Module 12 Audio Transcript Coaching Session Part 1

Coach 0:01
All right. So, good afternoon, Nika. How are you today?

Client 0:08
Good afternoon. I'm doing well. I'm doing well.

Coach 0:12
Awesome. Glad to hear it. So, what would you like to explore in our session today?

Client 0:23
I have been given some thought to increasing my presence, being present in the moment. I think that I live in my head a little bit, and I'm always focused on the future. A little while ago, I did a 360 assessment, and when I took the self assessment, I discovered, or I guess I've known for some time, that I'm a visionary leader. So I'm I'm really focused on the future. But lately, I've been feeling just a bit tired, and I was just being reflective around. I wonder if I'm not living and being present enough in the moment.

Coach 1:11
Yeah, present enough in the moment. Interesting. Share with me what present enough in the moment means to you.

Client 1:32
I think just enjoying and appreciating where I'm currently at, appreciating the people that are currently with me and not being focused on, I often joke my my mind is kind of like my computer screen right now. There are 150 tabs open with things that need to be done, and often I'm physically present, but I may be focused on something that's coming up, or something that needs to be done, or an idea that I'm working on that prevents me from really just valuing the present.

Coach 2:15
Yeah, and what a what a what a visual that is-that 150 screens open, right? So it completely makes sense that you you may be feeling a little unease and not necessarily able to pay attention to any one of them because there is so many, right? And so, staying present in the moment and currently feeling tired. You also said something about the the tired. Tell me what what's that bringing forward for you? How does that resonate with you in this current moment?

Client 3:04

Almost like I am my own source of exhaustion, if that makes sense. That sometimes I can just create or make myself tired because I simply haven't taken time enough to just slow down and to be in the moment and to just appreciate what

Coach 3:34
is. Yeah, yeah, yeah. So in in our time today, around this idea of presence and and even realizing that you are a part of the that you're a player in this in this game, so to speak. What would you want to be able to walk away with by the end of our call today?

Client 4:02
I think maybe just the freedom to release myself of always being forward-thinking and you know planning ahead and being a visionary, but just the permission to live in the current moment and have that be enough

Coach 4:26
permission. And so, what might? How might you? How might you know when permission is granted?

Client 4:54
I'm thinking not feeling the need to be focused. Anything else? I'm thinking just just talking about this right now is just helping me to really get to a place and and really just a mindset shift. That if you're kind of always planning for the next thing that's happening, you're missing what has already or what is happening, and that you're never going to reach the thing or the point that you want to be at because when you're there, you're already focused on the next thing that you want to happen.

Coach 5:38
Yeah, absolutely, absolutely, absolutely, and so where do you feel like you are right now in the realm of where, where, where do you feel like your feet are firmly planted? Because you have a lot of sounds like you have a lot of awareness of what's happening and what you want, and so if we were to put it on a scale one to one to 10, one is I have absolutely no idea where I am, and 10 is I know exactly where I am. Where would you put yourself right now?

Client 6:21
That's a good question. I would say, or I guess I'm around a four or a five. I I know I'm aware of. I think what is the source of some of my my tiredness or exhaustion, and I I think I know where I do know where I would like to be, so I guess I'm just, yeah, I would say about a four or five.

Coach 6:48
Okay, so your your four is you know the source of where these things are coming from, and and in that moment where you say I know where I want to get to, so where is it that you want to get to potentially today?

Client 7:06
I used to say balance, but I think today I'm going. I'm going to say harmony. In that I I feel like that I can plan ahead. I can be a visionary, but I can also live in the moment and not have the visionary aspect of my my leadership or my existence drain me totally, so that I'm not able to be present. Recognizing that there are times where, you know, I will need to live in my head a little bit, but not to the extent that I'm not able to to fully be in the moment.

Coach 7:46
Yeah, yeah, yeah. Beautiful. And so, where on that scale does harmony live?

Client 7:58
I would say around an eight, eight or nine would be, you know, a good place for me to be.

Coach 8:10
Okay, eight or nine, awesome, beautiful, and so I know you've talked quite a bit about where you are in in in your visionary leadership, and where you'd like to be, why why is it so important for you to be able to have this conversation around it. Why? Why is it so important for you?

