

## Doreen coaching Asia transcript

Coach (00:02): Ah hi. Thank you, Aisia, that, uh, thank you for meeting up with me again and appreciate you again for allowing, allowing me to record this session. So thank you very much.

Client (00:12): No Problem.

Coach (00:13): Yeah. So while again, it has been, I don't know, it has been quite a while. Again, almost, uh,

Client (00:19): I guess about a month and a half or something.

Coach (00:21): A month and and a half since we last met. And so what would be good for you, uh, for today's session?

Client (00:29): Mm-hmm. Um, so I've been in preparation for the session, I've been reflecting a little bit on the background and the coaching goals that I gave on my intake form. And I think one of the main ones, which was about my confidence, um, we've already touched on it quite a bit. I think we've probably concentrated on that one. Um, also by talking about the achievements and about procrastination. So in a roundabout way, but I think we've covered that, that particular goal. And it's not that my confidence is, you know, suddenly much, much better, but I, I'm still working on it and I know, uh, little steps to take, so I'm okay with that. Um, then some of the other coaching goals that I had were about assertiveness, um, my lack of concentration, I find myself not being able to concentrate, and also the fact that I get very, very worried. So I'm imagining the three of them might be a bit too much for one session. So we can maybe focus on one and see how, how we go on.

Coach (01:30): Right. Okay. Yeah. Thank you for sharing that. I, I really want to acknowledge you for taking the time to review <client laugh>. Yeah so I, I think it is really quite, um, quite amazing you show how committed you are to, to your coaching goal, to review them and to see where you have come.

Coach (01:48) So, um, in terms of assertiveness, lack of concentration, and, um, getting worried. Um, so which one of these you think might be good for today's session then?

Client (02:01): Right. Um, see that, that was it when I was preparing to come here, I wasn't sure which one of the three to take because, um, I mean, dealing with my worries I think is too wide. It's probably one of the most important things that I have to tackle, but I think that that <laugh> that's more like a psychology type of conversation.

Coach (02:23): Right, yeah, okay.

Client (02:23): To have. Um, so maybe we can look at, um, how, I dunno, maybe some techniques about how to become more assertive. Um, so maybe yes, around. And then if we do have time to analyze what's making me not be able to concentrate, we could touch that. If not, the assertiveness alone should be a good way to yeah, to work on this session.

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Coach (02:51): Right. So it's about, um, that means for this session to talk about the techniques to help you to become more assertive. Right.

Coach (03:01) So, can you tell me why is this so important for you?

Client (03:03):Right. Um, I think a lot of the decisions that I don't make, um, are due to not being, not feeling like I'm assertive enough. It all relates back to the confidence. It's, um, how can I express something without being rude, uh, or, or without coming across silly or, um, yeah. To me it would be important to make sure that, um, I don't get walked over, I guess, on decisions, and, and I'm able to stand by what I believe. And as I'm talking about it, I realize that I'm maybe working on my confidence as already worked a little bit on it. Because, um, if you remember when we spoke about during the last session about those decisions that were being made in the company and, um, for example, canceling a workshop or, you know, making, uh, people that have been accredited in the past to get a certain insurance. And I wasn't comfortable with those. So being assertive would have been important there. But I think I actually did it. I think I actually, I, I, I didn't tell the people that concerned me, but I at least was able to raise the concern and get a compromise and move forward. So yeah, while I wasn't completely assertive about it, I still think I got there. <laugh>

Coach (04:33): <laugh>. So you did do, you did assert yourself in some ways, is that what you're saying?

Client (04:39): Yeah. Yeah. Not as much as I would like, but I still kind of did it.

Coach (04:43): Right, right. So that sounds like relations in terms of by increasing your confidence, you did actually increase your assertiveness.

Client (04:52): Yeah.

Coach (04:53): Alright. Yep. So by the end of today's session then, um, is this correct to say that if you feel that you got some additional techniques to become more assertiveness, that would be to become more assert, that would be considered quite a successful session, or?

