

## Larry coaching Kelley transcript

[silence]

CLIENT 00:15                   What am I doing? Great. Got it. [client laughing]

COACH 00:18                   You appeared and you disappeared.

CLIENT 00:24                   Hello.

COACH 00:25                   How are you?

CLIENT 00:26                   I'm good. How are you?

COACH 00:28                   I'm doing well, thank you.

CLIENT 00:30                   Yeah. How's today going?

COACH 00:34                   My day is going great. Yes um. I want to thank you for allowing me to record this call for mentoring purposes. Um and yeah, I'm doing good. The weather's nice. I have a tree outside that has a bunch of crows all the time, so that's [inaudible]. And I used to not like it, and I've kind of gotten used to it, and now I like it. So that's what I'm looking at. I'm watching five crows in this big tree outside.

CLIENT 01:08                   With the swallows. They're trying to nest under our porch and our pergola. And we have to get out there with a broom and get away. It's like my husband's favorite job. It's hilarious. So, yeah, when we first moved here, it's a little bit out so we can hear the wind. And I used to find it a little depressing or icky. And now I kind of like it too. It feels big. And anyways, it's hot here. It's like record high.

COACH 01:36                   Is it?

CLIENT 01:37                   Still. Yeah. Last weekend was really hot in this weekend's to be really hot. It's not this hot until July usually. And it's starting early.

COACH 01:49                   What does that mean for you?

CLIENT 01:53                   It just means summer is going to be really long. Summer's always really-- sorry there's a fly in here. The summer is always really long, but it's-- long. It's going to be long. Yeah.

COACH 02:04                   Yeah. I'm sorry to hear that. Our temperatures here don't fluctuate that much. We're always in the low 60s.

CLIENT 02:11                   Really? That's kind of chilly.

COACH 02:14                   It's kind of chilly.

CLIENT 02:15                   Yeah. It's not exactly shorts weather.

COACH 02:18                   No. So it never gets too high or too low, but yeah. What um. How's your energy as you're coming in here right now?

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- CLIENT 02:33                    Good. I just had a lunch club meeting, and I got off the phone. And this girl that I spoke to, she was young and she was coming off of COVID. She was a life coach, but now she's just kind of trying to figure herself out. So it was really interesting to hear her speak and really kind of inspiring to hear. She's just showing up and that's enough. And so I think that I really enjoyed speaking to her, and it's been a good day.
- COACH 03:12                    We're late. I know you have a topic, but what resonated with you when the fact that she just showed up?
- CLIENT 03:21                    I kind of felt like a little Mama bear, a little bit like I wanted to high five. I was like, "High five, girl, you're showing up and you're doing a great job." And it put me in a little bit of a teaching, which is where I'm the happiest, teaching. I wasn't coaching her, talking to her like this, but we were having this very nice, vulnerable conversation, which is my favorite thing to do in lunch club. And so it was just nice to have her be there because I know it probably wasn't the easiest thing for her to do that and I hope I brightened her day a little bit by recognizing that too. So anyways, it was fun. It was nice. Yeah.
- COACH 04:09                    That's awesome. I'm glad you had that conversation. And what did you bring for coaching today?
- CLIENT 04:18                    What did I bring for coaching day? I have a question, and I know you're recording this, but you're also a member of mine, and I kind of don't know. Am I allowed to use this time to ask you a question about Shackley or is that on our own time through email?
- COACH 04:33                    Um, it would be better if it's on our own time through email or after I stop the recording at the end if you want, we can talk about that.
- CLIENT 04:41                    Perfect. Cool. It's just one little question, but we'll talk about that later. So I brought a couple of things to the table. I loved your email, by the way. I took some notes, and I'm like, I understood everything that we talked about in that conversation. Good for me. And then I read your email, and I was like, oh, that's how Larry heard that. Let me just kind of think on that a minute. So it's nice to see it. I told that girl a story about-- she's 26. And so I remember when I was 26, I'm like, light bulbs went off, and one of them was like, I think I've told you this before. Someone had to tell me what I was good at, and I hadn't really thought about it in that way. And so I think hearing people regurgitate your own words to you is a really useful tool for me. My brain understands that very well. So it was nice to read those words and have that in writing to refer back to.
- COACH 05:42                    Good. Yeah. I'm glad. Coaching is a lot of that kind of duplicating back to you what you're saying.
- CLIENT 05:49                    Mm-hmm. Mm-hmm.
- COACH 05:53                    Good.

