

Natalie coaching Shalom transcript

Coach (00:00): So it's, um, great to talk to you. Um, Shalom, and as I mentioned, I'm recording the session, um, for us today as well. So, um, you, you actually initiated the coaching session. You were quite keen to, to catch up, um, I recall earlier. [Yeah] So was there something on your mind or would you like to gimme an overview of what you're thinking at the moment?

Client (00:21): Yeah, a couple of things are on my mind um. I know that we had a discussion quite some time ago, um, and I know that I've had coaching on, um, on this particular, uh, topic, um, previously as well when I was doing the course and so forth. But basically one of the things that, um, had been on my mind was just, um, uh, I guess advancing within the organization, which I'm in, um, given the fact that, um, I believe that there's a bit of a ceiling there in, in terms of, um, uh, structure. So, um, I think my, maybe my expectations are higher than what, um, what the, um, um, I guess, um, what the promise is within the organization.

Client (01:02) Um, the other one also is, um, I've just recently been diagnosed with something, it's a health condition and, um, um, and I'm a little bit scared and frightened, um, in terms of, um, one, how it's gonna go, but secondly, um, um, the impact that, that might have now on my work, um, because, um, I have had a week off already and I'm taking next week off, um, for tests and so forth.

Client (01:27): So, and I know that, um, in January and February, I will have to do something similar. And, um, I've just recently had a discussion with my manager a few days ago in fact, and she was talking to me about, um, all the great you bute things that are gonna be happening between January through to March and how it's already ramped up. And, um, she's got a full calendar for me of stuff to do. So I'm kind of, I haven't broached her, broached the, the topic on of, um, me taking time off in January. But, um, I know that it's gonna happen in January or February. So it's a question of how do I kind of navigate through that. Um, I mean, look, so far the company's been really, really helpful, um, and, uh, and supportive, um, um, when I did need to take time off. So that's been great.

Client (02:11): But, um, I guess just moving forward, I just wonder how, you know, how, um, I guess patient to company will actually be, and I don't wanna lose my job and, you know, obviously by New South Wales law, you can't, um, if it's something health related, but certainly, um, I wouldn't want it to get into a, a yucky situation. <laugh>.

Coach (2:31) Yeah. Yeah.

Client (2:33) So, yeah. Yeah. So they're the two, two major things I guess that I had on my mind. Um, but I guess the most pressing one, um, would be the, um, the second one being the, um, the health related scenario.

Coach (02:51): Well, I, I'm more than happy to talk to you about it, um, Shalom and also, you know, see what we can achieve from a coaching point of view. Uh, I suppose the thing that comes up for me as well is, is it, is it coaching that you want here or perhaps counseling or some other form of support?

Natalie coaching Shalom transcript

Client (03:08): Um, not so much counseling. Thank you. Um, more so coaching in terms of how do I actually, um, yeah, I, I guess I'm a little bit stuck as to what do I need to do to ensure that, um, I guess I'm still top of mind, um, profile wise within the organization, given the role that I have, um, and maintaining that because it's a fairly competitive environment, yet still manage, um, to take time away from the business, knowing that other, other, um, uh, colleagues, um, peers will be assuming some of the work that I might have done if I had been there. [Mm-hmm] Um, so yeah, [Okay] that, so coaching around those things.

Coach (03:56): No, well that's, that's fine. I mean, I, I'm more than happy to coach you on the topic as well, so we can, we can find out what we can find out together that's really fine. I just thought it might be worthwhile checking in with you that's all.

Client (04:06): Thanks.

Coach (04:08): So what, um, in terms of the time that we have available too, and, you know, I can make more time available, um, as well. So, you know, we don't have to achieve it all today, but was there, what is it you'd like to go after, um, in relation to this topic, just in the time we have available?

Client (04:26): Um, I guess. Um, uh, let me see um. I guess it was more so around, um, with the time that we have today I guess just the, the first couple of steps that I would need to take, um, um, and how I approach the, the topic of having to, to take more time off in, in January, February, knowing that, um, the business breaks up at the end of December, given the fact that I'm away through till the 16th of December now. Um, um, and that's, um, health related. So, uh, I guess, um, approaching my, my manager, um, in that period, um, but presenting it in a, in a positive light in terms of, um, how I might be able to, to manage, um, what I'm, what I have on in January, um, whilst I have time off.