Client (05:12): Yes. Yeah. I mean, if,

Coach (05:14): Or, What, what would, what do you need to walk out of this session?

Client (05:18): Yeah. Some, some techniques or some awareness around when I feel my assertiveness going down would be good. And what instances, so when am I able to be assertive and why? And then, and then apply the to the occasions when I'm not. So having some techniques to recognize that or some sort of, uh, plan about how to become more assertive. So what can I do to become more, I think that would be a good, a good outcome.

Coach (05:48): Ah, okay. Okay. What can you do to become more assertive? Alright.

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Coach (05:56) That sounds like a plan.

Client (05:57): Good <laugh>.

Coach (06:00): So what do you think we need to first address in order to, you know, for you to become more assertive?

Client (06:09): I, I guess, uh, I, identifying what stops me from being assertive would be a good way to start. Or, I don't know. I mean, is that even necessary? Do I need to know why? Or do I just need to know what to do?

Coach (06:24): Ah, okay. Yeah. perhaps, let me ask it another way um, if you think about. Or what is your ideal assertive state you know, when they say, I want to be more assertive? So what is your ideal state that you don't have now?

Client (06:43): Right. So, um, if I use example, like real life examples, um, I can be assertive with people like my husband or my parents. I can tell them what, what I think and why I agree or don't, don't agree, and what my preference would be. I would like that to apply to figures of authority like my boss or, um, sometimes even friends. Um, so my ideal state would be not to have to, um, keep quiet about concerns or, or not to have to follow a plan that I don't agree without having first said, how about this instead? That would be my ideal. At the moment, I'm not able to do it, at least not all the time.

Coach (07:40): Mm. So what are all the times that you have done it?

Client (07:44): Um, Right. So I think the times when I have done it is when I've seen myself with no, no alternative. I thought the consequence of not saying something is worse than the consequence of saying something and looking silly or looking rude. Not rude, but, you know, <laugh> looking too assertive, <laugh>. I don't want to impose my opinion on others. So sometimes I just shut up and let them impose their opinion on me. And that's, yeah. So when I see, when I see, okay, this is something that I cannot live with, that's when I'm assertive.

Coach (08:29): Right, right. It does seem that you have set a boundary that they can't cross. So,

Client (08:37): But that boundary is very, very high. Uh, I, I will put up with a lot until I get there,

Coach (08:43): Uhhuh. Okay. Right. Is that something that you feel is not good for you, or by having a high boundary? Or, or I'm just trying to under, I'm kind of curious. Yeah.

Client (08:56): Right. So I guess, um. I don't uh <laugh>, I dunno. I mean, it's not good for me to feel all the time, like I'm being pushed over. That makes me feel down on myself and um, and affect my confidence. But I also, I've always wondered, do I really need to be more assertive

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than I am? I mean, if I, if I don't have a very strong opinion on something, does it really matter if it's different to what I wanted to do or what I wanted to say? So I think having that flexibility is okay. It's just when all the people are not willing to be flexible, that I find it's not okay. So yeah, to a degree. Coming back to your question from the beginning, why is it important is, I don't know, I don't know how important it is on my day-to-day life. It's on the big decisions that it's important only.

Client (10:09): So, for example, I've never in my life been able to ask for a pay review. I think if I'm doing a good job, it will be recognized and I will get it. So I get, I've gotten to, in the past with other companies, I've gotten to a, to a stage where I thought, okay, I'm not getting there. They're not recognizing what I'm doing. I'm gonna quit. So if I had been assertive and said something, maybe I would have gotten somewhere. Or, you know, it's, it's bigger decisions like those that affect me. That's where being assertive is important.

Coach (10:46): Right, right. So you feel almost like if, if you didn't step up and be assertive, you wonder what you have missed?

Client (10:57): Yes. Correct. That's exactly it. Yeah. I wonder what I've missed by not being assertive.

