

Ethics conversation example

This is a good example of coach inquiring into client health and wellbeing, to determine if the client has sought out medical attention.

Client 00:01 Hello.

Coach 00:02 Hi, how are you?

Client 00:04 Great. It's been so long. How are you?

Coach 00:07 Yeah, it has. Well, And I'm certainly glad to see you again.

Client 00:13 Yeah, me too.

Coach 00:14 I just want to let you know that the recording is already on. And many, many thanks for allowing me to record our session for my ICF certification, thank you.

Client 00:26 My pleasure, absolutely.

Coach 00:27 Thank you. Okay. Well, I have to say, I was really intrigued by your message.

Client 00:36 Yeah, I know. I was having one of those moments, you know, when life gets dark, and you feel like everything, and everyone is closing in on you, but here I am. Yeah.

Coach 00:49 So how are you feeling now right this moment?

Client 00:54 Um, I feel good, knowing that I'm finally doing something about it. Uhm, just sending you that message made me feel that there is going to be a light at the end of the tunnel, you know, that all will be good uhm. Also, there is some comfort when you stop and make the decision that you will set some time for yourself to, to you know, regroup reflects I mean, to just decide that you will have some time to sit back and examine the details of your life from a distance. Plus, I remember when we used to have some sessions together how my life turned 180 degrees, like after the very first session, and uhm while and I'm hoping that I can do the same this time.

Coach 01:36 Well, let's let's hope for the best. So if you're ready, let's start the session.

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Client 01:44 Yeah, I'm ready, yeah.

Coach 01:46 Okay. How would you like to begin?

Client 01:51 Hmm. Well, I'm not sure how to begin but what is the best way to you know, maybe just keeping it simple and say what I feel or what I have been feeling recently out loud. You know, just to put it out there since it is the main thing that made me want to start a new coaching contract again.

Client 2:17 I hear a lot of people around me say that since the pandemic life has slowed down for them. Everything has stood still, time has stood still nothing could be more wrong for me. I mean, my experience since the beginning of the pandemic has been chaos. I feel like I've been sucked into this shitty storm that doesn't want to end. I feel I'm spinning and everything else is spinning around me. I literally feel dizzy. I actually get the dizziness spell every now and then. Like the whole room is spinning around me. Even if I'm lying down I feel myself spinning and everything looks blurry. I have so many things to do. I can't even think I can't even see what I'm supposed to do.

Client 3:05 You know I'm a very organized person. But right now I can't even prioritize. I can't focus and I don't know how to, where to put my attention first. I know there are a lot of things demanding my attention and I feel them circling around me so fast but for some reason I'm no longer able to see them because I'm spinning and there are they are spinning. As if I'm in a Twister you know when a hurricane that is getting bigger and bigger but yet closing in on me like squeezing me. So that's how I have been feeling lately being squeezed spinning and very very dizzy.

Coach 03:51 Okay. I want to make sure before I ask you any coaching questions if you have checked with the doctor for this dizziness, you know to rule out any medical issue?

Client 04:09 Oh yeah, I did don't worry about that. All my tests are in good order. The doctor told me that it's probably stress. So don't worry there there is no medical problem or health issue. In fact a couple of months ago I got worried myself and that's why I went to see a doctor about it. Don't worry I mean I'm in a very good health

Coach 04:32 Good. Because some minerals and vitamins when missing from the body could also cause this some dizziness and this brain fog-like symptoms.

Client 04:44 Yeah, I know, all is good. I had some vitamin D deficiency. Well, not deficiency, but it was insufficient. That was all but the doctors assured me that health wise all is good. It's just stress.

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Coach 04:58 Okay. I'm glad you're in good health. Okay, one more thing, if you don't mind me asking. I remember you have experienced some panic attacks in the past, and if I'm not mistaken you used to see a specialist for them at one point. Again, I want to make sure that what you're describing is not one of those?

Client 05:21 Yeah, yeah, it's different. I know, panic attacks, you know, what I'm describing is more of an, of an emotional than a physical feeling apart from the dizziness, of course, which is very real, but it's, it's not tangible, you know. The panic attacks, I could feel them in my body, like breathing and my heart pumping really fast. My chest gets really tight. But this one, it's, it's like in my brain, my head. You know that?

Coach 05:49 I'm sorry if I diverted your attention from your main topic, but I just wanted to make sure. Sorry.

Client 05:58 No, it's fine. I understand you have to be sure I know what coaching is, don't worry.

Coach 06:07 Alright, so you were saying that it's more of an emotion than a physical feeling that is in your brain, in your head?

Client 06:16 Yeah. Yeah. It's like, well, it's not like it's what you know, I go, I go into a room to do one thing. But you get another thing that also demands your immediate attention, then another and another. And you feel you're spinning around and you lose sight of them all. Every thing is going so fast. My days are going so fast, I can barely know what's important anymore. It's its ultimate chaos.

Coach 06:46 Alright. So if you take the session as an opportunity for you to slow down and intentionally stop spinning, what might be the first important thing that you see?

[coaching continued from here]