Coach (05:33): Yeah, absolutely. Yeah. And, and I know, you know, I just wanna acknowledge that there's a lot going on for you as well <laugh> sat the moment so [I know]. I feel like it's natural to kind of wanna get on with it and take steps and, and, you know, manage the situation.

Client (05:48): Um, look, I, I, to be fair to you, um, I'll mention to you what it is. I was recently diagnosed, um, uh, probably about a week and a half now with, um, cancer.

Coach (05:58): Okay, sure, sure.

Client (05:59): It's pretty, pretty awful. Um, it's in, its very first early, well, early stages, as I was told about three weeks ago. Um, yeah. So I'm taking, uh, I'm not going straight in for a surgery, um, even though all the medicos are, are pushing for that fairly urgently, um, because it's in its first stage, I have faith and I, I really believe that I need to research everything and, which is what I have been doing the last couple of weeks, um, and taking a more natural, um, alternative route, um, to see if that can help minimize the tumor and what might be there, um, for me then

Natalie coaching Shalom transcript

to make the, the step forward to maybe doing some surgery, but certainly, um, uh, not as drastic surgery as what they're currently suggesting so.

Coach (06:43): Yeah. Yeah. Well, I mean, thank you for feeling that you can share that, really. Thank you. Um, I, I do feel for you.

Client (06:52): Thanks. Thanks.

Coach (06:54): So at the, you know, I, at the same time, I, I know that you wanna get on with steps with approaching your manager. So what, what, how, how do you wanna move this forward?

Client (07:09): Um, I guess, I guess what, what I don't want to happen is to slip, um, to, when I say that I, I don't want my, um, my profile within the organization to slip um, in the meantime. Basically I'm, I'm heading off to a, um, um, a retreat, um, uh, as of Tuesday for a week. Um, and that's pretty much to it. It's an alternative retreat [Mm-hmm], um, to try to minimize everything, um, with, with the tumor, um, pretty much utilizing, you know, cannabis, cannabis oil and, and some alternative therapies like that. [Yeah]. Um, and, and so, so in, as a result of doing that, and, and of course, you know, the business doesn't know what I'm actually doing. All that they know is that I'm on a treatment plan or treatment program. Um, but they don't, they don't need to know and they don't know the specifics of it.

Client (08:04): Mm. So basically, I guess what I want to do is ensure that, um, ensure that my management know that I am there, I'm there for the long haul. Um, I don't want the, this particular health matter to impact my ability to, to, um, step up, um, within the organization, um, for whether it be for promotion or, you know, um, secondment positions or anything of that nature. Um, and I don't want, uh, I, I guess I, one of the other points there is I don't want, um, people within the organization to, um, to see me six months down the track as if, oh, that Shalom, Yes, that's right. He had cancer. Um, he's probably not, well, so we won't give him this project, or we won't him that project to do. Cause he might not be able to do it. So I don't want the pity and I don't, cause there is no need for that. And I don't want the, I don't want people seeing me as some, um, I guess ill, sick basket case, <laugh>

Coach (09:09): Yeah. <laugh>

Client (09:12): <laugh> You know what I mean? Like, I, I can't put him near way. It's early in the morning. Yeah. Where <laugh> where where people see me and then, then think, oh, no, no, he's, um, he's probably not the right person. Cause he is, he's not well enough to do that now or so I'll make the decision for him.

Coach (09:29): Yeah.

Client (09:29): Do you know what I mean? Or, or I know that there's a training program that he has to conduct some, or that we need somebody to conduct some training or some coaching,

Natalie coaching Shalom transcript

um, in Adelaide, but we won't fly Shalom there because some, well, he's got a family, but secondly, we don't want him to fall sick again, so we'll give it to Tom, Dick or Harry. Whereas in fact, this year I've done all the traveling for the business. So yeah, <laugh>.

Coach (09:52): Okay. Okay. So we're not gonna, we're not thinking about as, as a poor sick basket case. I like that so. So how, how, so how, what comes up for me then is how do you want the organization to think of you then?

