

Karen coaching Nancy 2 transcript

Coach: 00:02 Alright, great. I think we're live online Nancy. Good morning to you.

Client: 00:07 Good morning.

Coach: 00:08 How are you doing?

Client: 00:09 I'm good.

Coach: 00:11 Good. Good good. So welcome to our call this morning. Uhm. I wanted to check in with you just briefly after our call last week. Is there any follow up that you'd like to share this morning or shall we move on to a new topic?

Client: 00:31 Uhm well yeah, I can debrief quickly on some of the results that were produced. So uhm and it ties in to actually coaching this morning.

Coach: 00:43 Wonderful.

Client: 00:47 I uhm. We had several conversations with my boyfriend and uhm it's been in communication quite a little bit and uhm so the goal was to kind of restore ah trust and uhm I felt stuck and disappointed and hurt and so on and in all that was dealt with and I realized that as I made the choice to jump in in this relationship and then I give him a chance, well I needed to do that.

Client: 01:19 So I totally accepted who he was and acknowledged also all he was doing on his end to be his word and uhm restore the integrity around uhm being truthful and then communicating and so on and so forth. On my end I chose to see that as an opportunity, as well, uhm to jump in and be with him and uhm be who I want to be in this relationship as well right.

Client: 01:58 Now, where I'm at, it's a process that takes time and I get that and I get that some of the fears are still in the way regardless even though I'm choosing all this and uhm like old patterns and fears, they come up. They come up quite often. Sometimes I act from them as well and I catch myself after.

Client: 02:20 Where I'm at right now is I'm in this. I'm in this relationship and I'm catching myself when I act from fear and I don't want to do this no more in terms of, not catching myself, but I really want to catch myself before I act from fear so uhm then there's no repercussion or there's no behaviors that I don't like or and then I get to choose being aligned with what I'm committed to and that's our relationship and make it work.

Client: 03:02 I know who he is and I know he's an amazing person and I know that I'm being harsh by just kind of [inaudible 00:03:13] the fact that, "Well, our relationship is over if you don't keep your word." I know I'm being harsh and I know that my fears are talking and what it created is for me to be on my toes all the time and then being careful with everything and just making sure that things go well so then he doesn't fall back and I don't fall back. It's just being wary all the time, so it's exhausting.

Client: 03:41 So right now, I find things are not moving too much but maybe it's just because I'm not being present to them moving, however, I don't have that you know feeling where I'm

Karen coaching Nancy 2 transcript

desperate and I'm fearful and I don't know where I'm going and there's no light at the end of this tunnel and I'm in a fog. Or like I'm really in a place where I don't see things moving very quickly and that's okay. I don't know what's next and that's okay.

Client: 04:17 And it. So I'm in a space where, yeah, so it's not moving very fast and I don't see necessarily what's going to be happening uhm but I'm not worried and uhm it doesn't show up only my relationship. So in my relationship I just choose trust and have faith and whatever happens, happens, right. And by like letting go of all the stuff I'm holding onto in the relationship's going to give my boyfriend the space to be who he wants to be. And me the space who I want to be without worrying. So there's that.

Client: 05:02 Uhm now, I notice also that it plays out in the rest of my life too, so whether uhm it's in my projects for work, whether it's like where I want to live, whether it's with my fitness too. Uhm. Yeah, I find that things are not moving forward.

Coach: 05:26 Okay.

Client: 05:27 So that's where I'm at.

Coach: 05:30 Great. And thank you for sharing that, ah Nancy, and it sounds like you know from last week to this week, I want to just acknowledge you for all of the processing that you've done. Uhm, I can imagine that it wasn't difficult and last week was really an emotional space that you were in. I can hear today that your energy is, has really shifted and by what you said. It sounds like you and your boyfriend have really you know had those discussions, unpacked what needed to be unpacked and that you have a much more clear sense of how you want to be in the relationship. Uhm, so I just want to acknowledge you for that.

Client: 06:14 Thank you.

Coach: 06:17 So you also said that from that your learning was that you know that these behaviors play out in other areas of your life. Um, so I just want to check with you, are you saying that it's the fear um, that then causes these behaviors, is that what we're speaking about?

Client: 06:45 Uhm. Not necessarily. I'm sure there is some of it underneath. Uhm however, it's just uhm. It's as if I'm stopped and I'm looking at the broader landscape of my life, I'd say, and I'm just not putting my foot in front of the other. I'm just stopped and not knowing exactly what's going on and where I'm going to go and, I mean like in every area.