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- CLIENT 05:54                   And not bringing your own business to the table, right? Not always easy.
- COACH 06:00                   Yeah. This is all about you. I'm you know only here to support you. That's the space here.
- CLIENT 06:06                   Yeah. She's wanting to be or she was a life coach or whatever. And I was like, are you still doing that? And she was like, only to myself. I was like, oh, baby. Okay.
- COACH 06:20                   So was there something on there that resonates most with you that you want to talk about today or?
- CLIENT 06:27                   The thing that I kind of wanted to talk about today is a little bit of exploring. Because I read your email once and loved it and it's how I looked at it again to be honest. But I haven't [inaudible]. So we've talked a lot about mindset and confidence, and this is kind of being I'm working on this piece of play, this moment in my life. And I got a little tough love from my mentor the other day, which I appreciated. And I was in a moment to hear it and take it instead of be like, he's mad at me or whatever because I'm a little sensitive flower about that sometimes. But she used a word and I text her today and I was like, hey, what's that word you used? And she didn't text me back yet because she's busy too. So we're having this conversation and I think I told you this last time, but here's how the conversation started. I was like, something happened where we were talking about another friend about belief in her business. I don't know if you remember just me telling you this, but my friend was like, I just don't think she really believes that she's going to be successful about that.
- CLIENT 07:43                   I don't really think that she takes it that seriously. And so in my mind, if she's doing that and whatever and it was kind of like it scared the shit out of me because I was like, oh, my God, do people think that about me? Is that why people aren't taking me seriously? Can they see that I don't believe that I'll [inaudible] but do I [inaudible]. So it was really like a moment for me, and I think it scares the shit out of me because there rang some truth in there for me, where I want to be and where I think I am. There's some disconnection, which is like the mindset work we're working on. So I think the word she used when she was describing me, my mentor, she was like, "For example, when you get on Facebook Live and you're promoting something," she's like, "your friend over here is like, 'Look at this cool, shiny thing. It's awesome, and it's going to benefit you because of this. And let's do this.' When I'm like, 'If you want to. If it works for me, it's like, totally cool. Da, da, da, da, da.'" And I think she used the word trepidation, and I just Googled the word trepidation. It doesn't really feel right, but it was something like that. She was like, "When you're speaking to people that you know from your past or that are going to judge you, then you have some-- or have room to judge you because they know you in your past and in your future, like friends and family, you have a little bit of trepidation, a little bit of hiding, a little bit."
- CLIENT 09:10                   She was like, "When you're coaching people that show up to a call that you're hosting, you're not like that. You're standing tall. You're standing proud. You

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know what you're talking about." And I do have that. And I guess I have a really big fear of people judging me, even though I don't feel that. I don't feel like I care what people think, but maybe I really do. So I kind of wanted to explore that a little bit like. Why is it such a big difference? And I don't want to care. I want to work through that because it doesn't matter. It really doesn't matter. In my same mind. I know that, but my actions speak differently, and I think it's because I think people have me in a box already, whether it's like teacher box or friend box or a College friend box or I've known you my whole life. You're kind of like my little sister box, you know what I mean? And I'm wanting to grow out of that, and I want them to recognize me for that. But like I said, I don't think that's their business. I think that's my business you know. I'm just talking in circles. This is what I like to do. [laughter] I know.