Client (10:04): Um, somebody who's resilient. Um, somebody who, um, um, I guess I guess is a trooper. Um, um, you know, a team player, um, uh, is somebody who, um, always is there, um, and is always there to, um, motivate, um, other team members as well as, um, pick up the slack, um, which is what I've known to always do, um, amongst my peers. So I guess I just don't want to lose, um, my standing ultimately.

Coach (10:44): Yeah. And I suppose what comes up for me is what makes you think that you will? I heard that fear and scared and frightened in the beginning. So what, what makes you think that you might lose your standing?

Client (10:55): That's interesting that you detected that from the beginning. Um, I don't know. I don't know. Um, what is it? Um, maybe it's, maybe it's my own belief. Maybe it's my own belief system thinking that maybe I thought that of other people <laugh>.

Coach (11:15): Okay. Okay. Sure.

Client (11:18): Interesting.

Coach (11:18): Yeah.

Client (11:20): Gosh, um, I mean, I guess nothing really when I think about it, but, gosh, this is an interesting one. Um, because when I have had discussions with my manager about the fact that, you know, this is what I have and I'm gonna need some time off, and I don't know when, but the response has always been, look, the most important thing is, um, I want you quote unquote, I want you to get well, I want you to get your health back together. Um, um, don't worry about your work. It work will always be here. There's, you know, nothing affecting your job. So, um, don't think about it. Um, I've already reallocated this to this person and this to this person. Um, and what we've gotta do in January or February is do X, Y, Z, A, B, C. So in the meantime, before you go away, can you prepare this, this, and this. So the support's been great, um, as is what I would've expected of any, you know, of any decent organization and, and, and, you know, person to whom I report. But I guess maybe that's just my own belief system. Maybe it's just I don't want, I don't want to, I don't want some, yeah. Maybe I, I don't wanna be perceived as that person, but.

Client (12:36): I, I guess I have no control over how somebody perceives me, um, or certainly what they say to me. Um, I guess the only thing I can do is continue, continue, uh, between now

Natalie coaching Shalom transcript

and the time that I do take off, um, in keeping up the momentum in terms of what I need to produce before I go away so they can see that, you know, I haven't kind of tapered off in the last few days. Yeah. Maybe I've self, I don't know, self-diagnosed here and come to my own conclusion on that point. I dunno, <laugh>

Coach (13:12): Well, you certainly gave me goosebumps when you said that <laugh>.

Client (13:18): Um, Yeah. Um, yeah.

Coach (13:23): Keep going.

Client (13:27): No, I'm done.

Coach (13:28): Okay so what sort of shift in belief do you think you need then to really support you through this period?

Client (13:47): I think, um, I think I first need to acknowledge and recognize the fact that, um, I'm not invincible. Um, I'm not Superman. Um, and I think I'm, I know that I've always done this, I've always put a lot of pressure on myself. I've always, um, had such a high standard for the work that I produce and, and what I do and who I am and so forth, and how I present to the big wide world when I open the front door. So I guess I need to kind of just, um, be mindful of that and, and not put so much pressure on myself because then in itself creates a really, um,

Client (14:37): Unnecessary form of stress, which would then also, in hindsight impact further on my health, which is not good, um, as a first. Um, but secondly, um, to acknowledge that that sickness is not always a, a weakness. Um, and that if I see that in other people to accept that everybody gets sick at some point, and it doesn't mean that they're not capable of, of doing things or, or pursuing things. Um, so I guess relating that back to me, um, I know that I'm okay. I'm, uh, physically I'm not a hundred percent at the moment, but that doesn't mean that my mind isn't, isn't together and, and as sharp as what it has been, um, and, and, and is. Um, so therefore, again, it comes down to unnecessary stress, um, and a pressure that I'm, I'm placing on myself. So, um, I guess when I see other people who are either in similar, um, physical situations or, or have been previously to not, not form some kind of mental, um, judgment or opinion, um, but just accept people as, as people that everybody gets sick. So I guess, yeah, when I swing that back to me again, it, it's almost accepting myself as being human and I'm allowed to be sick. <laugh>. Thank you.

Coach (16:12): Oh, yeah. I just, I just love what you just said then.

Client (16:16): Oh wow. That's just struck a chord with me. That's just hit me.

Coach (16:21): Oh God, same.