Coach (11:02): Ah, yeah. Alright. Alright. Yeah. So from the few past instances we had also situation whereby when they have, when they're about to cross the line, you know, in terms of I know about your standing with the client and, and you stood up and you were assertive about it. But there are also like other cases whereby you feel you might have missed something um because you haven't been as assertive as you wish to. [Yeah] Right. Right.

Coach (11:37) So, what is stopping you from, you know, stepping up and be more assertive to share your thoughts and feelings in this, you know, what's what you mentioned the non day to day, but important issues for you?

Client (11:53): I guess the consequence, the fear of the consequences. See, this is why all of my coaching goals were related. I worry about what could happen if I'm, if I'm more assertive. Um, so I don't do it. Um, yeah. So for example, the, the reason I think I was able to be more effective, um, with the whole decisions that affected clients is because it affects more people than just me. So decisions that affect only me, even if I don't like the outcome, I cannot let it go. So I won't speak up my mind because it only affects me. So maybe I'm not happy about it. Maybe I'm there thinking, oh, you know, um, I should have said something, but it only affects me that's not affecting anybody else. So that, that stops me. That way of thinking stops me from saying something. Um, if it makes any sense, <laugh>, I dunno. Okay.

Client (12:55) But it is the fear of. For example, going back to the pay review, I kept thinking if I say that I'm not happy, uh, not having had a pay review, and they tell me, well, tough luck. Then I'm left with two options. I mean, they know that I'm at a job where I'm not happy if I carry on working with them um, they, they have, they know they have me because why am I still with

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them if I'm not happy because I don't have another choice or because I'm not strong enough to look for another choice. So instead of doing that, I don't say anything and I carry on unhappy until I quit <laugh>. Yeah. But it's that fear of what if I am assertive and I still reject it. Yeah.

Coach (13:47) Uhh. Okay. Besides the fear of consequences, any other things that's stopping you?

Client (13:50) No, I think that's pretty much it. I think, yeah, the fear of the consequence is the main factor. Yeah. Um, yeah.

Coach (13:59) But what's the opportunity you would have missed have you not asked?

Client (14:06) Yeah, uh, I mean if I, obviously if I had said something, maybe instead of being for three or four years in. Because this applies not just to pay reviews but also move on to a different role and things like that. You know, I think if I had said something, maybe I could have had a positive outcome and I could have been in a better place and being able to still be with that company, I don't know. But yeah, I see the positiveness of saying things, um, which is why I want to be more assertive, but I don't know how to be more assertive.

Coach (14:45): Hmm hmm. Yeah. So you have had experience of being more assertive when things are about, about to cross your high boundary. And if you were to recall those past successes that you have had, what have been the techniques that you have applied that allowed you to, I remember we used the term that allowed you to have the courage and push on despite the fear? Because you did have fear, but instead of stopping you, it push you forward. So what techniques were you applying then?

Client (15:17): I dunno if they were good or bad techniques, but I rehearse it in my head. So I, I establish a goal. What I want to achieve from the conversation or. And then I rehearse how I want to get there and how can I say it without being too imposing or without being too negative. So how can I frame it in a way that it's not just a benefit to me, it's a benefit to the other person, or I can reach a compromise or, so I kind of try to look at the benefits of what I want to say. I look for a goal and then I rehearse what I want to say. And maybe I rehearse it with myself, or maybe I write it, I don't have to share with somebody else, but that's what I've done.

Coach (16:09): Hmmmm. Would that be considered a technique?

Client (16:12): Um, I guess, yeah. Um, I guess so is, but that's what I mean. I don't know if it's a very good technique, because then if I think back about the salary review or the moving on with a role, I don't know if I would have been able to do it. I would have been able to prepare it. But then not do it so. That step is what I, I dunno. Maybe if I practice more with smaller things. That could be another technique.

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Coach (16:42): Right, right. Okay. So have you, have you practiced this similar technique with something bigger before?

Client (16:51): Um,

Coach (16:52): And successful?