- COACH 10:30 I want to acknowledge the ah these kind of insights that you have got about yourself. And I heard there was some hesitation and hiding when you are in interactions with people that you know well. As opposed to when you're coaching or teaching people that you don't know, there is no hesitation, no fear of judgment, and you wanting to be, I guess, consistent and be the same way in both situations. Is that what I hear?
- CLIENT 11:17 Mm-hmm.
- COACH 11:18 Okay. And where would you like to be relation to this topic kind of by the end of this call? Kind of what would serve you around this?
- CLIENT 11:41 Well, you know I love an action step. I don't know what that looks like, but that's always fun. And then I don't know it's a little silly. The word that keeps coming to my brain is belief, but that's what I mean, and we have like 40 minutes. Maybe start to pull back the curtains of that a little bit, maybe. And so that would be helpful, but that's kind of what I wanted to explore. What is that and what's that about?
- COACH 12:18 Yeah, you used the word belief. What does that mean to you?
- CLIENT 12:23 I know what I don't want-- I know what I don't want it to mean. I'm not exactly sure what I want it to mean. This is a little bit of the struggle. So do you remember that story I was telling you about, about the girl and the belief in her coach? Okay. So it became so clear to me when my friend made that observation, like, "She just doesn't really believe in herself or her business or her success." And I did not want that. I think that's why I have such a visceral reaction because I was like, "I do not want my friend-- she's a member of mine, too, my friend to think that about me. I don't want my family to think that about me. I don't want my new people to think that about me," like, "Oh, she's just not taking herself or her whatever that seriously because she just doesn't really believe in it. It's just kind of a thing she's doing." I did not want that not. So what's the opposite of that? That's kind of what I've been trying to put some words into. And I think that trepidation is kind of like-- that was the feeling, and then this is like the mirror. Because I was telling my mentor this, and she was like, "Mm-mm, yeah, I could see that." And she wasn't calling me

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out. She was just making an observation about something that I know to be a habit or whatever it may be. I know it to be true. So I want people to believe in what I'm doing, too. And when I speak to them to think I'm convicted or feel the conviction that I feel. Let me stumble over that, too. That's ironic.

COACH 14:10

Yeah so I'm wondering, you said you want other people to believe in you and believe in your actions and you want to do this, and I'm wondering-- and that you saw this person and it mirrored a fear in you. What if people see that I'm like that as well? And I'm wondering kind of what resonated for you that was true about that?

[silence]

CLIENT 15:11

Let me start with what I don't want, what I don't think about that. So when I think about this girl and her belief in what she's doing, she's taking all the right steps, she's showing up, she's doing the thing, but the spark isn't there, right? And I think that's the belief, and that's what I can personally think about that. And I think she's smart. I think she knows what she's doing. But there's a little something-- and like I said, when I told you that story initially, there's just something I've been trying to put my finger on about this coach. Why isn't-- she's a good coach I'm sore. I'm sweaty. But why is there a little bit of connect. And I think it's that spark and that belief. And I think that's what resonated for me is that I can clearly see that in her or lack thereof or whatever. And I'm not trying to judge this girl. I love her, whatever, but I'm just trying to figure out what it means for me. But, yeah, I want to have that spark. I want people to see it. I want people to relate to it. I want people to-- I'm not saying I want to convince people about anything. If we could talk about things, great. But I'd like to be that. I'd like to have that spark. I'd like to be seen as that.

COACH 16:54

You want that spark, and that spark is present when you're coaching people that you don't know. But that spark leaves the room when you're coaching people that you do know, and it's replaced by trepidation and hiding. Do I have that right?

CLIENT 17:19

That's a good summary. Yeah.

COACH 17:24

How would you measure if you had that spark? How would you know if you have it?

CLIENT 17:37

Well, I'm a feelings person, so feelings. I don't really know how to actually measure it. But when you're talking to somebody and it's like a little magic happens. You relate on things and it gets a little bit deeper, not just like surface level. I was about to say below the surface. That didn't make sense. Or when you're talking to someone and it feels a little tense or a little icky or a little awkward. I think that's how I would measure it today. But if I could physically measure it-- I don't know. It's like us pouring into each other's cups and instead of holding our own cup like this. I don't know. I don't know how to measure it.

