

Karen coaching Jenna transcript

Coach (00:01): Alright, great Jenna, did you hear that too, that the recording has started?

Client (00:05): Yes, it works for me on this side.

Coach (00:08): Wonderful. Great. So, I know we just had a little bit of a preamble introduction that wasn't recorded. And, um, you sent me a list, not a list, but sort of shared with me what was going on a little bit with you. So, um, for today's session, um, what would you like to focus on?

Client (00:28): Hmm. You know, top of mind it is, well, hold on, let me take a nice deep breath, because it's something around being too busy and dealing with what feels like a bit of chaos. So, let me see if I can articulate that a little better. Uh, something around just being humane with myself, in this, during this period of trans-, transition, um, paying attention to my intuition. And so, there's okay wait, being humane, paying attention to, to my intuition, and there may be is another element to tease out, and that is something around the commitments, commitments or agreements that I made with myself at the beginning of this whole journey that I sense I'm going backwards, and I'm not paying attention to that. And so, I don't know if the, I'm thinking these may, they may merge together in our conversation today, or I'm not sure if maybe there's two different paths.

Coach (01:50): Hmm.

Client (01:51): (Crosstalk). . . go ahead.

Coach (01:53): Yeah, that's a great observation because, um, as you said, you know, being humane with myself, and paying attention to my intuition and commitments, or looking at the commitment, commitments and agreements that you made to yourself, I was wondering what the connection or what the relationship might be in those three for you.

Client (02:14): Hmm. Great question. Gosh, let's see. So, what's coming up for me right now is that in not keeping to the agreements that I made with myself, I am noticing greater stress and that, and again, so there's greater stress and that has in part to do with saying, saying yes to things or adding things to my to-do lists that are, would take a sheer stroke of like a miraculous effort or divine intervention to complete So, I think there's, there's one thing right now, I'm not sure that (INAUDIBLE:03:09) all three areas together, but there's something about them. Yeah, not keeping agreements is adding more stress to me, to how I process.

Coach (03:22): So, I've heard you say stress a couple of times, um, and chaos. And so, if you imagine yourself at the end of this call, what would you be feeling or walking away with that would make this session valuable to you?

Client (03:41): Hmm. Um, hmm, let's see. Wow. You know, for starters, maybe it's articulating what, what those agreements were, and if there is a place, or if it's necessary to renegotiate what those agreements are. And so I guess that's a big part of it, I think there's something else that, um, not sure how, you know, if we have time to get to it, but at some point taking a look

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at how realistic or how humane, this is a word I'm also using a lot lately, how many humane are those agreements?

Coach (04:40): Hmm. So, when you say humane, what does that word mean to you, Jenna?

Client (04:48): Oh, thank you, because maybe that's a little too, um, of a broad definition. Uh, you know, humane to me is honoring my pace rather than maybe perceptions of what other people expect of me, or trying to keep pace with, um, I want to say organizations, or, I'll say organizations right now because that's how it is kind of showing up, it's like my current work situation, especially there's so much to be had. And the pace is so quick. So, it isn't like it's any one particular person, it's almost just like a culture of how things run. So, that's kind of what I mean by organization. Um, yeah, so humane is really honoring the pace by which I operate and not trying to do something other than that.

Coach (05:59): Yeah, so what I'm hearing is two things. So, revisiting and articulating, articulating what the agreements or commitments were that you made to yourself, which sounds like is an important part of honoring yourself as well. Is that, is that accurate?

Client (06:20): Mm-hmm. Yeah. Very much so, wow. Yeah, just to hear you say that. I feel like I have dishonored myself. I have, um, yeah, I've dishonored and maybe disowned that part of me for quite a while, probably getting close to two years of not really honoring, um, who I am.

Coach (06:59): Hmm.

Client (07:00): Yeah.

Coach (07:03): So, how, how does that play into, you know, you said that what you want, what would be valuable is to articulate what the agreements were to yourself. And how does that tie in with honoring who you are and how will you know you have made a step towards that, um, by the end of our call?

