

Ihab coaching Randa transcript

Coach 00:00 Okay, so welcome Randa.

Client 00:02 Thank you Ihab.

Coach 00:08 And thank you again for showing up today and allowing me to record the session for assessment purposes.

Client 00:12 My pleasure.

Coach 00:14 Okay, great. So, how was your day?

Client 00:18 Well today was a fruitful one. I had a project to submit and I finally did it and I feel so relieved that it's over.

Coach 00:27 Hmm relieved. It seems that it was heavy huh?

Client 00:29 Yes it was and luckily I'm done with it and I can breathe normally again.

Coach: 00:34 Perfect. So do you feel that you are in good space for us to start the session? Or is there something there and you would like us to explore?

Client: 00:40 I'm looking forward to this session. Ready.

Coach: 00:42 Perfect. Perfect. So what are you bringing on the table?

Client: 00:50 Today I would like to talk about my career plans. Um, this issue has been on my mind recently. And I would like to explore what what and where my career is heading and how I can benefit from all the opportunities that I have on the table right now. And see how to deal with my insecurities when it comes to my my career plan.

Coach: 01:28 Hmm. When you say insecurities in regards to your career plan, what do you mean by insecurities?

Client: 01:36 What I mean by insecurities is that sometimes I, I'm hesitating. I feel that my plans are not going the way I want them to so um I'm I have this fear that has been haunting me, especially when I face rejection, and the projects I'm currently pursuing. So this fear and this hesitation is are both pulling me down and they are making me not as motivated as I should be and not having the willingness to stay on track and reach my goals when it comes to my to my career.

Coach: 02:24 Hmm. When you say the hesitation and these thoughts haunting me. How does it look like when these thoughts are haunting you?

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Client: 02:40 Ummm. They uh look like this uh, probably monster attacking me and pushing me to go back to my roots and not pursuing my dream. So uh these feelings are making me uh uhm not so optimistic about my future plans. And they are um stepping in the way of becoming more proactive and going out there meeting clients and preparing proposals. So I feel sometimes that I don't want any of it. I just want to be in my comfort zone in my home just relaxing. I'm not putting all this effort to get more clients and to be successful in my in my career. Because I feel that sometimes the world is a monster that's just waiting just to knock me down.

Coach: 03:43 Hmmm. Seems like a creepy monster.

Client: 03:45 Yes (laughing) definitely.

Coach: 03: 51 So what's what's supporting this idea of seeing the world as a monster?

Client: 03:57 Uh, well actually rejection. Because all my life I was always the successful woman who was able to do things her own way and and reaching high positions at a young age and recently I'm not employed anymore. So I'm on my own. I'm trying to overcome obstacles that are hindering my success and something new for me. Not actually very new we're talking about two years now, but I'm still sometimes resisting this change and uh and feeling that it's not worth it. There are so many obstacles and so many hiccups on the way that sometimes I feel it's not worth it. And yet when I think about it, and I'm more optimistic point of view I see opportunities I see challenges and I see that I'm up to up to up to them and I can accomplish a lot if I put my head into it and if I, I become more committed. So this is you know, probably the the conflict that I'm having right now between what I want and what is actually stopping me.

Coach: 05:29 Hmm. So I hear you say I was a successful woman, yet this rejection was stopping you. So how is surrendering for such rejections serving you?

Client: 05:51 It's actually not serving me at all, it's pulling me down. It's it's making me feel demotivated uh, I don't want that, I don't want to surrender. If I think of it fully I actually want to fight this fear and this hesitation. I want to look at the light at the end of the tunnel and and I want to grab opportunities that await me when I see the light. I don't want to surrender to my my black thoughts.

Coach: 06:37 Hmm hmm. And who would you be if you were able to fight those black thoughts?

Client: 06:43 I will be successful again. Actually, I can be more successful than what I used to be because before I was yeah yeah because before I was employed. Now I'm working for myself, I'm promoting my my image. People are knowing me for me not for the company I used to work to work for. So I'm building a name for me and this this is quite rewarding when when people actually say um good things about what my efforts about what I'm doing and I hear of this positive feedback. It's much more rewarding than than when I was a manager in a certain company doing what I had to do. Um, so actually, I if I if I have this willingness and this

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commitment I can reach places and I can get ahead. Uh, the difference is that I will be doing all the work and all the effort for me, for my future.

Coach: 07:45 Hmm hmm. Well, I can sense the determination behind the high and solid tone of voice you're having when you're saying I can be successful and it's more rewarding and being positive.

Client: 08:00 Yes, definitely, definitely.