Client: 07:22 With my boyfriend, I don't know what's going to happen so obviously I'm there and I'm living in the now right. And that's by creating the now that I create my future with him, and I get that. And that's the same with the rest of my life, however, even though I keep going with my regular routine, I'd say, uhm, I don't see myself, as if I'm waiting for something to say, "Okay, now let's go." It's as if I'm in the space of assessing, "Okay, now what?" Right. And that's where I find myself right now.

Karen coaching Nancy 2 transcript

Coach: 08:06 Okay. Alright. So, so for today's session, uhm again, if you put yourself, sort of thinking 20 to 30 minutes ahead, what would you like to have had accomplished around this issue at that time?

Client: 08:29 I'd like to have a sense of what directions I'd need to go for the next steps and I know it's general because of, I'm talking about all my life-

Coach: 08:52 [laugh] So-

Client: 08:52 But ... Yeah, I may say uhm.

Coach: 08:58 So when you say, if I may jump in uhm here, Nancy, when you say to have a sense of what direction um I want for the next step, what would that look like or feel like?

Client: 09:20 Uhm. Well, I'd definitely be excited. At the end of the session I'd be totally excited and wanting to just be in action and knowing what's next for me, like what's the next thing I could do even though it's not necessarily uhm all sorted out, that I know what would be the one thing that I could do, like one concrete action that I could take that's going to move me forward.

Coach: 09:51 Okay, great. So what I'm hearing then is that if we were successful on the call today that you would be walking away with one thing, with one sort of concrete action that you'd be excited about, that you were really wanting to get in action about, that would move you forward in what's next for you.

Client: 10:11 Yes.

Coach: 10:12 Okay, great. Excellent. So, so Nancy, where do you want to start with this?

Client: 10:18 Well, one thing that's there for me right now is that I'm starting my six month program fully this weekend. I'm going to New York for the workshop and I have no idea what that journey's gonna to get me into and then that I'm fine with it, right. However, I don't feel prepared for all that involves and the intensity of diving into that right. So right now I'm moving towards it, just doing exactly what I need to do to be prepared. Uhm and I don't know if I'm mentally prepared for it right.

Coach: 11:02 Sorry, can you tell me a little bit about the program, Nancy? I'm not sure I have a clear understanding of what you're doing in the next six months.

Client: 11:09 Yes, it's a leadership program and it's like six months and there's four weekends in New York where there are intensive workshops. And in between uhm there are classrooms and there uhm, like sessions where I would be assisting and then it's definitely for creating leadership in my life and who I am in the face of no and really removing the barriers of what's in my way of being who I want to be in the world.

Coach: 11:54 That sounds exciting.

Client: 11:56 Mmm yeah, and it's scary. I know it's confronting, however, and I can say that to you also that like I had an analogy for it. I recently changed my skincare product and I find that all the, it lifts off the dirt that needs to get out of my skin, you know, it detoxifies my skin. And

Karen coaching Nancy 2 transcript

right now it's not like my skin is glowing and at its best but that's why, to me, the new skincare products that I have invested in are working because it's lifting up the crap, per se, and then I'll be able to wash it away.

Client: 12:39 And to me, that program is the exact same thing, is that all the crap in my life, or all the excuses that I've got or anything that refrains me from being me and the fears and so on. I can actually lift it up and then wash it away. Get it out of the way right. I find that this program is exactly that in my life.

Coach: 13:03 Yes, I love that analogy, Nancy. You are lifting off all the dirt from your life. Beautiful.

Client: 13:11 Exactly. And dealing with it. So get it out of the way.

Coach: 13:14 Yes.

Client: 13:15 Yeah.

Coach: 13:16 So you said that you felt you were somewhat prepared but maybe not prepared mentally.

Client: 13:25 Yeah.

Coach: 13:26 So is there anything around this analogy of lifting off the dirt ah from your life uhm that's related to the you know the fear of not being prepared or not being mentally prepared?

Client: 13:46 Yeah, it's as if I don't want to deal with. [Coach: Hmmm]. It's as if I ... I thought, since I registered in that program, which was in the Fall, I saw all the BS in my life showing up, whether it was what I've dealt with in the past with depression, so mental state and so on, ah the not wanting to workout, the issues, insecurities when I'm in a relationship, all the stuff from my past that is patterns that I notice has always been there in my life and I don't like it and I'm dealing with it, it's all surfaced in the past six months since I registered into the program.