Client (16:54): Um. I mean it, I guess it depends on what we consider bigger. I think these decisions, for example, that were being made at the company and having reached, which I consider achievements, you know, having reached a compromise and having been able to move forward with the workshop instead of canceling it, they have importance. Um, they just don't necessarily have that much importance personally to me. It was more about how will this affect others. So they are big, but I'm not the end recipient of the consequence, if that makes sense.

Coach (17:35): Hmm. Hmm. So the fear is about how it might impact you personally. Hmm okay.

Client (17:41): Yeah. Um, other than that, if, I think personally, I think I've implemented something like once, which was when I was absolutely done with living in the UK and had to tell my husband, we are moving <laugh>. Yeah.

Coach (17:59): Yeah. You did mention about you have been quite successful with your husband and even your parents, um, by being assertive. So what is it that worked? Because, um,

Client (18:11): The level, I think the level of trust and the fact that I know they have confidence in my ability or they have confidence that I can do things. So the fact that they, I know it sounds cheesy, but the fact that they believe in me and I know it makes it easier. So it doesn't really matter if I fail because they're there to support me anyway. That's I guess the feeling.

Coach (18:37): Right. Right. So in this instance, I mean, um, for, for the paid review, is this one of the key areas that you feel that you're going to do it? Or it is more of an example of, uh, other things that you feel that you could be more assertive?

Client (18:56): Um, it's an example for from past lack of assertiveness, but I guess it's something that I'm starting to think about now on my current role as well. And not just the pay review with the company that I work for part-time, but also my pricing list, for example. It, it's.

Client (19:16): It's a very specific example of something that I'm starting to think I need to do something about it. So it's happened already in the past and I don't want it to happen again. I guess that's why it was the first example that came to mind. Because I'm getting myself to the place where it's going to happen again. I'm going at some point to get, um, conscious again that I'm not capable of raising my price, my pricing when I think I should or not capable of talking about getting a pay review um. And there are reasons why I feel I can't, but that, like I said, I

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feel I'm getting to the point where I'm going to have to say something <laugh, if I don't want to repeat from the past experience.

Coach (20:11): Mm Hmm. Yeah. Allow me to just kinda like, share my observation and let me, you know, correct me if I'm wrong. I'm just feeling that it is more of your fear of how others might react.

Client (20:31): Yes.

Coach (20:32): Towards you rather than a lack of techniques.

Client (20:37): Yeah. Yeah. I guess you're right. Yeah. <laugh>.

Coach (20:43): Yeah. Yeah. So what do you think of that?

Client (20:50): I think you're right. I think, um. Yeah, I mean, I think the techniques that I need, maybe I'm so much around effectiveness, but again, we come back to the same coaching goal, right, the confidence. Why do I have this fear of saying it? I, yeah. I guess I do have the, the techniques, right. I know what's worked for me in the past and what I could do. Yeah. <laugh>.

Coach (21:15): So we, we have had, um, a few conversations regarding, um, your confidence and, uh, I, I think we mentioned about the fear of failure. And how it impact you personally. And I know that you have done some therapy work as well. So, I, I'm just curious in terms of all the past experiences and the insights you have gotten regarding, um, your fear. What you think might be needed for you to manage this situation about managing your fear of consequences that might impact you personally?

Client (21:58): Hmm. I don't know. I think, I dunno how to get over the, how to get over those things. I, I really don't. If, yeah, if I could be less like that, it would be, it would make my life a lot easier right. But I think hmm. It's kind of the same action that I took when we were talking about confidence in the past. I think I need to start concentrating more on what are the positive outcomes? When has it worked in the past? How did I feel when it worked? And if that's the case, maybe it's gonna work again right so. So I guess the technique that I need is more, more than being more assertive. It's more how do I shut that voice that tells me you need to fear this. <laugh>.

Coach (22:59): Hm. Tell me more about the voice.

Client (23:00): Ah, eh, <laugh>. So it, it's that. Again, I know that one of the coaching goals, right, it's that worry. It's just to clarify, I don't actually hear voices. It's myself telling myself. <laugh>.