Natalie coaching Shalom transcript

Client (16:22): Thank you. Um, yeah, so I, I, I just noticed that I'm always doing that. I'm always constantly, um, treating myself as some superhuman machine that I can do everything. And, you know, I'm, I'm the gung ho. Um, and I know I'm kind of seeing like that a little bit in the I and d department. Um, but it's my turn. Um, it's my turn to take the backseat. Um, maybe I've hardly become like this because I have worked my guts out um, for the last two, two or three years with this company. And maybe it's all coming crashing down on me. Maybe that's big wake up call for me from above. Um, wow. Yeah. So I've learned a lot in the, in, in the, certainly over the last month, um, when all this first started, um, about myself and how I wanna live in the future and quality of life and lifestyle and how important that really things really are in life, um, as you can imagine. But, um, it's just been amazing um. I guess <laugh> and I, and I will mention this to you because I think this is a really important piece, um, as part of the whole, and I know I'm jumping here, so I'm sorry, Natalie <laugh>.

Coach (17:39) That's ok. That's ok. Just go for it.

Client (17:44): One, one of the pieces that, um, one of the pieces that I, I did mention to you earlier on, um, was, um, moving forward in the organization and where I go. And so just the other thought, um, uh, that I had in the back of my mind, I, um, a few years ago, I had, um, committed to myself that what I'd really like to do with my career is yes, become that that fluent, um, professional coach, despite the fact that I also do training and some assessing as well, but become that coach, but morph also into a, a motivational speaker. And that's what I'd really love to do. And I don't know whether this part of, you know, divine providence or, you know, maybe I see the dis-ease that I have as a, as a blessing and insight. But maybe this is the journey that I'm meant to take into, um, transforming, um, and, and maybe metamorph, uh, may be, yeah um, um, metamorphing, um, into a speaker with having had firsthand experience in cancer. I don't know. Um, that's interesting. But maybe we'll park that one for the moment. So I just had to get that out and so you can jot that one down. <laugh>

Coach (18:59): <laugh>, yes yes.

Client (19:01): <laugh> But, um, yeah, just, um, yeah, that's where I'm at the moment, so I guess I'm, uh, yeah. Over to you.

Coach (19:12): Well, I just want to acknowledge the humanity, I think. I'm glad that it sounds to me like we've shifted from super machine to the human part of you, which is beautiful.

Client (19:28): Hmm. Yeah. Huh. Yeah. It's been an amazing, amazing time um. It's been incredibly surreal the last, um, the last three weeks. Very, very surreal for me. I, it, I still kind of kick myself, um, you know, wondering whether this is a really bad nightmare that, um, I haven't woken up from yet. Um, and then at other times I think, um, you know, just take one day at a time and that's all I can do. Um, I never ever thought I'd ever be in this situation. Um, you hear of people, you see things on television and so forth, but when it actually happens to yourself and the impact of it actually has on so many people around you, um, directly as well as

Natalie coaching Shalom transcript

indirectly, um, it's quite phenomenal. So yeah, <laugh>, here I am, but I'm okay mentally. I'm okay. And I'm not angry.

Client (20:28): Um, I haven't got angry with the universe. I haven't got angry with myself. Um, it's part of life and it's, it is what it is. So I just need to roll forward and embrace it, celebrate it. And, um, and work with it, and work through it. And I know that I will overcome this. I'm very, very confident. I just have a lot of faith, um, in my own ability, but, um, you know, faith in the universe. Um, but yeah, I do have time. And so I'm, I'm, I'm really taking that kind of, that risk in terms of, um, taking time and, and not going straight into a, an operational surgery.

Coach (21:04) Sure.

Client (21:05): That's ultimately what surgeons want to do. Cause that's all they know. They wanna cut, cause that's what they do. <laugh>, um, that makes perfect sense. Um, the gastroenterologist wants to, um, you know, ensure that I head off to the surgeon and, and go into the operating table because that's what he does. And, you know, do due diligence to their roles. They need to tick those certain boxes. Otherwise they're, there's all sorts of legal ramifications. So I, I, I see it from that, that perspective. But, um, I know that I'm in control of my own destiny, my own life, my own physical being. So I have to do what's right for me. And I've been asking the questions and I've been getting the answers internally. And, um, that's all I can do is follow my gut instinct. So I'm, I'm very confident, um, in that. Um, but yeah, I guess it, a lot of it comes back to how am I gonna present this back to the world, to my work life <laugh>?