Client: 14:23 And for me, that's the dirt that lifted up right. And it's there, and it's just there, and right now, it's as if I'm waiting for the program to get me to remove it or to wash it off or to deal with it right. And I haven't started the program so maybe that's the reason why I'm in a state of I'm stopped because I'm counting on that program to do it. And that is also a pattern in my life, it's that uhm I'm waiting for something to help me do something, as like I'm scared of jumping and taking responsibility and being in action on my own. So I'm waiting for something external to help me out, to make the effort.

Client: 15:11 I don't want to take responsibility for playing big in my life. I see that pattern coming, like I'm waiting for that program to help me out right, Um, and it's like I'm scared to step into that program because that, it includes and involves me taking responsibility for playing big, whether I like it or not. Right. So maybe I'm scared of doing that. So I'm definitely preparing. Whenever I had assignments to do before to prepare and I'm doing them, but I'm doing them robotically, not with, "Oh, I'm excited. It's going to be awesome." It's like, oh yeah, I know it's going to be confronting and I don't know that I want to do this.

Karen coaching Nancy 2 transcript

Coach: 16:00 Hmm. Yes.

Client: 16:00 Right.

Coach: 16:01 Yes. So am I hearing then that um one of the actions that you'd like to walk away with today is around this opportunity to be doing something towards the program such that you feel excited about it?

Client: 16:18 Could be. Could be -

Coach: 16:21 [crosstalk] Hmm. What else could it be?

Client: 16:27 Uhm. Well, so what I'd like is really clear distinctly see how I can bring my life into that program rather than bringing that program into my life, right. So, and being stopped in my life and not necessarily knowing where am I going, what actions do I need to take in my life to move forward. I just feel like I'm not sure what to bring in there right. And right now all I'm thinking of is all the dirt that's lifted up. I have it in the basket right now and I look forward to taking it into that program. Uhm. Yeah, and get it out of the way except I don't want to be the one to take it out of the way. I just want them to take it, take the basket away and it's dealt with, right.

Coach: 17:24 Yeah, it sounds like I'm hearing you want to take the short cut, right. Let's not do the work, let's just get rid of the basket quickly uh rather than having to rummage through it like dirty laundry you know.

Client: 17:36 Exactly. So let me wake up tomorrow morning and everything is gone and everything is great, right?

Coach: 17:42 Yeah, that would be great. Yes, if you find a way to do that will you let me know? [laughter]

Client: 17:48 Yeah, for sure. Anyways, sorry, can you repeat your question because I think I lost track of where I was going with it.

Coach: 17:57 No, no, you totally answered it. My my. What I'm curious about now is you know if you're looking at this basket of, let's call it, you said like you know with the skincare, uhm you know all the dirt from your face, all the dirt from your life is sitting there. What would get you excited about doing something about it before the workshop? I mean what would excite you about this pile of dirt that's there?

Client:18:28 Ew. Uhm. I am tempted to say separate the colors.

Coach: 18:45 Aah, okay. And tell me more about that.

Client: 18:48 Which is weird, but that goes back to me being very organized right. And preparing right. So now it's all mixed up in a basket, so what I could do is separate the colors, right. So all the darks together, the whites together, and the vibrant colors together.

Coach: 19:13 So yes, so what do the darks represent, what do the whites represent and what do the vibrant colors represent?

Karen coaching Nancy 2 transcript

Client: 19:21 So the dark ... Wow, that's great, where we're going there. So the dark colors represent uhm, my, the darkness of me, the places that I've been in my life, and I'm talking about my mental health here and places that I've been in my life where I was not feeling that great and I'm talking about depression mainly, that I've been diagnosed with in the past. And that's the darkness in me. That's like a place that when I've been there I just don't want to wake up the morning after. And that's the darkness. I find it just the most disempowering place in the world. So that would be the dark colors.

Client: 20:18 Uhm, the whites, hmmm. The white could be actually uhm, me. Me and I guess maybe my insecurities and you know all the little stuff that's in my way of being who I am, right. All the stuff that I tell myself that when I'm not perfect enough or. So. Yeah, my little inside voice that tells me stuff that, again, it's disempowering. It's similar to the darkness but the dark stuff is really depression, like I know it. Uhm. The white stuff would like be, it's about me. It's about yeah how I deal with myself in my life and the stuff that I say to myself, that is disempowering on a day to day basis.