Coach (23:20): We do all have voices such as that ask to do things. <laugh>. Yes, we do.

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Client (23:23): Yeah. It's more the case of, uh, thinking everything's going to go wrong. There's something inside me that tells me think about the worst case, case scenario and prepare for it. So I always think that works for me because if I prepare for the worst case scenario, then if it happens, I'm prepared. And if it doesn't, great.

Coach (23:46): Ah

Client (23:47): But at the same time, while I'm concentrating on the worst case scenario, I'm never going to get anything done because I'm always thinking it's great to be the worst case scenario.

Coach (23:57): Ah. Alright. Alright.

Client (23:59): So that's that little voice that I have. <laugh>.

Coach (24:01): So, so how about now? I mean, you know, given what you know now, what might be a possibility for you?

Client (24:14): I think I need to start thinking on best case scenario terms. I need to start thinking about what could be the best that can happen, <laugh>. And I think that might, you know, if you make that a habit, maybe eventually you start, I'll start thinking in those terms.

Coach (24:31): Hmm. So how does it feel for you when you're saying this?

Client (24:34): It feels good. I mean, it feels like if I looked at the best possible scenario, you know, things will look better. And I still have that little voice there telling me, but what if, what if, you know, but that's what I need to, I think it almost feels like a weight is lifted, if I'm thinking, shut that voice down, just think about the positive. Yeah. I know the negative is there, but why concentrate on it? So it feels good to think, oh, I'm gonna look at the positives, <laugh>.

Coach (25:05): Mm-hmm. Well, I'm sensing you feel a little bit lighter. Is that how you're feeling?

Client (25:10): Yeah. Yeah.

Coach (25:10): Yeah. I do feel that you, you seem to be a little bit more relaxed.

Client (25:16): Yeah. I feel like I wanna let out a sigh <laugh>

Coach (25:18): <laugh>. Well, it is good. I'm just wondering because we did start off by saying that you want to walk away from this session with techniques to become more assertive. And, uh, so while we are not talking exactly about techniques in a sense right now. But I'm just



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wondering whether is this going in the direction that, um, you are anticipating or? Or has it been useful, I mean, up to now this conversation?

Client (25:46): I don't know what I anticipated, because obviously you never know where the conversation is going to take you. But I think even though they're not necessarily assertiveness techniques, it helped me with it because to a degree they are techniques that might work for me. So if I start concentrating on the positives, carry on planning the conversations, that will help me to be more assertive, even if they're not techniques that directly address that. But they are techniques to help me cope with what's stopping me from being assertive.

Coach (26:18): Mm-hmm. Okay. Alright. So should we continue in this or is this, uh, where, where should we go next?

Client (26:26): Yeah, I think, um, I think we can continue on this path. I think, um, yeah, I think that it's going in that direction. It's going in a direction where if I have a few mental notes about what I can start doing, it will help my assertiveness. So it will have achieved the purpose of the session.

Coach (26:51): Mm hmm. So what are you understanding about your situation now, if you were to do a summary?

Client (26:57): I understand that I am very hard on myself and on the expectations that I have, and I need to start being more positive about the. Instead of concentrating on what can go wrong, I need to start being more positive, what can go right? And if I think in those terms, I'll be able to be more assertive because there's no big fear. So yeah. I think my situation is, is there is, to a degree, I'll always be a bit of a pessimist, but I can work with that. I can look at ways to not be so down. Yeah.

Coach (27:35): Hmm hmm. Actually, I love the optimism that, um. I know it might be difficult for you emotionally, but it seems that you are quite determined. [Yeah] Yeah. Yeah.

Coach (27:48) So what do you think are the possibilities if you are able to start thinking about the "what if" in the arena of the positive? Because you have been thinking about the "what if" in in the negative context. I'm just wondering based on your insights and awareness now about thinking about the positive, what are the possibilities out there for you?