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- COACH 18:29                    Yeah. And you talk about feelings. So when you have that spark, what feelings are present for you?
- CLIENT 18:38                    I feel confident, I feel excited, I feel motivated. And when it's not there, I feel awkward and I feel small and I feel like I don't want to feel those things. It's like, "What are we doing? Let's not go there." That's like, gross.
- COACH 19:08                    And if you were able to have that spark in all situations, what would change for you?
- CLIENT 19:18                    I think I could let go of that inner voice. Like, "Oh, if I talk about my business to this friend, she's going to get annoyed." Or, "If I ask her to do--" I don't know. I think that just kind of like letting go of that stuff and just being-- and I think this is what I try to do anyways, is try to just enjoy, especially with friends and people and family. We don't get to see each other that often, and we have little kids and everyone's busy and blah, blah, blah. So it's just like-- just making that time I'm enjoyable and being grateful for that time that we have. Did I answer your question? I forgot your question. I got in my head a little bit.
- COACH 20:13                    No, no, no. You're fine.
- CLIENT 20:15                    What would change for me if I could let it go and try to have the spark? Okay. What would change for me is a little bit of letting go of that care if they're judging me.
- COACH 20:29                    Okay. So you are able to be able to have that spark at all times.
- CLIENT 20:37                    And I want people, especially these people that are like, "I guess if I feel like if I do this thing, they're going to think weird about me," I want them to see it too and be with me on this and believe in what I'm doing next in this next chapter of my life and all the things. But honestly, in my sane mind-- in my heart, I'm like, "That'd be so great." But in my sane mind, it's like, "They're busy too, Kelly. The whole world doesn't revolve around [laughter] [inaudible]." And it's okay if they don't think that. Like I said, it's not my business. But I want that. I still crave that as an Enneagram 2. I still want the approval.
- COACH 21:18                    Yeah. So you want the spark, and you also want people to see the spark in you.
- CLIENT 21:25                    Yeah.
- COACH 21:27                    Yeah. So where do you want to start exploring around this that would kind of help us figure out how to give you the spark consistently?
- CLIENT 21:46                    Well, the next thing I have on my list - so this is kind of like an action-y thing - is affirmations. Do you do affirmations? Do you coach on affirmations?
- COACH 22:02                    As a tool? Yeah, that's a tool. What are you hoping affirmations will do around this for you?
- CLIENT 22:12                    I've been thinking I kind of need to put into specific words my belief or my definition of my spark or whatever this means in my words. It's very easy to read and be inspired and hear a great speaker, and all that's great. All that's

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great. All that's great. But what does that mean for me? And how do I speak life in my own words over my day, my week, my business, my family? What are the words that will make sense for me? Words are a little tough. I don't know. There comes a time of the day where there's no more texting for me because it's just like, I can't. Like I just don't even know what I'm saying anymore. I can't do it. So I kind of stumble over those. But especially taking these ideas that we're talking about and just putting them down in a way that makes sense for me.

COACH 23:17            So if "spark" was the mother word, let's say um, what would the affiliate or children word of that word be for you?

CLIENT 23:36            Oh, this is fun. What does spark give birth to? I don't know. There's so many words. Let's think about it. Well, I just said "believe." I just said "life." I just said "conviction." It goes along with teaching, but "empowerment" has been a great word that I really like, that I aspire to, kind of. That feels like a start.

COACH 24:30            Yeah, and I noticed when you said "conviction," you said it with a lot of conviction.

CLIENT 24:37            Look at me go.

COACH 24:40            How does it feel when you say that word?

CLIENT 24:43            It feels almost like I can see it, you know? It feels almost like it changes when you say like, "love." It's like, "conviction," like it kind of-- it has its own posture. It with its own look.

COACH 25:02            Yeah, what does it look like?

CLIENT 25:05            It looks strong. It looks strong. It looks a little unshakable.

[silence]

CLIENT 25:21            It looks like the rock in the river. Okay, so I've used this metaphor a bunch lately. As a mom, I have to be the river. She goes down, and you have to be ready to flow with the river. But as conviction as the rock, no matter what is moving around it, it's steady, it's steadfast. That's what it looks like. It looks like a rock. And that's so crazy like just that is in my brain because as a mom, I don't want to be the rock. I'm not saying I'm not the bedrock of my family. That's not what I'm saying. I don't want to be stuck and as things are moving around me, and I'm fighting it. That type of rock, like I'm in the way. You know what I mean? I want to slowly go with the flow. Let's keep things moving. Let's be healthy as the river. But as in what I'm thinking about, professionally conviction, the rock looks like-- the river just looks like anything could come at it, and it's steadfast and it's okay.

COACH 26:23            The river keeps flowing no matter what comes at it.

CLIENT 26:26            Yeah.

COACH 26:29            Love that.

