

Hello Sarah.

Hi, how are you?

I'm good. Anything you would like to say or do to come fully present here today?

I've spent some time prior to the call so I feel I'm fully present.

Great. Where would you like to go today?

Well, first of all I would say that I like how sometimes you think well I don't have anything to coach. Well, I'm thinking I have everything to coach. So, it was sifting it down to one thing and so I'm bringing forward something that has been ... I've been working it for a little while for a few weeks here, and worked it at Converge back in D.C. so here it is. I have spent a life being a manager and a director, director of action, director of results, etc. So, seven years ago now I became a coach and I've been in coaching. And, I've kept myself from necessarily having direct reports or being in a place of direction, but I find myself, this year I've been on two different boards and there is an expectation that is being on the board, or being a leader on the board, that there is some level of results. But, where I get stuck is my desire to be coach 365 and being in a place of creating results or the responsibility of results and defaulting to direction. So, since I don't want to default to direction, what I tend to do is clam up and what I'd like to do is to be able to find some better more organic way to come forward.

To find some better more organic way to come forward.

So, the curiosity process and being curious as a coach can sometimes feel like it's going to take too long and I don't have that much time to get something done and direction is faster. Yeah.

Yeah. So, if we're, if we're looking ahead 20, 25 minutes from now, what is it that you'll have that you'll be going yes today was a successful session with Steve?

Say that last part again? I'm sorry you cut out?

That you will say today was a successful session.

Well, I would love to think that it would be a once and for all, a little nugget I can take and never ever break again. I would say what is my next step in this organic process, my next step as a leader to blend that more fully with coach?

Okay.

And, what is it ...

What is it Sarah that makes this the thing to be talking about today?

Well, I was just in a board meeting on Sunday and I'm only a member on this particular board, I'm not an officer or anything, but it was a disaster of people's opinions, very little got done, it was living in history instead of thinking about the future or even the now, and yeah. So, it's just front and center of how do I

become a more authentic leader in this space and not sit on my hands, which I did for most of the meeting.

Yeah. So, I'm hearing some integrity with the process?

Mm-hmm (affirmative)-

Being a member of the board and speaking to that personal integrity?

Yes.

While having the freedom to do it.

Yeah. Yeah. That is it, so it's the integrity of the process and of the outcome. And then, it's the freedom to be myself in the midst of it, yeah.

So, what's the way that you'd like to go about coming to this next step in this organic process for yourself?

Well, if I look at what was I thinking while I was sitting there on my hands it was that the people that were speaking are older members of the church and their weight or their authority is greater than mine. And then, if I look at other places and what I worked on when I was at Converge, it said that I was the youngest sister and so other people are, my siblings are taking up space and so I get small until I get my moment. I wait for my moment is what I do and I did at the board meeting, and I did have my moment, and people came up to me afterwards and thanked me for speaking up. But, if I had done it maybe earlier in the meeting, maybe we would of gotten something done.

So, a reflection right now of two different cases of getting to your moment?

Mm-hmm (affirmative)-

[crosstalk 00:07:09]

What's the, kind of the juice or the hesitancy to come forward when I first feel what I could contribute and my ... Go ahead.

Where do you first feel it?

Well, I feel it in my gut.

Yeah.

And, it's a tenseness of like oh God here it is again, we're going to do this again, right?

And, what's the desired response to the, "Oh here it is again"?

To raise my hand and say, "Hey I've got an idea, it feels like we're going on a track that we've sort of run this and played this music multiple times. Is there anything we want to do differently in this meeting that would actually bring us closer to the results that we desire?"

So, what is it that keeps your hands under your seat there?

Two things, one that somebody knows more than me and two that if I speak up too soon that I'm sort of out of place, out of turn, out of ... Oh, and that it could be awkward and people wouldn't like me.

So, several things there of somebody knows more, it could be awkward for them. Where do you want to go with these things in getting to this organic next step for yourself?

I'd like a commitment on my part to be willing to have egg on my face if need be and it doesn't have to be pretty, it doesn't have to be pleasing, it just is.