Coach (21:58): Yeah, sure, sure, sure. Yeah. So we kind of loop back. I, I'm hearing, um, and, and I was gonna check in with you as well. So, uh, I'm hearing a couple of things. I'm hearing faith and humanity. And I'm also hearing at the same time a sharp mind as well. So I wonder if those things mean anything to you in terms of how you might achieve what you set out to achieve at the beginning of our session, which was broach it with the organization. Does anything come up for you there?

Client (22:35): Um, I guess what I could do is, is have a conversation with my manager prior to, um, heading off on leave. And, um, I guess have a really candid conversation with her around, um, around the situation very briefly, but also around my, my ability capability to perform at a, a fairly high level, whether it be during the, the time in which after a, a possible or probable, uh, operation. Um, whilst I'm resting, maybe having six weeks off or something at, at home, um, that if I'm certainly capable of sitting upright. Um, but I'm happy to be work, I'm happy to work from home, um, uh, because she'll then be able to determine whether, um, I am mentally alert and from the conversation yeah that will be evident. Um, and also highlight to her that the various, uh, things that I will need to achieve in January, February, and that those things, um, are quite possibly, um, yeah, highly possible, highly achievable, um, um, even despite the fact that I may not be technically at work.

Natalie coaching Shalom transcript

Client (23:54): Um, and then within, within that comes the, there's another, another aspect of that that comes to mind is if I've been given, um, or permitted six weeks off, um, recovery, um, maybe business may not want me to work from home, because then there could also be some kind of a legal, um, responsibility that they have. Um, and, um, you know, there could be a case of libel there. Not that I ever would do that, but there's always that, that fear on a, on a, you know, on on a company's behalf. And I totally get that as well. So I guess I need to just take things one day at a time, but I think what, but I think, I just feel like I've come around in a circle and, but, but I think, given the words that you've mentioned, the faith, humanity, and a sharp mind, I think what I can do as a, as a step to move forward is to highlight my, my strength and capability to my manager. Um, because I'm heading off on Tuesday, um, and I probably won't talk to her today. Um, I'll have that conversation on Monday, um, just to let her know that, um, um, she can, um, yeah, I'm there. I'm there as a support to the business, um, as much as I can possibly be during this time. And not to put so much pressure on myself, that's hard for me <laugh>.

Coach (25:17): Yeah. Cause I, cause I definitely just, if I might make an observation, I, I definitely hear the sharp mind kicking in here. And I'm just wondering, uh, I'm not, I can hear you kind of switching your voice from sharp mind to the, the, the other part of you that we found that was embracing your humanity.

Client (25:36): Okay.

Coach (25:38): I dunno if you noticed that at all?

Client (25:40): No I didn't. I didn't notice that at all <laugh>.

Client (25:44): I think I was just so caught up in my own thought process, and I know I'm repeating myself a little bit as well.

Coach (25:48): Yeah, that's okay, that's okay. So how can you bring that, um, and I'm not sure if you even need to, I just offer it to you. How can you really bring the fullness of your humanity to the discussion? I don't even know where that question is coming from. But I heard sharp mind. How can you bring the fullness of your humanity to the discussion? If you want to or need to? Or even if you think it's a question, I don't know <laugh>

Client (26:14): Um, I think during that conversation, just, um, I think this, this is just for me to do this just to be real and possibly also to slow down my, slow down my pace, um, so that when I deliver, I'm just a lot more centered, um, so that I can actually feel the words that I'm saying, um, because that will give her a greater insight into my humanness or humanity. And, um, she'll be able to then see, um, my genuineness or genuinity, um, as to, yeah, this guy really is committed to the business, um, as opposed to me branching and, and, and going off on some tangent, yes, I can do it. I'm still one. I'm still, um, I was gonna say, I'm still Superman. Um, and, um, and, and just throw me anything, throw me anything over the next six to eight weeks, even if I'm sick, I'll still do it.