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- CLIENT 26:30 Great. Me too. [laughter]
- COACH 26:33 Yeah. You said strong, unshakable. How does it feel for you to relate to yourself that way?
- CLIENT 26:42 It has a little bit of clarity. That's what I'm saying about words. It really helps me get a little clarity on some things in specific words I think is what is helpful.
- COACH 27:01 Yeah. So around your topic and wanting to not hide, not have trepidation when you're coaching people that you know, what's in the way, then, of the river flowing in those moments?
- CLIENT 27:43 I guess my assumptions is to say it nicely, but sometimes I just feel like they're like, "God, I don't want to hear it from you." Like I said, in my sane mind, that is okay. Sometimes they don't need to hear it. You don't need to hear it from your best friend. You need to hear it from a professional life coach or something. You know what I'm saying? I get it. But I think just taking away those assumptions because that's making me feel icky right off the bat. We haven't even had an interaction, and I'm already like, "Man, I'm weird. They think I'm weird. They hate me. They don't want to hear about it from me." That's an inside job. That's not real. It could be real in our conversation that we might have, but walking in with that is weird. [laughter] So I think that those assumptions are just not helpful for anybody. That's where a little bit of that insecurity is.
- COACH 28:53 Yeah. You look like you're uhm getting a bit of clarity what is that?
- CLIENT 29:05 it's okay to feel that way. And it's okay that maybe you have made a mistake or made assumptions or been awkward or whatever it is That's okay. That's just from now on, maybe be aware and be aware of that within me and then just either let it go or make a move on that or don't. I had a friend say to me the other day, this kind of reminds me of the conversation we had. She was like, "Nobody's perfect. Everybody's busy. Everybody's just worried about themselves." So if you, like, had a weird interaction with somebody or someone ghosted you or whatever, the very next thing that happens, you're already over it. It's like, "Here, I sent a weird text," or like, "I feel weird about this," or, "My assumptions are this," and then the river just keeps on going. But she did that with her hand. And so that was a little reassuring to me because you can beat yourself up about stuff that doesn't matter. People don't even think about it, and everybody's guilty about that. You've seen those memes where it's like, "I woke up at 3:00 AM, and I'm embarrassed about something I said ten years ago." Nobody cares. Nobody cares except you. And so I think kind of being a little bit quicker on the fly with that and a little bit confident of like, "It's going to be okay."
- COACH 30:43 Can I reflect something to you? Thank you. I'm hearing what you say ah, the word judgments, a lot of self-judgments. How does that land when I say that?



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- CLIENT 31:01 I guess it's me being a little hard on myself and then maybe a little bit of ego. Maybe I need to work through how I think I want to be or how I think I am. And it's like, "Wow, Kelly, you think that you could say somebody that they're going to judge you so hard that it's going to affect their life?" You don't have that type of power over somebody. Why would you think that? Take a step back. You're giving yourself a little bit too much credit. You're not giving them enough credit. So I think that maybe it looks like being a little hard on myself and a little, yeah, that's kind of what it feels like.
- COACH 31:53 So would you say that part of what's stopping the river from flowing is this rock that's being hard on yourself?
- CLIENT 32:04 Yeah, it's definitely me. It's definitely me. It's not anything else. You're saying you believe that we all have the tools to do the thing or we have inside what we need. We just kind of have to tap into that. It's for sure me that's holding me back.
- COACH 32:30 So what belief about you do you want to change so that the river keeps flowing freely?
- CLIENT 32:44 That's a big one. I don't know. Right when you said that, I kind of just clammed up. And it's not that I don't want to answer that, it just feels like I don't want to be really self-critical and be like, "Well I need to change this, and I stuck with this, and blah blah blah, me, me I don't want to do that. And I want to be I want to know what it like actually is. And it might take a second for me to work on me like a chisel on the rock.
- COACH 33:16 Yeah. Thank you for being honest. So it sounds like um you want a little more clarity on what that is first, with that rock that's kind of blocking the flow what that is. Is that what I'm hearing?
- CLIENT 33:40 Yeah. Do you remember the way you asked that question? I want to write it down.
- COACH 33:44 The original question.
- CLIENT 33:45 Mm-hmm.
- COACH 33:47 Yeah. I said, what belief about yourself do you want to change so that the river flows freely?
- [silence]
- CLIENT 34:27 Thank you. Okay. I just wanted to write that down to get it out of my brain. I wrote that question down, and I wrote clarity on insecurity assumptions. Care about what others think. Self judgy. Those are the things we've been talking about. Okay, thanks. I can't text and talk at the same time, nor write and talk at the same time.