Client (07:31): Wow, it, right now, it feels like it may be more of an internal feeling. I may feel something shift within me, so it may not look like a hard and fast action item coming out of this call, but it's more of an aha! moment or something. Ah, okay, trying to articulate, because I always wait to get some sort of an action that I can measure for myself. So, while I am really aware that it was just feeling, it's, so what do I do with that feeling? So maybe in our time together if, at the end of our discussion, I end up with a type of question to, to sit with or meditate with, or an affirmation, um, that may feel like I'm really starting to embrace this honoring of self.

Coach (08:38): Hmm. So, I'm hearing a really important piece in this for you, is about honoring yourself and, in some way through our conversation today, revisiting what that means, and to have some sort of reminder or affirmation as you said, or some sort of question that can keep you in that inquiry.

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Client (09:03): Hmm, yeah. Yes. And wow, it's really helpful to hear that, it's (INAUDIBLE:09:08).

Coach (09:09): Hmm. Great. So, where would be the best place to start for you to explore what it means to truly honor yourself?

Client (09:22): Hmm, mm-hmm, oh, gosh, yeah where to start? Uh, hmm, boy, that feels like such a big question. You know, the word "values" popping up in just the last few seconds, I'm thinking alright, articulating, clarifying or just speaking to some of the things that I, that I value. Or, yeah, I guess I'll just use the word "value," that may be a good place to start.

Coach (10:15): Hmm, did you say articulating the things that you value?

Client (10:21): Uh, yeah, but in the, I think what's coming up for me now as I think about it, I feel like there are things that I, there's certainly values that I hold. Yet, I don't feel like I'm at the place where I could just easily rattle them off.

Coach (10:37): Hmm.

Client (10:38): So, it's like the, it's kind vague, it's a bit foggy, you know, and I'm wondering if that is what's at, a big part of what's at play for me as far as the whole honoring of self, I'm really not that clear on what my values are. And it'll be really easy to brush them aside.

Coach (11:06): Hmm. So I'm, I'm wondering Jenna, if, if the commitments that you made to yourself that you express that you currently are not, um, holding may provide some clarity around what those values might be and, and what's coming up for me is where you might be transgressing your own values. I'm wondering if that's what the fog is.

Client (11:36): Okay. Yes, I think they are related. And that actually may be a better place to start, because I can feel that, I can reflect back to it and I can feel a pain point around it. So that feels a bit more grounded, um, a little more concrete.

Coach (11:57): Hmm. Yeah, okay.

Client (12:01): Okay. Oh, my commitments to myself, hmm, um. . .

Coach (12:08): What was, what is the number one commitment that you made to yourself that you feel you haven't, you haven't done or you, you just, you know, haven't followed up with that's really bothering you?

Client (12:32): Uh, It is time for self, time for, for retreat, right? So, what I, like this bigger commitment or what it would look like, as I just had this longing to in essence put the world hold for a little bit. Now, I know it's not completely realistic, but just the notion of, I just, I need like a couple weeks to not worry about deadlines, um, not worrying about trying to get, you know, an article published or schedule a workshop or, you know, do any development, just need a moment to like see what arises in the space of quietness, as sort of, and it becomes a

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reconnection to like what do I like? What's, you know, connecting back to, to my purpose and, um, kind of, trying to figure out like what works for me, like where am I feeling like the good tingly vibes like yeah, this is my path. And where am I feeling, um, "Oh, wow, that was is a someone else's notion of what success looks like, or what contribution looks like." So, teasing that out. (INAUDIBLE:14:09) was a first commitment was, I need that down time, I just recognize that I haven't been able to process all of it, because of the schedule I've been keeping. So, that was one of the big commitments.

Coach (14:25): Yeah. And I know that in the past when we've spoken, I know this, that you, you're sort of the type of person that really relishes the time to reflect, and, and retreat. And, um, so I know, you know, from that, from the past coaching with you, that's really important. And I'm curious, what is it that has you say yes to things at the expense of, um, honoring yourself, and what you need?

Client (15:01): Hmm. Um, you know, it is a long-playing pattern of being of service and feeling that when I say no, that I'm not being of service.

Coach (15:24): Mm, mm-hmm.