Natalie coaching Shalom transcript

Client (27:16): I'll still do it because that will probably may well irritate her and she might think, you know what, just forget it, Shalom. Like, you're sick, just accept it. So I think if I, if I just accept it for myself and just, um, be real, um, go with the flow. I don't have to prove anything to anyone. Um, I don't have to prove anything to myself because it's all written, it's all been done before. I think now I need to really focus on me and my health, and so long as I let her know that, you know, um, I will do as much as I can possibly do, um, you know, the, the, in terms of the length of, of time that I will need to take off, it's out of my control at this point. Um, but just for her to know that, you know, um, that won't be exploited and that, that as soon as I can, I will come back to work and, and that you know, if you have my full commitment.

Coach (28:20): That sounds genuine, real, centered <laugh>. I can feel that. <laugh>.

Client (28:27): <laugh>. Yeah. So yeah, I think, I think just, um, yeah, some body language, um, just some tweaking of my body language, so pace just to slow it down.

Coach (28:41): Hmm.

Client (28:43): Um. And my pitch and, um. Just, just to be still in my voice and calm and rational. Um. And yeah. Yeah, I think so. I think that's it.

Coach (29:01): And I have a, a deep feeling that those strengths that you're gonna bring are really going to help you throughout the next period as well.

Client (29:09): Thank you.

Coach (29:10): Because they're real strengths that you, that you have there. They're really, you've really, I feel like you've tapped into your strengths now.

Client (29:20): I have, haven't I? <laugh>. Wow. Yeah. That's great. It's really helped me. It's really helped me to, um, take that next step forward.

Coach (29:38): Well, I'm conscious of the time for you. Um, is there, there any other, anything else you wanna get from this, this, this conversation?

Client (29:47): No, I think that's about it, actually. I think, um, I think we've covered a, a number of things today, or no, I've certainly talked on quite a bit, but in, in having kind of really focused on what I need to do right at this point in time, just for today, um, to prepare me for Monday and a discussion on Monday. And that is, that is absolutely perfect. Um, it just really hits it on my head for me, what I need to do and how I need to, how I need to move forward and, and approach that conversation, um, with those, you know, tweaks. Um, yeah, a little bit different coaching today, but it's been great. It's been really, really good.

Coach (30:28): Wonderful. Wonderful. And is there any other resources you need to call upon within yourself or around you at all?

Natalie coaching Shalom transcript

Client (30:37): Um, I might speak to my wife, um, about the, the session that I've had with you this morning and just, um, highlight to her what, you know, I, I gained what I gleaned from this and, and how I might be able to, um, uh, apply it on Monday. Um, and not only that, but it also, what I've just highlighted this morning, um, with you, um, it really, um, is so transferrable, um, because it crosses so many different areas in my life. And I think if I start taking this approach moving forward as of now, um, with friends, with family, um, as well as with, you know, work people and so forth, um, that will really help me. Um, because it, it really does take all the drama out of, out of it all. Um, not that I'm not, not that I'm being dramatic in any way whatsoever.

Client (31:36): There's no need for that. There's enough of it that's created within itself. Um, so I don't need to <laugh>, so I don't need to, um, you know, to put on a fanfare. But, um, I think, um, those things, um, having this sharp mind, and a lot of people have highlighted that to me that I'm, you know, what I talked about, I'm, I'm just very strong on, um, in terms of showing my faith and, and you know, that I'm really committed. Um, and I really believe in what I'm, I'm doing with in terms of the strategy moving forward. Um, that's been really supportive, um, to hear that back. But I think this will help me that much more just to, um, embrace it, but with, um, with vigor, more vigor.

Coach (32:20): Well, I just wanna acknowledge the shifts that you've discovered and, and, and how you've really brought out your <laugh>, your inner strength here, uh, Shalom. And also, you know, for the courage to share with me. I, I, I feel like it's a privilege that you've shared with this, with, uh, this with me as well. So, um, you know, thank you for giving me that privilege and, and I feel like I've learned from you. I feel like I'm more centered towards my humanity right now, <laugh>.

Client (32:43): Wow. Yeah. Good. Mm-hmm. Mm-hmm. Thank you. Thank you, Natalie.

Coach (32:50): You're welcome. Well, all the best with the conversation and, and I look forward to catching up again and hearing, um, you know, hearing where you're at with your journey.