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- COACH 34:50            Yeah, I completely understand that. Where are you now on the clarity about what you need to shift to have that spark all the time? Where are you right now on that?
- CLIENT 35:23           I'm a little foggy, like a little muddled. I guess we stirred the river up. This is fun. This analogy is fun today, but I'm excited to read back over your email and to put some affirmations, whatever that means, down and kind of pen to paper about that and kind of go there and see what comes up.
- COACH 35:55            Who would you be if the river was constantly flowing and nothing was hindering it?
- CLIENT 36:24           I don't know. Part of me is like, my bad self, and part of me is like, that's not reality. There's ebbs and flows, there's change, there's good times, there's bad times, things change and debris falls on the river or whatever. But I think I would be a little bit more connected to me standing in my own two feet, standing a little bit taller in my posture, which is always what I'm striving for. I think that's what I would be if I just trusted that spark and worked for that spark and honored that spark, and all those things. So I think ideally, that's what it would feel like, or that's who I would be is a little bit more me-- a little bit more who I want to be-- who I think I want to be. And maybe what I just said about the debris, maybe that is just self-doubt creeping in. I mean, things happen. Of course, things happen, but why did I have to say that first? That was weird, so. Yeah.
- COACH 37:54            What did you realize just now about the debris and you saying that first, and you seem like you had something there?
- CLIENT 38:03           Yeah, it was just like, "Why the hesitation?" I hesitated and kind of working through that. That's just kind of the thing, the trepidation, the fear, whatever. I guess maybe that's the default setting. Sorry. There's a squirrel on the fence. Squirrel, but for real. So, yeah, that's kind of what I realized is, "Why does that come up first?" And I guess if that does come up first, I think that's why I like the action tactile things to work through that quick.
- COACH 38:52            So the trepidation is the default mode, so to speak. So you see that, and you're recognizing, "Okay, I need some tools to get me out of that mode." Yeah. Okay. And what comes to mind when you're thinking of action steps, stop to experience with, what do you think?
- CLIENT 39:29           I've been kind of in this working through, thinking about, writing things down, journaling, doing a little reading, blah, blah, blah. And I love it. It has given me some clarity. It has given me-- but really, it's given me a lot of motivation. And just like, "All right, enough of that. Go outside and take a walk. Clear your mind. Enough of the bullshit." I'm not trying to be hard on myself, but, "Let's go. Okay, great. Great. Let's go ahead and do something with this." And how you said in our first meeting, "Take a big swing," or. And I feel like that's kind of what I'm working on right now as we speak, doing a couple of projects, and it feels really good. But to have this as a dropping-off point or clarity is like a

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really nice-- that feels like, "Oh, yeah. I want another sip of that." To have those tools and to strive for clarity, that is exciting to me.

COACH 40:45

Yeah. I'm picturing you kind of going somewhere in a meeting or whatever, and immediately checking the river and seeing, well, is there debris there? And then taking the debris out before you kind of focus.

CLIENT 41:12

I love that. Yeah. Or just acknowledging what's going on in the river right now. Where do we want the river to be? That's wonderful. I love that because we've been talking about this analogy. It obviously resonates. I was reading a book called *Untamed* by Glennon Doyle. I think I mentioned the last time I was reading it. Anyways, she calls it the knowing, where she gets really still, and she just kind of sinks down into herself. And I guess it's prayer or meditation or whatever. It's her gut. It's basically how I read it. But she was like, "I don't do anything without the knowing." And I was like, interesting for her if it doesn't speak directly to you. But I was like, what a great-- and that has become her default setting to make business decisions, to make life decisions, to just take a quick check-in; see where we're at and make a decision from that authentic, best self place. And that's to kind of take a breath and to take a little minute, scan the river, check the weather. What's happening? Was there a storm yesterday? What's in the river today? That is a really great suggestion, Larry. I'm loving it.

COACH 42:39

Yeah. I'm so glad. And you did all the work, so I want to acknowledge you for that. Having that in mind, what do you want to commit to doing from now on around this? When you get into a situation where you feel it could be trepidation, what do you want to commit to doing?