Client (15:27): So, you know, is it, I question sometimes, you know, how much of it is a, some underpinning of wanting to be accepted or loved or, you know, I sort of question that, I feel like that's not really the full driver for it. My sense is that I have a very strong need to contribute, and not, not because I feel like I need to do it to be accepted, I just feel like I have something to, to give, to provide, kind of a duty, right? Like I've been, I've been placed here on earth to, um, give a, give a lesson or give of myself, and also to learn. And I keep saying yes to the give, give give. And I think I'm definitely learning, but I think it's, sometimes it gets out of balance. I think that's what's driving it. And that that voice is very loud.

Coach (16:35): Yeah. So, how can you use that loud voice that's, you know, has, is telling you about the strong need to contribute and giving back? Um, how can you use that to turn it back and reflect it onto yourself?

Client (16:54): Hmm, well, it's interesting because, you know, that, to me it seems like immediately the obvious answer was, "Well, gosh, how can I be a service to myself?" And that seems almost like the textbook answer. And while I'm sure this definitely can be true, I'm like okay, so I know this so why am I not doing that? Hmm. How can I change up that voice or leverage that voice? Uh. . .wow. You know what Karen, that may be the question I sit with. That seems pretty meaty. How do I leverage that loud voice, or change that voice so that it's helpful rather than harmful to me?

Coach (18:15): Hmm.

Client (18:23): Yeah. Um, you know, I don't have an immediate answer for that. I would love to know though as you're hearing the kind of process is if you're picking up on anything because maybe I'm not seeing it. Are you there?

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Coach (19:08): Oh.

Client (19:09): Hello?

Coach (19:09): I am, yes. I didn't realize it was on mute. I've been speaking this entire time.

Client (19:18): (INAUDIBLE), there, okay.

Coach (19:23): I'm so sorry.

Client (19:26): That's okay. It's like, "Why isn't she responding to me?" Alright.

Coach (19:31): Well, I want to I want to congratulate you on your excellence in staying silent. That was, that was a, you demonstrated being able to hold the silence for a long time.

Client (19:46): Thank you.

Coach (19:49): So, what, you said went the, when I, the last thing I heard you say was, you know, sitting with that question of how to leverage that voice, you know, how can I be of service to myself? And I really heard your energy, um, go up in that moment. So, there was something there in that question. And, if you think about, if you if you saw yourself in the future, being in full service of yourself, what would you be thinking differently? What would you be doing differently? How would you be?

Client (20:35): Mm. Oh, definitely, that's a great add-on to the question, I want to sit with that over the, you know, the next week. What I, what I see, I see, how I want to be, hmm. I see this either quiet space is just part of how I, how I structure my week. And some weeks I may not always have a lot of quiet space, but there's, there's a little pocket there somewhere. In other weeks there may be a much larger packet. But that's, um, that's the beginnings of kind of what I would see for the future self. So, put it into action, it would be a nice, like, a nice walk in nature, where I really have reflective time. And not, not necessarily in conjunction, in conjunction with walking the dog, um, because I had to be a little more aware of my surroundings in a different type of way when I'm doing something like that. So, yeah, I see, I see space for me to really be reflective in nature, um, and I see that on a very regular basis, just, and maybe it's not every week, but certainly like every other week, right?

The, I don't know why this is coming up now but I'm just thinking, you know, of all the things that I will say, you know, yes to or, or say no to myself, one of the few things I will actually hold is very sacred are my hair appointments. I will, I will not miss my cut and color. The world could be on fire and I would still go see Joe. Like, why seriously, why is it the hair? I don't know. But like I want to get to that place with myself for my meditation. Maybe that's what it looks like in the future.

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Coach (22:56): Well, you know, you mentioned earlier that maybe some of this has to do with, you know, wanting to be liked or being accepted, and, um, you know, looking good is one of those human needs that keeps popping up.

Client (23:13): Oh my gosh, yeah. Oh wow. Oh my gosh, it did become a bit vain, wow, but I (INAUDIBLE:23:22), so might have to do. . .

Coach (23:26): Oh, that's funny. That's so great. I love that insight though that, yeah, there are some people, some things we simply do not say no to. So. . .

Client (23:35): Yeah.

Coach (23:36): What, what's your hair appointment for yourself?

Client (23:41): Ah, um, you know, it might sound peculiar, but I feel like it relates to a bit of self-love. Like let's take care of this, alright? Yeah, it's about, you know, I'm sure, you know, putting your best foot forward or your best hair forward, but, um, it's also about feeling like I'm honoring and taking care of, of myself. And it's one thing that I know I really can't do myself. So, I allow my space, my myself at space to have that done for me. Uh, so there is a bit of that self-love there.

