go the way I thought it was going to go, but I'm okay with it. So those are all out there too, which definitely calms me down. It just is a calming scenario for me. I was going to ask you a question but I got kind of floated away.
- Carly: [18:28](#) Maybe it will float back to you.
- Rebecca: [18:30](#) So it is kind of floating back. So it maybe within your professional experiences, and I kind of have to research this too, is if I had like a particular author or program, now, if I want to use some of those exercises and I'm kind of

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taking from different areas and different disciplines, what is the protocol? Do I write to that company or that individual person or that clinic for permission to use? How does that work? I've never written, like a professional published paper or anything like that. So other than what I had to do in college. Do you know, do you know anything about that?

Carly: [19:28](#)

So what are you wanting to accomplish?

Rebecca: [19:32](#)

Like the legal requirements of using somebody else's idea or their exercise.

Carly: [19:46](#)

Right. And so your thought about reaching out to them and asking them, sounds to me is you said, I don't know what other way you would do it. So yeah, it's very sound what you said.

Rebecca: [20:03](#)

Right. And they just say yes, yes or no, or tell me more. Yeah. Okay. Okay.

Carly: [20:15](#)

What else? Yeah, one of the, I guess where could you find out how to use other people's processes without infringing copyrights?

Rebecca: [20:30](#)

Yes, yeah. Right. Yeah. I don't know how much is out there that's for everybody in the public domain. Or how much, if it's actually got its, what do you call it? The trademark, then you can't. If it has a little circle trademark then, but I would have to research that. Right. Yeah. If they had the little trademark thing, then there's restrictions. Yeah. Okay.

Carly: [21:13](#)

Now what I'm noticing is that there are some values that, you know, you're sort of alluding to, which ... Yeah, I noticed that, you know, integrity. I would, I don't know if that's the word you would use, but it's something about being integrous in the way you go about setting something up. Is that true for you?

Rebecca: [21:35](#)

Exactly, yes. Very much so. Very much so. Yeah.

Carly: [21:50](#)

So what would keep you integrous throughout the process of creating?

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Rebecca: [21:57](#) Just keeping those notes and writing to these individuals or clinics or companies and see what I get back.

Carly: [22:17](#) And how does that fit with your creativity?

Rebecca: [22:20](#) Five. Perfect. Because it's enfolding it, yeah. Moving with it and yeah, it's good. Good. Yup. Okay, I got that.

Carly: [22:45](#) Yeah.

Rebecca: [22:46](#) I got that. Thank you.

Carly: [22:49](#) Yeah. What else is out there for you that you want to bounce off?

Rebecca: [22:56](#) I think we got it.

Carly: [23:01](#) That's great. I mean really it sounds like you've got what you need and that you're in progress and it's a matter of just knowing your plan.

Rebecca: [23:08](#) Yeah, you're right.

Carly: [23:10](#) I'm wondering ... If it doesn't feel right for you to answer this, please say, that's not really helpful to me.

Rebecca: [23:21](#) Okay.

Carly: [23:22](#) I'm wondering, you know, to keep you help keep you on the path, if you would to say, meet me for the first time and you would be telling me I was in overwhelm and I was not getting anywhere, what have you learned that you might be able to impart as lessons learned to me?

Rebecca: [23:53](#) About?

Carly: [23:54](#) That would help me not to get into overwhelm.

Rebecca: [23:59](#) Oh, that would help you. Okay. That would help you get help, get professional and get someone who get somebody on your team that was that part. That recognize in yourself that it would be beneficial to have guidance and I mean, yeah, we all have our egos and it's was like, you know, I can do this. I can do this now. What's wrong with you? I can do this. However you can get a team, so

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you are doing something. You're recognizing your areas that there might be somebody out there that has the expertise that can help you with that point. So with me, there was something I wanted to do. I just, I wasn't sure why I wasn't focused and so then I wanted to do it, but I was overwhelmed with all the aspects of it. And realized, all right, if I had a coaching session and I explained my idea, but have a coaching session, then that person could see how I got myself tangled up. Which you did.

