

Demonstration of vulnerability by a coach

Below is an excerpt from a transcript where the coach demonstrates vulnerability, as well as some of the other MCC Characteristics I write about; connection, presence, and emotional content.

I've changed the client name.

Please read about Vulnerability in the Ten Characteristics of MCC Skill Level, pages 17 – 19.

Vulnerability can be allowing yourself to genuinely express in the moment, being touched by your client. This isn't always going to present itself from the client. So here is one example where coach did this. The context is the client wanting to fully 'name' a huge business goal she has for the year ahead, then naming any obstacles and barriers to that occurring. As the session progressed, most/all the obstacles/barriers were internal/Who and about her self view. The coaching uncovered the client wanted to feel confident yet instead was feeling self-doubt along with other internal/mind created obstacles.

Notice how the coach expresses her response. It's simple and shows openness of heart – vulnerability – allowing herself to be affected/impacted by the client in her humanity.

Warmly,

Carly Anderson

Coach: What was interesting when you were speaking, I thought, gosh. What if this, confident Jill who knows how to say it, who's eloquent and a leader and creative. What if she were to meet Jill, who's carrying the self-doubt. What would happen in that interaction?

Client: You know, the first image that came to mind is like, she would just the, the self-doubt. Jill's like a little child and she'd be like, oh hey. And like not give it too much attention or thought, but like, oh, hey, that's kinda silly. I love you. But just like, get on my back. I saw her just pick her up and give her a piggyback or backpack and be like, cool, you can come along. But this is where we're going. That's the image that just came out. I've never had that before. I love

that kind of like, okay, cool. You can do your thing, but just get in my backpack or get on my back because we're going in this direction.

Coach: Yeah, that feels good.

Client: She's got it. She's got it.

Coach: Yeah, that makes me teary. That's a beautiful, beautiful image.

Client: I wonder if that came like fresh because of my daughter, maybe there's something in that where she's had struggle a little bit the last couple of weeks and I don't want to ignore that. So when the self-doubt comes, I've also had like hundreds of hours of conversations with her (client is talking about herself not her daughter). So I don't feel like I need to sit down and have a cup of tea and let's talk about this. But being present, being like, okay cool, I hear Ya, but we don't need to spend hours and hours of conversation anymore. You can just hop on for the ride.

Coach: Yeah. What would that look like in real life? So you're walking through your day and self-doubt shows up. How do you want to deal with it?