Coach: 08:05 So what would you like us to focus on during our session?

Client: 08:07 I would like to focus on the steps that I should do in case I face rejection or failure. What I should do in order not to surrender not to go back to my to my comfort zone and just quitting because I tend to do that. I tend to to stop working stop doing anything and just stay for days just not doing anything important because of of this this rejection or the failure that I faced. I want to stop that. I want to think of the ways and the steps that I can do when I face rejection again, because I know it will happen again. Success doesn't come without failure. And I don't want failure to hinder my my success. I want it to be a push for me to be more determined and more committed to reach my my goals and be successful.

Coach: 09:08 Hmm hmm. So by the end of this session you would like to have steps that you would be able to face failure, (Client: Yes) and look at the success behind the failure.

Client: 09:24 Hmm hmm. Definitely I want to have a list of things I would be able to do when I face rejection again. And it will happen, maybe not soon but it will happen at some point.

Coach: 09:40 Hmm hmm. Apart from this list, what other um indications would tell you that our session was successful, in reaching your goal?

Client: 09:51: Uh, to be more committed to be more optimistic about the future. Um, to think about, to think about what awaits, um, what are the potential opportunities I will be able to to grab. To have this optimistic view of life. Instead of focusing just on the negative side and what went wrong during the past two years. I want to focus on the positive, on how to be a happier person when I think about my career instead of just worrying about what the future will bring and where I will be um. And how my future will look like. I want to have this positive perspective of my future.

Coach: 10:41 Hmm hmm. So what would give you an indication that we had successful exploration is having a list and feeling more committed (Client: Yes) uh towards the future and having an optimistic view (Client: Exactly). Anything else you would like to add on this list?

Client: 10:57 I think this is more than enough (laughter) all of this.

Coach: 11:03 Great, Great. So where would you like us to start?

Client: 11:07 I would like um to talk about my view of the of the future. Because when I think about it now having the list of things to do, I know what I should do. I actually know, the steps I should follow. So what's missing is is me and the way I view the world the way I view the future and I view my my career. This mindset that I have this this constant fear of rejection this constant fear of failure. The list I can do it at any point it's not a big deal because I've done it before I know it. So yes, I would like to focus on me and how I'm looking at at the future.

Coach: 12:03 So the list at this point is out of the way because apparently you had this awareness about knowing what you need to do. (Client: Exactly) I would like to check in with you, how would having the optimistic view be in relation to the commitment towards the future?

Client: 12:19 Because they go side by side. So if I'm more optimistic, I would be more committed to work on on the steps and to follow the right path to reach my goals. So they go hand-in-hand. So it has to start with me with me, with my inner world the way I'm seeing things.

Coach: 12:49 Hmm hmm. So what goes in your inner world, at the moment?

Client: 12:54 Mixed thoughts, uhhh sometimes I wake up, you know, very optimistic very happy about what what what I'm actually working on and I become really productive and um efficient and at the end of the day, I'm happy about my results because I can I can deliver a lot if I put my mind into it. For example a project I can finish it a proposal within a day and sometimes I wake up, you know feeling demotivated with so many other things on my mind that I don't focus. I don't put my my time and effort in working on the projects and contacting clients. Um, so I'm not, um, there's no consistence, consistency when it comes to my approach to work. I should have the steadiness, you know, knowing just like people who go to work every day, they have to go and they know that from 8 to 5 they have to be fully dedicated to work. I need to have this this mindset that today is just like yesterday. I shouldn't wake up with a different mood today and my mood decides whether I should work or not. I should have this this um consistency when when dealing with work. It's just something I have to do so I might as well do it the proper way.

Coach: 14:26 Hmm. So what's supporting this current feeling of demotivation?

Client: 14:35 Maybe because I'm used to having the instant reward and with this the nature of the job I'm actually doing now, there's no instant reward, everything has I have to be patient, I have to wait I have to sometimes I have to prepare proposals and not get any feedback on them. And you know, I think sometimes I feel is it worth it? Putting the effort into something that might not happen. So maybe these are the things that are pulling me down and not making me really committed to actually working and thinking positively, okay. Let's say I prepare ten proposals if one if I get one of them it's better than not getting anything at all. Because I'm the type of person who wants it all and I'm not really patient. So I should should calm myself and start, you know, realizing that things are not as easy as they used to be before. So I have to

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work harder to get results now. I can't just go to the office and just you know get paid at the end of the month, this is not the way things are working out now. I have to be in the field, I have to work hard, I have to be proactive to um have a to earn an income at the end of the month.