Carly: [25:33](#)

And how did I do that?

Rebecca: [25:36](#)

You did that with communication, with words. With really listening to what I was saying, listening to my words. So it was as if you put yourself in completely in my awareness without adding more overwhelm and sensation. You didn't complicate it at all. You simplified it and simplified in a good way.

Carly: [26:20](#)

Yeah. Well, I'm just so impressed with the work you've done, Rebecca. There's a learner mentality inside of you that is so strong that has made all these connections.

Rebecca: [26:34](#)

Yeah. Yeah, I know. I gotcha. I gotcha. And you, too. What you're doing for people and groups. It's like I recognize that in you from the exchange that we have had energetically. Didn't I say that your voice is very soothing. Yeah. So you already have, you have that level of that healing, you already put that out there. You've recognized that in yourself because it's important. Personal development is important not only to the individual but to the group. And so then that's that relationship. That's the communication that creates the strong foundation and then the whole world opens up. The whole world opens up.

Carly: [27:47](#)

So how does that inform you moving forward?

Rebecca: [27:53](#)

It makes me stronger. I'm solid. Grounded. And if it goes nowhere. I still had a lull with the process, which maybe something else will come along and I've already created this foundation then that I can put to good use. So even if this doesn't go anywhere for who knows what reason, then it's not all in vain. It's there. It's still there, but I can put somewhere else and continue to thrive.

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- Rebecca: [28:35](#) That's the same principles I want to put in to the program for couples to create this environment for their children that is mentally and emotionally mature and intelligent to the best of our abilities. I know we get, you know, curve balls, we get sideswiped. It's just part of the whole package. And there again, that's another part of it. What happens when nothing's working? You know, what's your escape route? When you feel like you've been ambushed, you've done all this and then something happens or if several things, there's still choices to make. So it's just in a free training. That subconscious part of us that got off on the wrong foot.
- Carly: [29:31](#) So how do you recognize when nothing's working and that you need an escape route?
- Rebecca: [29:40](#) The stressors. So you're going to get clues physically. You're going to get headaches, you're not going to sleep at night, you're going to snap at people who are close to you that you live with. People will tell you. You're going to get the signals from the environment. So it's just being aware of of that. It's just training your brain like, okay, you get all this going on this turmoil and chaos. And you feel like you want to curl up in a little ball.
- Rebecca: [30:14](#) And it might be that you need to do that for a little bit. Maybe that's the nurturing part, but you have your plan. What if that does happen? What kinds of things can I put into place that nurtures me, that relaxes that. And it can be, you know, it can be things you paid for. It can be things that are free, things that take five minutes, things that take a weekend, you know, it's up to you. You get to create that plan if and when that does take place. It's important to have the plan. So there again, it's not your fault, but it is your responsibility to put that into place. And that's what I want to teach people also. And if they're teaching their children that, then that's to another tool in the toolbox for life, for when things don't go quite the way you think they're supposed to go.
- Carly: [31:13](#) What I heard you make is a really nice distinction between, it's not your fault, but it is your responsibility.
- Rebecca: [31:20](#) And that's, and that's not my, I've heard it several places since I've been doing this work in it. That really comes back

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to me. It's really important. It's the family that you are born into, you may not align with people or there might have been trauma on one level or another, or you don't get along with a sibling or you don't get along with a parent or whatever. And they're also individuals. So, you know, the dynamics weren't very healthy.

Rebecca: [32:00](#) That's part's not your fault. But then it is your responsibility to say, wait a minute, I'm, you know, I'm not my mother. I'm not my father. I'm an individual and these are the things that I believe in and I feel are right. Yeah. I didn't like this. This is what I wish would have happened, but it, you know, it didn't. And what are the positive things that, that you can do to rectify it and get the insight and live your life. Move on.