Client (28:13): Well, if you remember from the intake form, um, one of my goals was to get my business to a position where I can yeah <laugh> where I can, um, feel like I have achieved what I want with my business. I have grown it to, uh, comfortable level where I can sustain myself, but, and be independent, but not have to, um. But still have the level of flexibility that I have. So I think if I started thinking in more positive terms, that would help me procrastinate less, it would help me be more confident and more assertive. So it will serve me to get to that end goal that I had on the intake form.

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Coach (29:01): Mm mm Yeah. Okay. Alright. So that sounds, that sounds really good. And, uh, anything else, any other possibilities?

Client (29:13): I think, um, it made me happier <laugh>, which was also on my intake form right <laugh>

Coach (29:18): Yes. I do remember. <laugh> I want to be happy. Yes.

Client (29:21): Yeah. So I think it, I think it help me see things in a more positive light and worry less about everything. So it's almost a vicious circle, the more I worry, the more worried I get. So if I start thinking about the positives, I worry less and then I'll have less to worry about. I dunno if it makes sense, it makes sense in my head. So yeah, I think it will help me achieve my professional goal and my personal goals as well. Yeah.

Coach (29:51): Hmm hmmm. It does sounds to me that there are lots of, uh, possibilities that you can, you can achieve. Yeah.

Client (29:58): I think it's very easy to be thinking in positive terms here in this session, cause it's safe. And I can think about what if it goes right. So my action will be to start taking small steps towards becoming more like that on my day to day, day to day, when, when I feel like I've got that voice here telling me, oh, I, I think I need to think of these sessions and put myself in a safe place and do small things. Yeah.

Coach (30:29): Hmm hmm. So how do you intend to, to do that, to, to counter that voice?

Client (30:35): Um, I think I'll stop myself. I mean, my intention is to, if I see myself becoming anxious about something, worried about something, I'll sit down and write the opposite. So not necessarily write, just think, okay, this is what I think could go wrong, but what could go right. So I make a conscious effort thinking about what could go right. And at first it'll take me a while to get used to that. I'm hoping that eventually by consciously stopping to do it, eventually it'll become a bit more, a bit easier to just, to just do it without having to stop. <laugh>

Coach (31:17): Right, right. That sounds to me quite a balanced perspective, having worked quite a lot on the negative possibility and now to work on the potential positive, uh, um, you know, positive possibilities as well. Yeah.

Coach (31:34) So I'm also wondering, because you did mention about, um, the, the techniques actually, in terms of you going through rehearsal and writing it out. Would it be considered quite potentially a useful thing to do as well, even with this?

Client (31:54): Yeah, yeah. Definitely. I think, and I think writing always help helps me. That's why, you know, <laugh> and everything <laugh>. Uh, so yeah, I think, I think applying similar techniques to all of those little things that, that we've discussed. Procrastination, confidence, effectiveness. Yeah, I think you helped me in all of them.

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Coach (32:14): Right, right, right. Yeah. Thanks. I see, because I, I'm seeing you thinking and, but also sensing, uh, a more lightness.

Client (32:27): Yeah, definitely.

Coach (32:28): In terms of, uh, energy and I'm just wondering, you know, what are you learning about yourself you know, in uh, right now?

Client (32:41): I'm learning that I do have the capacity to think in those terms because I'm doing it now, um, and it's me who stops me from doing it. So.

Coach (32:51): Sometimes we are worst enemy. <laugh>. Yeah.

Client (32:54): <laugh> Most of the times I think. Yeah. So, yeah, I think I'm learning that first that I can tackle things head on. I can go in and just work on one big thing and change it from one day to the next. I need to do it little by little, but I'm learning that I have that capacity.

Coach (33:15): That's great.

Client (33:16): Yeah.

Coach (33:17): It's good for you too. So, yeah. Yeah. So what sort of support, um, that you need to, you know, whether from within you and from outside that will help you sustain this thought about the positive thought about yourself?

Client (33:33): Um, I think I probably need to share some of my fears with others. Sometimes I don't do it because I always say no, I don't want to bring somebody else down. But I think I do need to share my fears because when I talk about them, they become easier to handle. So, um, that's something that I need to start doing. Cause I do it here with you, but I don't go telling people about these things.