Coach: 16:03 Hmm. How would you be different if you were able to be patient, and wait the future rewards instead of having instant rewards?

Client: 16:16 My entire life will change. (laughter) Yes.

Coach: 16:20 You said If at the start, what's behind that If?

Client: 16:25 Yes (laughter) because of my impatience I've been losing so many things. I've been losing opportunities and potential for growth because I want instant rewards. So this impatience is actually getting in the way of my success. And I believe this is this is one of the most important weaknesses that I currently face and I currently have, is not being patient. If I become patient I can assure you that I will definitely have this perseverance. I will definitely succeed because with patience, with commitment and not going back to square root I know that I can reach places.

Coach: 17:20 Hmm. Well, I acknowledge the clarity that you have in relation to what you can accomplish and what you can have if you have this patience.

Coach: 17:32 So looking looking at the broader perspective in your life, where in your life do you see yourself patient?

Client: 17:43 I'm patient with my kids. I have to be patient with my kids I have no other choice. Sometimes I'm patient at work uh when I'm preparing something, I redo it. And I you know, I work on it over and over and over trying to make it as close to perfect as possible. So yes, I can be patient when it comes to when it comes to work. Let's put the personal side for now. In my career in my work I can't be patient if I put my mind to it. And I achieve better results when I'm patient.

Coach: 18:25 Hmm. So what would serve you to be more patient?

Client: 18:28 What would serve me to be more patient. Uhm, just uh being positive thinking about the bright side, thinking about as I said that the light at the end of the tunnel. Uhm knowing that things that I cannot have everything I want on the spot. Good things await people who are patient. So I think this should be my new slogan and life.

Coach: 19:00 Hmm. Can you repeat that slogan?

Client: 19:03 Good things await people who are patient.

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Coach: 19:10 Good things await.

Client: 19:11 Patient people.

Coach: 19:12 Patient people.

Coach: 19:22 So what what needs to shift in you in order for you to have that new mindset? Of looking at the good things that can happen to patient people?

Client: 19:35 Dismissing negative thoughts um. Removing this this pessimistic view that I sometimes have when it comes to life and when it comes to my future. I think if I push these negative thoughts and this pessimism away, I will be able to become more patient, more optimistic and wait for results um. And I most probably will be able to embrace failure just like I embrace success. Because if we do not fail, we will not taste success. Failure is it's a big part of success. And all successful people just hear them talk about it that they failed many times and their lives and this is what shaped their personalities and this was a boost for them to be more motivated, more committed and and having this this willingness to succeed to to to beat all these obstacles and overcome them.

Coach: 20:56 Hmm. What seems to me that you know what needs to be in place for you to have that patience. (Client: Yes) But something is holding you back. So what's holding you back from this dismissing these thoughts?

Client: 21:14 It's one word actually, it's ego (laughter)

Coach: 21:20 Ego (Client: Yes) What's behind this smile when you say ego?

Client: 21:23 I'm aware of it and and I've been hearing it a lot. Um, my ego is stopping me. I do not accept criticism, I do not accept failure and I do not expect accept any negative feedback. I as I said because I'm used to being successful all my life. It's hard for me to accept that I can't be perfect all the time. I can't impress people all the time. I have to to to realize that not everybody would like me, not everybody would like my work. That I have areas for improvement I should work on and this is the the reality. It's not sad, this is just reality. Acceptance. And and letting my my ego aside when it comes to work because we're not born perfect. We all have flaws and we can work on them to change the strength the weaknesses into strength.

Coach: 22:36 If you are to talk to your ego now, what would you tell your ego in order to have more acceptance and be okay with failure?

Client: 22:49 I would tell my ego to loosen up a little bit so it's just calm down um, to realize that he cannot dominate me all the time. He cannot control me all the time. Um, and that it's okay to fail that it's okay to to be criticized. That it's okay to face obstacles and and to be rejected. That it's part of every person's life. I believe to be to be not having everything the way

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they want uh all the time. So I would let my ego um sleep for a while take a deep sleep or go into coma for example and actually start seeing failure as an opportunity to grow. And rejection as a potential to change my as I said my weaknesses into strengths and and working on my strength to make them even better and better.

Coach: 24:06 Hmm. At this point I would like to check in with you. In relation to your goal of being optimistic or having an optimistic view, how do you see we are moving in our session?

Client: 24:18 I think we are on the right track. I'm now that I put this the ego aside I feel much better. I feel that the future is quite promising. I have so many projects I'm currently working on and I'm optimistic about some of them um. And with perseverance and commitment I can get more more proposals and more offers and um. I feel that I'm more determined now more than ever to push the negative thoughts away and and to fight any obstacle that might come in the way.