Client 8:48
I think a couple reasons. I think first and foremost, you know, I'm watching my my children, my girls grow older, and I'm realizing that it almost feels like time is elapsing, and I want to be able to fully be present with them in this moment in the stage that they're in. And I also think that there is a piece of me that may be missing out on the life that I am currently living, and I say that because I've been for a very long time, for as long as I think I can remember, just focused on planning ahead and kind of being prepared that sometimes when I reach a milestone, I really don't pause long enough to celebrate the milestone. I'm already like on to the and okay, what else needs to be done, or planning ahead for the next thing.

Coach 10:01
Absolutely, absolutely. So, being able to, you know, what I heard you say is, we know that time is moving. How to, how to, how to slow it down a little bit. How to appreciate even what's happening in the moment before the next, because the next is just as important as the as what's happening. Yeah, yeah, yeah. That makes complete the complete sense. And so, what do you feel like might be hindering you from being able to have that harmony that you're desiring?

Client 10:58
I think part of it may be I don't. like to feel like I'm standing still. I don't like to feel stuck, so I think that over time, a comfortable place for me to land is a place of always being forward thinking or forward planning because it kind of creates the the sense of moving ahead and not standing still,

Coach 11:38
and so in that space Of standing still, how how do you experience that?

Client 11:52
I think, and then that may be part of the problem for me. Standing still feels like a lack of productivity, or just yeah, I think just a lack of productivity, a like wasting time almost,

Coach 12:21
And and and and what would wasting time? How does that relate to time in general for you?

Client 12:40
I think it's a feeling of like not maximizing the time, but I think you know. Since you asked that question, there's there's a difference between not maximizing time or wasting time when I think about compared to just being present in the moment is enjoying time or living in time, if you will,

Coach 13:28
enjoying time, living in time, just sitting in that for a minute. So, as you were saying that, what what's the that was like? What was the visual for you in in that

Client 14:00
harmony of place? of just comfort and peace.

Speaker 1 14:09
Yeah,

Coach 14:14
and interestingly enough, that's that's part of what you were looking for today, right?

Client 14:22
Yeah, is is

Coach 14:23
harmony, comfort, peace, and so what do you feel like might be that narrative or that thought that helps you get to that space of harmony and peace, when it comes to time,

Client 14:54
I I really think it it has to do with a mindset shift. In seasons in life, I think that now I'm in I'm in a different season of life. I think, and you know, looking back at my younger self, there there was a season and there was a time for you know preparation and learning and and planning ahead, and in the visionary phase, and I think it was okay for it not to be in perfect harmony. But I think that I have transitioned into a new season of life now, where I can slow

down a bit, and I can just be where I am, and live in time, and enjoy the phase without losing, you know, the piece of me that is forward focused and that is visionary, but not being consumed by that. I think it it's okay. I give myself permission to to be where I am and to just enjoy the phase that I'm in.

Coach 16:10
Yeah, to enjoy the phase you're in. And so, what do you what do you feel like might be that mental or physical manifestation in this permission that you speak of.

Client 16:34
I think for for me right now, maybe I need to start with closing out some of these tabs. You know, dropping not a drop the mic moment, a drop the pen moment. You know, a close out the notes on my cell phone moment to really like signify that there's nothing to do right now. Like, you know, maybe I need to not create one more thing to do, like be okay with. There's nothing that I need to do right now.

Coach 17:14
I'm sensing a shift in your atmosphere, so to speak. What what are you picking up about yourself right now?

Client 17:27
I think I'm having just a moment of release, and it feels good to to be able to say there's nothing to do right now, and to be okay with it, but I'm also, you know, I'm also picking up that always doing something is a really comfortable space for me. So, kind of always working, always planning, always thinking ahead. It's a real comfortable space, so I'm I'm wondering what else may fill that space when I open up the room for something else to be there. You know what more joy or appreciation for life in this phase, may come when I allow it to come.