Coach (34:01) Sure, I appreciate that.

Client (34:03) So, um, that's the external help that I can, that I can get. And then internally, I think, um, to support me with this, I need to create a habit. Maybe take half an hour every morning or, I don't know, um, create a habit to do, to do these little steps every day, until they become almost like I have to, because if I don't I'll break the habit, you know. And more than I have to, I need to, I feel like this is what I want to do, so.

Coach (34:36): Right right. So have you got anyone who can support you in that as well?

Client (34:43): That's, I guess, a bit more complicated cuz I kind of think everybody has their own problems in their own lives and that might, you know, and also I don't think it's fair to put all my insecurities on someone, but, um, I mean, my husband does help, but um, yeah. Maybe I

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do have friends that I can confide in on that I can, you know, in good situations when I know that they're not under any pressure, I can maybe do it..

Coach (35:13): Mm-hmm. Mm-hmm. Okay. Okay. So now before, I'm just looking at, you know, this is really quite near the end of our coaching relationship that, uh. But before we, we end off, I, I'm, I'm really quite, um, you know, I want to continue to support you in terms of what you're doing. But you know, in, in terms of the, the support environment you have, and besides your friend, anyone else that you identify could be able to support you in terms of moving forward, you know, beyond?

Client (35:52): Yeah. I mean, I guess, um, <laugh>, um, like do you mean, for example, continuing with coaching or maybe find a mentor or something like that?

Coach (36:09): Oh it's, it's really up to you. I just want to leave this thought with you to think about, you know, if there's anyone else that you, you need to continue to support you um, yeah.

Client (36:19): I think a lot of the work is internal. And the way that it helps me having somebody is, like I said, because when I'm here talking to you, I feel, I feel positive about things and I'm able to look at them that way. So I guess having that mentor or a coach would, would help.

Coach (36:36): Right,

Client (36:37): Okay. So yeah, I think.

Coach (36:42): So yeah, I think we have worked for, this is our fourth session. Yeah. So for me, I'm very appreciative of you for being so open in sharing all your issues and. But what I'm seeing you is also you progressing in terms of, you know, having, you know, having that, to me, having the increased confidence. And to say that, wow, this is something that's really important for me, I'm going to tackle is difficult, but I'm going to do it. So for me, I see a lot of progress and, uh, I wonder what you, what you think about that? Do you, are we seeing the same way, or what do you think about that?

Client (37:21): Yeah, if I think back to, I guess almost four months ago when we started, right? If I think back then, I, I think I've, I think I've learned about myself through these sessions and I'm in a better place than I was because I'm more consciously aware. I guess some things I've always been aware of, but now I have verbalized it, I have shared it and I can move on from it. So in that sense, I think I'm, I'm progressing slowly, but,

Coach (37:53): Surely. Surely. <laugh>

Client (37:55): So Yeah Yeah.

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Coach (37:58): So are you fine if we were to end the session now? Or if there's something that you want to, uh, speak about before we move on?

Client (38:06): No, I think, I think I'm in a good place and I think I have some ideas on what I want to do after, to carry on progressing and, um. So I think it's a natural point to stop or maybe take a break and maybe, I don't know, I'll, when I see myself going and getting encouraging coaching <laugh>. Yeah. I think it's, um, a long journey, but I'm where I would have liked to be before we started. Yeah. At a progression point where I can try now, you know, on my own and not on my own, but yeah. Yeah.

Coach (38:49): Yeah. Yeah. So well I wish you the best and thank you, whatever you're doing and, uh, in the action plans that you have committed to do.

Client (38:56): Thank you.

Coach (38:57): Yeah yeah.

Client (38:59): Thank you for your time and for being so patient with me. I know I ramble a lot. So.

Coach (39:04): <laugh> No, you, you have been working, you know, working very hard. So thank you very much.

Client (39:09) Thank you. Yeah.