Coach (24:30): Mm-hmm.

Client (24:32): Yeah. Interesting.

Coach (24:39): What is interesting?

Client (24:40): Well, it says, you know, if I have a commitment to uphold, like by scheduling an appointment with somebody else, I wouldn't just not show up. Because, one, I think that's, you know, that's just rude. And two, I think, well, gosh, this is somebody's livelihood, I can't just not show, you know? Time is money. So, I can hold myself to that. Now is it something that is like "Hey, why don't I take a really nice walk in the woods by myself?" It's by myself, I don't have anyone else who's holding me accountable, um, there really are no other outside factors at play other than my mental health, and, you know, the, any stress levels I may be feeling in my body. But it's interesting that I can overlook that, or I push it aside more willingly, or would appear to be more easily than things are I actually have somebody else kind of like relying on me or expecting me to do something.

Coach (26:03): So, what shift needs to happen for you, in order to show up for yourself?

Client (26:09): Mm. Well, you know, hmm, this is actually just going to circle back to my, to my values, and it's, it's recognizing that by not doing these things for myself, I am really out of integrity. And when I think of those terms, I think, "Oh my gosh, yeah, this is, this now becomes a non-negotiable, because I really do hold, integrity is like one of the top values of my like, gain alignment with, hey, if you're kind of, if you're teaching, or preaching about something because

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you're really passionate about it, you'd better be doing it yourself, right? Hold yourself accountable for it, so if I'm, you know, having conversations with people around their boundaries and self-love and being of service to themselves, and I'm not doing it myself or at least some sort of practice of that, I am really out of integrity. And that just makes me bristle. And so, I think the shift is, is recognizing integrity is a big piece for me, and this is a top-five goal list, and not honoring the pace with which I know I like, but I think I really need, to operate at really brings me out of integrity. And so, I think in those terms, I feel like I can much more easily say, be selective about what I say yes to and not feel badly that I have to say no to other things. Or make myself wrong for saying no.

Coach (28:11): That's quite an insight you've just had there.

Client (28:14): Wow. Thank you. It felt good, good, wow, to bring voice to that.

Coach (28:22): So, what, what are you going to do with that insight now moving forward?

Client (28:28): Mm, wow. Well, I think most immediately, I think that becomes one of the pieces, one of the elements I, I meditate on for the next week, especially for the next week, right? So, it's kind of like every day, so what do I hold in, like in high regard or high esteem as far as like what is integrity to me, like where's the alignment? Um, I think teasing that out and knowing when do I notice, or get a nudge saying I'm a bit out of integrity? And what's that all about?

Coach (29:24): Mm-hmm. And what does that look like? Do you, do you have a sense of what that looks like?

Client (29:30): You know, it is, usually it comes by way of a feeling. So, I feel it either like in my gut, or I, I notice it in the tension in my shoulders and my neck. Right, my breathing gets much, much more shallow, and that's where I feel the stress. But I think that stress is some sort of a signal that I am somehow out of integrity with myself. I'm not loving myself enough, or I'm doing some really harsh judgments. So, that becomes the signal like, "Okay, what's this all about?"

Coach (30:13): Hmm.

Client (30:14): Yeah.

Coach (30:15): So, I'm hearing a couple of things, um, that along the way you've sort of been writing down and so, for yourself, can you recap specifically what you're taking away that is really actionable for you?

Client (30:33): Sure. Um, actually I have a few questions to, to meditate on, or to do some like deeper reflection, and that is my voice of service, right? That's the volume of that. And how can I leverage it or turn it around in such a way that I can have that voice also remind me to be of service to myself? Right, so that's one area for deeper reflection. And then a second area is this

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notion around the value I hold of integrity. And what is that really all about? So, I have integrity, but about what? And I think really the first few things that I can identify are, it's about self-acceptance, self-love, um, non-judgmental piece. And this is something surrounding all of this with integrity too, around the pace with which I work or operate and the environments that I find myself in. And so, how that way of being works or doesn't work for me? And so, that's probably a much more broad, broader area for reflection.