Rebecca: [32:38](#) Because not everybody's going to in the same place either. Your parents or your dad might still be raising havoc, you know, and just okay. Figuring out how you can or cannot have the relationship, be kind and gentle about it all the way around. And they're not there yet because they're on their path too. We all are. We're all going back to the spiritual level. So if you do recognize things, especially if you're going to have children, yeah, it is your responsibility to stop the nonsense.

Carly: [33:16](#) Well I can't think of a better person to do this than you with your passion.

Rebecca: [33:23](#) Thank you.

Carly: [33:23](#) Really, really very clear. The way you speak. Your energies. So what else is there, if anything, that would support you to continue acting on your plan?

Rebecca: [33:41](#) Yeah. Being aware that there could be snags and then the resource to use, such as, as you, to run things by. Like if there's a snag, okay, here's a snag. It's not the end of the world. Look at myself first. Okay, well it's not quite coming together. It's starting to get a little overwhelming because I can recognize that. Then reach out to the team, to the team that you've put together.

Carly: [34:17](#) And who's in your team?

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- Rebecca: [34:19](#) You are.
- Carly: [34:23](#) Well, when we're finished, which sounds like pretty soon, who else will be on your team?
- Rebecca: [34:34](#) There are a few people, you know, some that don't know me personally, but I will be writing to them. So it's, you know, it's in the future people that I respect. And my own quantum touch community. So there's a lot of areas, my certain family members, certain people in my community that I have asked for advice and help, which could be from my conventional health practitioner physician to the naturopath physician that I see and getting their input.
- Rebecca: [35:42](#) Because I use both of them. Well, expensive, but the naturopath because insurance doesn't cover that, but that's okay. I need them both.
- Carly: [36:00](#) Yeah. You are living according to your values and what's important.
- Rebecca: [36:05](#) Exactly. Exactly. So I just have the belief that I'll get compensated. It'll come. It'll be available. Because that's important too, but I'm not a martyr. By any means. And that's important to not be a martyr to me.
- Carly: [36:29](#) Okay. What does martyr mean to you?
- Rebecca: [36:31](#) That you just do things for free, which might happen, but it has a different energy to it. Yeah. And you give of yourself, as long as you're not giving everything away, that you're still nurturing and replenishing yourself because that's your first responsibility is yourself. That does not mean you're selfish.
- Rebecca: [36:58](#) You still are, are thinking about individuals, family, friends, your community. But you don't have to work hard all day and then think, "Oh my God, I just don't feel really well, I got to go because I got to go" do whatever it is to volunteer and then you get sick for the next three days. That's what I mean. Don't go there. I don't go there.
- Carly: [37:27](#) Where'd you go instead?

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- Rebecca: [37:30](#) I check in. So if I feel okay, the energy's not there, then I have to make a phone call or we arrange a schedule or just say it's not working today. Yeah. And then that fits, I'll get back to them however that might show itself.
- Carly: [37:58](#) Okay. And you sound really clear and I know we're sort of coming up to the end of our time here. And so the, so the non coaching session we just had, I'm just wondering, you know, what, if anything has become clearer to you through our conversation today?
- Rebecca: [38:21](#) To keep putting one foot in front of the other. Keep doing it. Yeah. Because it feels good. It feels good.
- Carly: [38:36](#) Well it's been a pleasure to meet you and to sense how quickly you got yourself onto the path. Got yourself untangled and you're just wonderful. So is there anything else that would be supportive of you to say before we finish up?
- Rebecca: [38:55](#) I think I'm just the up. I see some bumps. Where the bumps don't smooth out, then would it be okay. I'll shoot you an email.
- Carly: [39:06](#) Sure.
- Rebecca: [39:07](#) Okay. Then that me. And if you would be interested in having a energy session, by all means, email me or give me a call, I'd be available to do that for you.
- Carly: [39:25](#) Aw, thanks for Rebecca. I will definitely take you up on that. I'm intrigued as you know, and, and totally interested in energy. Yes. So thank you. Thank you. I will. Okay, so let me switch off the-