Coach: 21:34 Nancy, can I you know. Something's come up really strong for me and I want to ask if I may just share it with you to see if it lands or not.

Client: 21:45 Sure. Go. Go ahead.

Coach: 21:47 Uhm, you know I've known you for awhile and we've been coaching for some time. And when you said the whites and you said, "This is about me," what came up for me, personally, was that's her authentic self, that's the real self, that's the pure Nancy, the possibility of Nancy.

Client: 22:13 Yeah. Exactly.

Coach: 22:14 Okay.

Client: 22:14 That's how it comes up for me as well except that because it's in the pile of dirty clothes, uhm that's why to me, there's something in the way of that, so the white is dirty right.

Coach: 22:30 Yes.

Client: 22:30 It's dirty with all the bad, not the bad, the disempowering self talk that I have or the pursuit of perfection and all this [inaudible 00:22:41] that I try to hold up to and that's exhausting and all that, right.

Coach: 22:46 Yeah.

Client: 22:47 And the fact that I'm not exercising and I beat myself up. Every time I beat myself up or it's all that, it just tarnish the white, which is exactly that, it's me, it's my authentic self, it's being in possibility and all that.

Coach: 23:04 Beautiful.

Client: 23:04 And, yeah, and the colors. I would say it's the outside world in my life, so whether it's work, my relationship, my communities, ah the people who will do the program with me,

Karen coaching Nancy 2 transcript

my friends, my family, uhm those are the colors. And the dirty colors, the dirty colored clothes, it's whatever I put in the way of having amazing relationships, right.

Coach: 23:40 Yes.

Client: 23:45 And um yeah, with everyone, with everyone and not being out there, being afraid to be out there with them and ah, all that is part of the pile of colored clothes that's dirty.

Coach: 23:58 Hmm. So we have these you know little piles sitting here now. You know the dark colors, the white colors, and the bright colors. And what you know what you really wanted to achieve today is to get some sort of, have some sort of excitement about being in action on just one thing. Is there anything among these colors here that you can recognize that will get you excited and could move you forward in the way that you, that you envision for yourself?

Client: 24:44 I'm hesitating right now between the dark pile and then the white pile.

Coach: 24:52 Hmm hmm. Tell me about the hesitation. What's there for you?

Client: 24:57 Uhm, well both I have full control on right now and it's the most direct way of you know dealing with it first. To me, it's the first place to go. And uhm, and I think I'll choose the white pile. Uhm, the reason being is the. Actually, the dark pile is something that I want to bring into the program. Same with the colors, the colors too. I find that if I deal with my authentic self, if I choose the white pile right now uhm as one thing to walk away with is the center. Like it's the central place where getting clarity there and cleaning it up, uhm it's going to be easier for me to clean the rest up.

Coach: 25:58 Yeah.

Client: 26:00 And uhm easier. I say easier but I should probably say more effective way of cleaning the rest up. So, so it's clean but really clean, disinfected, right. Uhm so starting with the white pile and monitoring actually what I say to myself and on a daily basis, like in the small actions, you know like catch myself uhm what I'm saying or doing and you know just really catch myself or noticing where I'm at and why I'm doing this and what's coming up, what emotions is behind it. I think that it would practice being present to myself and my surroundings and I think it would bring clarity. So starting with that would ah definitely bring clarity to how to clean the rest of the piles.

Coach: 27:10 Hmm beautiful. Yeah. You know, you've used such a great analogy that you brought up, Nancy. Even just the disinfecting part you know starting with the whites and really disinfecting some of the dirty white that creeps in there by choosing to monitor what you say to yourself.

Coach 27:34 Uhm, other than sort of this internal what's the word I'm looking for, this monitoring of your own thoughts, is there anything else that you can draw in to help support you as you go through disinfecting you know the whites?

Client: 28:05 Uhm. Well, what I'm seeing is is potentially having accountability partners, people keeping me to account, so by sharing what I'm doing, that process, by sharing that process that

Karen coaching Nancy 2 transcript

I'm taking on uhm, is if someone hears me say something that is derogatory for myself or uhm that they can help me catch it, so having people keeping me accountable for that is one way.