So yeah, two big reflection pieces there, and putting that into action I would say this week I really know I could do this this weekend would be a, what I've dubbed as my medicine walk, right? So, for me that communing with nature, finding a really beautiful trail and just walking it and just allowing nature to speak to me and having me find some of my answers within that space. And that's the, the actionable piece. So yeah. . .

Coach (32:55): Sounds lovely.

Client (32:56): Thanks.

Coach (32:57): Just lovely. Yes. And what is most likely to get in your way of actually following through on that?

Client (33:07): Hmm. Um, not being of service to myself. Yeah, yeah, yeah, I will do my best to do it. The, um, you know, the other piece too, I think to getting possibly getting in my way, and not in a bad way, but I'm also recognizing that my husband has been so patient with my whole process this year. And to the degree that sometimes I will still get too caught up in myself and realize I have not made him or our relationship as much of a priority as a, I believe it to be. And so, I'm a bit out of integrity there as well. And so, that could get in my way where I'm thinking, "I want (INAUDIBLE:34:00) to myself, but oh my gosh, I need to spend time with my husband, my best friend." And balancing that, so that, that is something that could somehow make me feel like I'm not spending time with myself. So, (crosstalk), and I think get in my way, but yeah, that can cause something to come up this weekend, yeah.

Coach (34:26): And I think that's quite natural. And of course, we could have a whole conversation, um, another whole coaching conversation about, you know, what you could do for when that comes up. Um, and, you know, so you also mentioned at the beginning of the call about an affirmation, and while you've been speaking at some point something came up for me, um, and I, but I want to check with you first, is there any affirmation or sentence that has come up for you to remind yourself.

Client (35:03): Wow. Um, actually there has not, not at this point. So yeah, if there's something that (INAUDIBLE:35:35), I'd love to hear what you're also noticing or what came up.

Coach (35:19): Yeah, the sentence that came up for me Jenna is "I need to show up for myself."

Client (35:26): Oh, wow, that sounds powerful. Just kind of really resonated with me. "I need to show up for myself." Oh, that, I like that.

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Coach (35:45): Oh, I can hear that.

Client (35:46): Yeah.

Coach (35:47): Yes.

Client (35:48): I like that.

Coach (35:49): Good.

Client (35:51): Yeah.

Coach (35:52): So, I want to check, we're, you know, almost done with time and, um, so I want to check in and see, based on, we started the conversation with you saying you wanted to walk away with some type of question that you could sit with. Um, and I think you also mentioned an affirmation. Um, was there anything else that you wanted to accomplish today before we start wrapping up and closing down?

Client (36:20): Yeah. No, this feels really complete. Oh, thank you so much for holding that space for me. I'm feeling more grounded now than (crosstalk). . .

Coach (36:31): Oh wonderful.

Client (36:32):. . . than even the beginning of our, of our call, so very good. (Crosstalk) So, pretty complete.

Coach (36:36): Your tone of voice sounds much lighter. So, the one last question then is what have you learned about yourself and the situation today?

Client (36:52): Hmm. You know, how, what I learned is just how powerful it is to have, to have space for reflection. Like I knew it, but I just, when I think about the last what, 30, maybe 40 minutes, just because I just made such forward movement in a short time just by having the space to reflect, you know, and having, having you as, you know, the sounding board and asking some really great questions to help tease it out a bit more. So, I guess I learned and it's probably also like another kind of validation of yeah, I do need like reflection time. And I need it because it's powerful. I learn from it. And it allows me to step into action. So, that the retreating piece, wow, oh my gosh, another word just came up, so as much as I love the retreat aspect, there was always a little part of me that said, "Are you just hiding? Are you running away?" And I just realized now that no, it's not a turning a shoulder or running or hiding. I recognize I need retreat space because that is my way of processing information and learning from that. That's my classroom.

Coach (38:26): Yeah, and that's, that's been my experience of you. And so, you know, it sounds like that is part of you really honoring yourself.

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Client (38:38): Mm-hmm. Yeah. Thank you.

Coach (38:41): It's my pleasure. So, um, I will, um, I will turn off the recording.

Client (38:50): Okay.

Coach (39:51): And we'll talk just for a couple of minutes. Oh, I don't know if that, looks like it's off. Nope, hold on. Let me try again.