CLIENT 43:07

I love the idea of scanning the river. And I think what just came up was kind of writing down maybe some questions like, is there debris? Is the rock sturdy? Questions that make sense to me in my brain, like what does the river look like today? Maybe some specific definitions about what the river is. Like, am I the river? Or is the situation-- things like that. Because right now it feels very metaphory, and I love it. But maybe have some specific things to get some-- like how we're saying specific questions to ask about to gain clarity before walking into a situation or before taking action or before planning a project and just checking the river. I love that so much. It's so good.

COACH 44:06

So when will you commit to formulating and having those questions?

CLIENT 44:14

We are flying out. We have a trip next week, so we're flying on Sunday. So I think it's going to be a little busy until then to get my kids taken care of and the bags packed and all the things. But I think Sunday is a really nice time for me to do that on the airplane.

COACH 44:38

So Sunday on the airplane, you'll write down those questions, and what supports do you think you need to help you do that?

CLIENT 45:02

I don't know if it's a self-journey. My husband will be right next to me. And maybe it'll be a moment where we can have that type of conversation when

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you get away from the kids, and you're like, "Let's talk about dreams and aspirations and visions," instead of like, "What's for dinner?" [laughter] Maybe that'll give us a little moment together to connect on things like that. And I'm going to see my business team. So I'm excited to kind of share this metaphor with them, see what they kind of think about it. Those are my accountability partners. Those are the people that I work with every weekend. So, I'm so excited to have them. So, I will feel very supported next week and loved. And I'm very excited about that. So, I think, maybe, the support is like, "Don't forget a piece of paper and your earbuds so you can concentrate." [laughter] Instead of like, "Oh my God, I'm on an airplane. Yay." [laughter]

COACH 46:01

"Bring paper and earbuds," your reminder to do this.

CLIENT 46:07

Sure.

COACH 46:09

And how will you remember to bring paper and earbuds?

CLIENT 46:13

I've been loving my little book lately that I've been taking some notes in, and my cute little pen that's right in here. And it's so great. Maybe just tossing that in. There's some clothes on the bed. I'll go to toss that in real quick, too. And so, yeah.

COACH 46:31

And how will you keep yourself accountable around this action?

CLIENT 46:42

You. No, I'm just kidding. I don't know. I think I feel very excited to do it. I feel like I can't wait to do it. I can't wait to just take a moment and get back to that after I pick the kids up from school and go to swim class and shop for groceries and put the things in the freezer and take care of the cat. I'm excited to get back to this.

COACH 47:04

Awesome. And what have you learned about yourself in this session?

CLIENT 47:17

I think, a little bit change of phrase. And I think that's kind of the whole theme of this is just a little bit of vision shift. I'm sorry. There was a loss. Instead of, "I struggle with words," it becoming, "I just need a little clarity. I'm going to get some clarity on this."

COACH 47:47

Yeah. And I heard so much more conviction in your voice as you were saying that.

CLIENT 47:52

Yeah. It feels better. Yeah. It doesn't feel great to be icky and unsure. [laughter]

COACH 48:06

And I really want to acknowledge the work that you've done in this session to create this shift and this insight. And, yeah. I'm really excited for you to formulate those questions that will help you clear the river ahead of time, ahead of these meetings, so that you have that spark. It's amazing.

CLIENT 48:32

Totally. That's fun. Because it's still showing up in being in support of your friend, but also checking in with like, "What's going on with you?" And anyway, it's good. It's good all around. So, yeah. Thanks for that. That's really fun.

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- COACH 48:51                    Yeah. And what would you like to say to end the session or end the recording?
- CLIENT 49:00                    I want to say thanks. Yeah. I've told 100 people that we were doing this. And I'm so excited to keep working together. I am out of town next weekend. I'll miss you very much. I'll talk to you after that. But I just want to say thanks. Because I said that story about I didn't understand what I was good at until someone told me. Or, I couldn't formulate it in towards, or have clarity, or whatever we're talking about, until someone was like, "Kelly, you're really good at wearing lots of hats." It was so simple. And I think that getting clarity makes things simple and approachable and workable and all the good stuff. So I wanted to say thanks. It's really empowering.
- COACH 49:42                    Yeah. Thank you. Thank you for showing up, and for showing up authentically, and with all of yourself. Amazing work.
- CLIENT 49:52                    Yeah. Let's go get that spark. [laughter]
- COACH 49:55                    [laughter] I'll stop the recording.