Coach 18:25
Yeah, yeah. What a beautiful awareness and and learning, you know, for yourself. Yeah, and so what do you? Where do you? What do you feel like would help you be comfortable with closing out those tabs,

Client 18:55
knowing that I can get them back if I just press restore now? Oh goodness, that's a good question. You know what? I really think that just being okay with that, everything that I have in my life right now is enough. That I am currently enough, and honestly speaking, if I never planned out another thing or led another thing, that I'm completely okay with where I am in this moment.

Coach 19:45

You're okay in this moment, indeed. So, what is what is what is what is it that you are? So, what are you picking up on what you're what you just shared, like? If you were, yeah. What are you? What what is this moment teaching you

Client 20:11
to to relax a little bit? I think just enjoy and appreciate what is. is, and I think that will even enhance my ability when I think about future planning because there is a there is a piece that when you plan ahead, you you want to get to the thing, you want to you know actualize that vision, but that becomes diminished when you don't live in the present. Because when you actually get to the place where that vision is going to be realized, you actually put it out really quickly because you're already on to the next thing. So I think possibly what may help is to you know take some time of reflection to think about what things have I been able to accomplish that I set out to accomplish that I really never took time to celebrate would help me to be able to, you know, have some more harmony or close out some tabs, if you will, and then to maybe be focused on less things and to try to ask myself what's really important and what are the the two or three main things that I need to be concerned about or focus on, knowing that if need be, in case of an emergency, those other tabs or files are already backed up, and I can tap into them when I need to, but it's okay to operate without having all of those things open.

Coach 22:07
What a beautiful, beautiful awareness for you! What a what an amazing awareness for you. And so, as you're as you're saying those things, what will, what will, what do you, how do you feel like that will enhance your life? And you know you can always get it back, and it's okay for them those tabs to be closed.

Client 22:36
I think it will create More time and help to just reduce a bit of anxiety, if you will. I think the visual of having all of those tabs open, or just mentally thinking about so many things, makes you feel like there is always something to do,

Speaker 1 23:04
yeah.

Client 23:04
But when you don't see all of those tabs or they're all not actively open at once, it gives you a little bit of space to be able to say, "I have nothing to do right now in this moment.

Coach 23:18
Yeah, beautiful, beautiful. Well, we're getting pretty close. It's just checking in on the time. I could talk to you all day, clearly. So, just want to check in with you. How how how are you feeling about your goal for today to get closer to that eight of harmony, knowing that you started out around a four today.

Client 23:48
I think I'm definitely really, really close. I have just a mental image of putting down my pen or closing my computer. Certainly closing some tabs, and I think that might be, you know, my go-to for a while until it becomes just a natural thing for me to do.

Coach 24:13
Yeah, beautiful. And and so, what what type of support might you might you need in order to get to a place where it becomes more natural?

Client 24:29
I definitely think I'm going to share it with a couple of people who are close to me who maybe can help to keep me accountable when they see me going off the road, my sister and I have like a a running joke every so often. I be like, "Tell me how many tabs open on your laptop, and kind of thing to you know just check in on each other. It's kind of funny, but it's it's realness behind it. But I do feel. That telling a couple people who I know would check me if I'm out of line might be helpful, and then just having that mental image for myself, and then I think just monitoring the amount of like sheer joy and appreciation that I have each day might also be an indicator because when you live in a moment, that's where you know the joy is and and the appreciation for all of the things that are around you. And sometimes when you're too far in advance, you become a bit disconnected from from what's actually happening.

Coach 25:41
Yeah, absolutely. Such wisdom, such wisdom that you have, and and you've done such an amazing job in in being able to find and lean on those strengths that you have within you, right? To be able to say, okay, I can close these windows; they're not going anywhere, and and finding that peace and that joy and appreciation for what is, for what is, and so, what else, if anything, would you need before we close our session today.

Client 26:25
I think I'm good. I'm just I'm taking down a few notes about things that came out today, but I'm I'm in a good place.

Coach 26:35
Beautiful, awesome. Well, thank you for your time, And we, I appreciate you.

Client 26:44
Thank you so much. I appreciate you as well.

Coach 26:48
All right.