Coach: 25:07 Hmm. I can I can feel from from the way you are talking that you are much lighter as you're talking about this now.

Client: 25:11 Yeah, because the ego the burden is gone. [laugh] I put it aside. And I'm I'm actually happier now because I know what I should do and I know that I can do it if put my mind to it. To have, you know, this optimistic view.

Coach: 25:38 What else are you learning about yourself?

Client: 25:41 I'm learning that I used to think that I'm I have this negative perception of the world and I used to be really vulnerable and now I realize that I can be also optimistic. I can be determined. Like I'm stronger than I used to think I was. I can face the challenges and I can accomplish if I put my mind into it.

Coach: 26:18 Hmm. So with this new learning about yourself and this new awareness that you have in hand, how would you translate that learning into action?

Client: 26:36 Now I can write down the list.

Coach: 26:43 Hmm. Do you need a paper?

Client: 26:44 Yes, because now I feel that I can I can I'm ready to write down what what things I can I should do to to become more successful, to reach actually my goals. Because I'm more optimistic about the future now more than ever. I know what was holding me back and I know that I can do it. So yes, if you can give me a pen and the paper I start working on my list right now. [laugh]

Coach: 27:18 So this is the paper and this is the pen. What are the actions are we going to do to maintain the optimistic view?

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Client: 27:31 Uh, I think I should just try positive attitude. And uh I should write ego and just put a big X on it um, so that whenever my ego steps in and I directly shut it down, I maintain my positive attitude at all times.

Coach: 28:04 Anything else you can do to maintain that optimistic positive view?

Client: 28:11 Um, think about a bright future. Think about the potential the opportunities that that I will I will grab soon enough. And if not, I think I should write with capital letters the word uh, Patience.

Coach: 28:35 I can see you have written at already beautifully. It seems that this is one of the structures that can support you in maintaining that optimistic view.

Client: Definitely. Yes, yes.

Coach: Anything else that you would like to put on the table that would maintain that optimism?

Client: 28:54 I believe I summarized them with positive attitude, no to ego, looking at the bright future and having patience um. Of course, willingness and commitment will go side by side and they will help me to to get there to reach what I want. And to be successful again.

Coach: 29:23 Hmm. What what might come across the road that might stop you from maintaining that optimism?

Client: 29:34 Uhm. Maybe um obstacles negative feedback rejection, they they will and I know they will come and the way. But I will not let them um pull me back. They will be a tool for me to keep moving to keep progressing. Um, they will push me to become stronger and more determined to to reach my goals.

Coach: 30:07 Hmm. I was going to ask you what are you, what will you be doing in order to surpass such obstacles, but I see that you have now a prepared mindset.

Client: 30:22 Yes, I will fight them with all my all my power.

Coach: 30:33 So uhm part of your goal was to maintain that optimistic view [Yes] And to be committed. And you mentioned they go hand-in-hand. I would like to check in with you. What's showing up for you in terms of commitment towards what you want and maintaining that optimism?

Client: 30:44 Well, I'm highly committed now. Actually, I'm looking forward to the next failure to see how I will not let it affect me. Um, committed to doing steps that will make me closer to reaching my uh my goals to becoming more proactive contacting clients, going in the field uh,

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preparing proposals um. I'm committed more than ever to to start doing all of these steps. But to be more aggressive in doing them and to be more determined.

Coach: 31:26 Wow, With your energy I am starting to think I should work on a proposal now. (laughter)

Client: 31:31 (Laughter) Would you like to help me?

Coach: 31:39 That's great. So um, looking back at the goal that you wanted to achieve during our session um, where do you feel we are at now?

Client: 31:38 I feel that we have come a long way and uh, and uh, I feel that that the session has helped me a lot a lot and gaining this awareness. And knowing what what I should do and what mindset I should have all the time. So, yes, thank you for this for this awareness for this. I believe it's it's a long way that we we summarized in a minutes.

Coach: 32:33 Great. So do you feel that you don't good place so we can lock the session?

Client: 32:35 Yes. Definitely.

Coach: 32:38 And how would you like us to lock the session today?

Client: 32:42 Uh, I would like to um. First I will finish the session and start writing a full list to-do list for tomorrow um. I will keep you posted of my progress if you want. And uh.

Coach: 33:00 I would be glad to receive the good news.

Client: 31:02 Yeah, thank you. And um, I look forward to to my next encounter.

Coach 33:12 Great. Great. Well, thank you again, and I will stop the recording now.

Client 33:14 Thank you. Thank you very much.