Client: 28:37 Uhm another way as well, is I read quite a little bit and uhm. It's really like continue doing that but maybe also like uhm write in my journal uhm things that stand out for me in my readings to really you know uhm be present to what's going on and uhm what I could do, and like get new tips on what I could do.

Client: 29:08 I also find that when I watch videos, like inspiring videos, uhm from time to time in the morning and uhm I should do that more often because I find that it really gets me pumped up for the day. And uhm, so I could do that more often too.

Client: 29:27 And I say writing in my journal, well, I'm not very consistent at it. So if I was to create that new habit of writing in my journal every day, even though it's one or two minutes right, but just do it, take the action of doing that and record thoughts or emotions, or uhm, that would definitely help as well.

Coach: 29:49 Hmm. So I'm hearing several things. I mean, wow, you've got quite ah. So the first thing I heard was that you can monitor yourself internally when you have these thoughts come up that you can take that disinfectant and pour it all over it.

Client: 30:04 Yeah. Yeah.

Coach: 30:05 You have the option of an accountability partner. Who would that be, Nancy? Who would be the best person?

Client: 30:10 Uhm my sister. My sister could be one of them. My boyfriend. Uhm I have a friend, another friend, her name is Dinah, as well I could do that. Uhm.

Coach: 30:18 Great.

Client: 30:19 Uhm who else, who else. I can even enroll everyone in my program, right. The one I'm going to be starting, so for sure.

Coach: 30:32 Yes. Great. So it sounds like you have quite a community there of people, of colorful people, I should say, since they're all in your color pile, that can help you, you know show you if you're red or green or blue or yellow [laughter] how you're showing up.-

Client: 30:45 Mm-hmm.

Coach: 30:47 Yeah. And then you also said writing in your journal and watching inspiring videos. So there's quite a collection of action items that you've come up with. How do you feel about them?

Client: 31:06 Yeah it's uhm. It's stuff that I've done in the past and it's for me to recreate those habits right, because I know that it feels amazing when I do that and for some reason I'm not taking the actions of doing it for, it's as if I really refuse to play big in the world. I'm in my own way and I get it, uhm and those are amazing and I look forward to doing it again and uhm there's resistance right there. So I'll be honest in saying that. Like I've done all that in the past and I know it feels good and right now it would feel good to do it still and I'm resisting it.

Karen coaching Nancy 2 transcript

Coach: 31:50 Yeah.

Client: 31:52 So what I'll say right now is that ah tomorrow morning I will definitely write in my journal and watch an inspiring video. Okay so, even though I don't want to.

Coach: 32:12 Yes, it's part of the fake it til you make that you had mentioned in your original intake forms for these sessions is that you sort of wanted to adopt that fake it til you make it philosophy and it sounds like this is part of doing that.

Client: 32:28 Exactly, tricking the ego.

Coach: 32:30 Yes.

Client: 32:31 Yep.

Coach: 32:31 Yes, yes, yes. So, Nancy, I want to check in here you know looking at the beginning of the call, you know what you wanted by the end of the session was to be excited about some things that you could be in action about. How are we doing so far?

Client: 32:51 Uhm, excited is not the word I would use.

Coach: 32:53 Okay.

Client: 32:54 However, things are clearer. Like I like the analogy of having three piles of dirty clothes and then having separated them ah clearly and then having one action where you know I can focus on one pile right now, I don't need to do it all and I can focus on one and uhm it's encouraging. I'm clear about an action and I'm clear about a next step. And even though I'm not excited because I don't want to do the action, I'm still very happy that you know I've got that clarity.

Coach: 33:34 Wonderful. Great. Yeah, and I can really hear this excitement in your voice and the clarity. And uhm, so you know, sometimes we set out to have a goal of being excited and maybe it's a case that it sound, what I'm hearing is that you may not be excited now but you're on your path and at least you're feeling happier about it and-

Client: 33:57 Mm-hmm.

Coach: 33:57 Great. Perfect. So, Nancy, is there anything else around the topic of our call today that you'd like to talk about?

Client: 34:08 No. Nothing's left.

Coach: 34:11 Great. Nothing left, that is fantastic then we've had a successful call hopefully. [laughter].

Client: 34:15 Yep. Yep.

Coach: 34:18 Great. Well, I want to thank you for your time again and I'm just going to stop the recording and just to stay on the line, all right?

Client: 34:25 Okay. Sounds great.

Karen coaching Nancy 2 transcript

Coach: 34:26 Thanks Nancy.