So, as I heard egg on my face I saw a picture of cake on my face that would cause me to want to lick it off and relish in it. So, I offer that 'cause it came and if there's any relevance for you in that.

Well, I do know that I get the feedback when I do speak up, the people are very appreciative. So, if I were to insert a quick voice dialogue check in it feels like a critic kind of editor voice that is judging me before I even open my mouth. And, that, the commitment that's coming to me is that before the, whether it's a call, or these are usually in person. So, before I enter the room to make an agreement with my critic to give me space for that hour and a half to have cake, egg, anything on my face, mud, but that to have a different experience. So, to create a new experience, I need a new experience of myself.

And, what's the way that you go about creating that agreement with yourself?

So, what I just described is how I would do it. I would make the agreement before I get there and then when I'm there the experience that I want to have is that when things start to go off the rails and the predictable behavior of the wonderful, and they are wonderful. But it's like the same story how it used to be, to take a breath and raise my hand, and ask the question that I had before, which I thought was a great question. So, I hear what we're saying and it's a familiar theme, and we go to a new thought. I'm in new thoughts, right? But, we're not having new thoughts about change. So, what new thoughts do we want to bring into the meeting today and walk of here with steps that will bring us into alignment with our desired outcome? I think I said it better the first time, but I'll listen to the recording.

You'll listen to the recording? What is the place, of whatever you're capturing from that. What's the awareness that's come to you about you through our brief conversation this morning?

That when I am aligned, I am in coach, when I'm in that meeting, and that when I'm worried about my default direction/authority that that feels more like fear. So, to take the steps and the time, don't rush from this to that, but take the time to set myself up to be in alignment with my values and who I am before I walk in the room. And then, be willing and committed when I'm in the room to bring my truth, bring what I'm experiencing forward in a way that benefits the group not just me, not this is what I'm feeling, but how it pertains to the group.

Yeah. So, when you are aligned?

Mm-hmm (affirmative)-

So, where would you say we're at in creating this next step for you?

I am tuning into my gut which along the way has had different levels of relaxation and tenseness. It feels when you just asked that question like it's kind of an exhale, like okay we're here this is it. And, that I'm full capable and resourceful to align and follow my commitment.

Yeah. Yeah, I felt some excitement as you were describing the steps and then that. So, that settling into it as you describe that as well. What else is there for you to anchor this, to solidify it, to get it in your gut as you want it to be?

I was thinking of willingness and thinking of the trees, and how right now they're turning colors and they're not saying, "Hey hold on, I'm not ready to change colors hold it". They're not resisting, they're simply changing colors and that is just as simple as that. And so, using this season, because we have a couple more meetings coming up here, they are pretty potent to just use the season as way of being willing to change color just effortlessly.

Effortless willingness in harmony with the changing of the seasons.

Mm-hmm (affirmative)- Yeah, letting go.

What's your way of letting go?

I think it's letting go of the notion that I have any control over how people see me.

And, that little chuckle that goes with that.

Yup, of course.

Willingness, and organic, and aligned, and with integrity to you.

Mm-hmm (affirmative)- Yeah, for me where the integrity is, is even I am looking out the window right now, the tree is not all changing color, some leaves have already changed color, and some will come over time. And to me that's integrity is that I'm not trying to be like the other leaves, I am the leaf that I am, and I will change color, I will drop to the ground, I will do whatever I do in my path, and that is integrity, being true to who I am and yeah.

Cool. So, as we bring this to a close what is Sarah going to go do as a result of this session? Can you put a little bow on that for us?

Mm-hmm (affirmative)- Yeah, I have a picture and a plan in my mind for my next meeting and for other meetings that I'm in to be in connection, pay attention to what my gut is telling me, and then be willing to bring it forward as coach.

I know my experience with you is that you have that and it's such a joy when it comes out you know? Yeah. Anything else to complete this?

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No, just thank you, thank you, thank you. That was awesome.

Alright. Thank you.

See what a half hour can do?

It's pretty amazing, yup.

Yeah.

Thank ...