Module 2 Audio Transcript Coaching Session Part 1

Coach 0:00
So, anything at all you need to do before we get started, just to sort of be in the right space.

Client 0:07
I'm in the right space. I'm very joined

Coach 0:09
space, super. All right, so we'll get started. So, what would you like to work on today, Glenn?

Client 0:16
Well, as we have in the past, we can just keep working down all my family members. Now, now that I'm retired, I used to have you work with employees, now they're all gone. Now I'm going to work with family members. So, I mentioned to you a long time ago that one of the things I have two twin children, and one's a boy and one's a girl, and my son, what I'd like to do is, I'd like to figure out a way to build a better relationship with him. He's married, he's got two children that are our grandchildren that are four and one and a half, and I'd like to be able to have a more meaningful relationship with him, and I have run out of ideas on how to do that,

Coach 1:00
so we have spoken about this a bit before, right? And

Client 1:07
only briefly, yeah,

Coach 1:09
yeah, so it may be that we sort of recap some of what we've talked about before, if that's okay, because it was a bit ago, so I want to make sure that the important parts are fresh in both our minds, and so what I'm hearing is that you'd like to have that phrase is very powerful, more meaningful relationship with your son, and so that's a pretty big topic, and I'm wondering how you might like to turn that into a coaching conversation that we could at least start to tackle in about a 25 minute session. What's your thought about that?

Client 1:53
Yeah, I'm not sure of how to turn it into something for 25 minutes, but I think the issue with me is what I had a conversation with him once before, and said, 'Hey, listen, in order for us to have a more meaningful relationship, and I can kind of drill down on what that means to me, that it's kind of a two-way street, and you know, are you open to that too? And he said, 'Yes. And then that was it. Then I went on to another family member, if you remember what another issue. So now I've got time to work, swing back around this one. At the end of the day, it may be my me that needs to be done. They need to coach about how to work with me, but

Coach 2:33
well, and we've talked about that before, too, right? We can only, we can only coach who's in the room, so to speak. So yeah, yeah, so it's really a conversation between us, but it sounds like the door has been opened on his part to exploring that further too. Do I have that right?

Client 2:53
I think, yeah, I think so. I think it's more work. I'm not sure exactly what to do, because I have tried, I've tried to invite him to go do things together, you know, and again, he has two young children. There are some complications. It's even more complicated because of Covid 19, but he has two young children. He has a wife as a demanding job, so I've tried to get him to go to sporting events, or to do things that I know he's interested in doing, but I said, "Let's go on a golf trip. I was going to take him to Europe to go play golf, and I've done that with my daughter, you know, and had a great time. And again, I know there are complications because he's got two young children, so that's probably too big a step, just to spend time together, because when I call them, it's kind of this, you know, five minute conversation, all in one syllables. How are you? Fine. Yeah, it's not like I have a conversation with I do with good friends or my, my brothers.

Coach 3:50
Okay, okay. So you've, for

Client 3:53
that matter.

Coach 3:53

Okay, okay. So you shared a lot there that sounds like it may have some relevance to how we proceed, I'm wondering if maybe a good place to go with this, just to again try and sort of narrow this down a little bit to something that we can work on today, is to get a bit of a better understanding or common understanding of what you mean by a more meaningful relationship. I think you've given hints, but I'd be curious to know more.

Client 4:25
Yeah, I mean, I think, like, I have some very good friends where I'll just call them up and I'll just kind of talk to them about sporting events, or what's going on their life, or what their family is, but it's kind of a bi-directional conversation, so I'll say something, then they say something, and it kind of goes back and forth, and you talk about things that are more what's going on their life, and I, I have two brothers, I talk to them probably two or three times a week about what's going on, and you just kind of catch up with them on what's going on. I do the same thing with my daughter, what's going on with her job, what's going on in her life. I talk, I. Right now I'm traveling down back to Florida to see my wife and my daughter, because I've been traveling for the last week, but I talked to them, you know, two or three times a week, or a day with my wife, and it's all just kind of catching up. But when I call my son, it's like hitting a brick wall. It's like, How are you? Fine. What are you doing today? Not much. What's going on with your job? It's the same, you know. It's just.. it's like after a while, okay? I can't.. it's like pounding on a wall.

Coach 5:30
I hear the fry stuff being

Client 5:32
clear enough.

Coach 5:33
Oh yeah, that's very clear. That's very clear. Yeah, absolutely. And so when you describe this situation, it sounds like, and this may be just an observation or a gut feel on my part, that the way your conversations go is a marker of your relationship. How does that land with you?

Client 5:58
Yeah, I think that's that's that's. I think that's accurate. Yeah, I think that's accurate.

Coach 6:04

And so, so from so we're we're sort of getting to a specific thing here, an element of your relationship, but I don't want to, you know, sort of decide this for you. Obviously, I'm still curious about what we could do with that information, or some other element of what would constitute a meaningful relationship for us to talk about today, and even if we don't get all the way through, because you know we normally spend more time together, even to make headway on. Do you have a further thought about that?

Client 6:42
Well, I don't know if this is consistent, but, like, I, I, I know my son knows I love him, he loves me, and I think he's a really great person. I mean, a great, got great values, and I'm crazy about him. So, I think he's great, and I think he feels the same way about me. The problem is, there's just there's not anything that connection is like it's infrequent, so even when I go to play golf with him, and again he may be listening up a little bit, he, he's preoccupied with a lot of things on his mind, but even when I go golfing with him, which is again another time that I normally go out and I play golf with guys, and you know, you chat and have fun, and you with my son, he just doesn't talk playing golf, he just plays the round of golf, goes back, and takes care of his children, so it's just, it's not any fun either, so,

Coach 7:36
so I'm hearing a few things, I'm hearing that your connections with him, it sounds like, are not as frequent as with other members of your family, and when they occur, they're not as.. I almost want to use the word something like fulfilling or gratifying to you, and let me know how that lands. I think that's

Client 8:02
accurate. Yeah, no, I think that's right. That's right. Yeah, and so when I'm like I'm driving down to Florida, and I'll call these people on the phone and just kind of catch up with them, but I don't normally even think of calling my son, because it's not going to be a long conversation.

Coach 8:20
Okay, okay, and so if, if you could take anything away from our conversation today around this scenario, what might that be?

Client 8:34
I think some ideas, because this has been going on for a long time. I think I think a couple things, I think one is some ideas on how to say something to him that is non-

threatening, coming from the right place, perhaps giving him some ideas, or maybe me having some ideas of what I could do differently, because I've already tried, I've tried what came to my mind, which is trying to call him and catch up with him, or trying to do things with him. So, I think if I maybe had some different alternatives, and maybe a way in which to approach him with it, those would be two things that would be helpful.

Coach 9:17
Okay, so you're talking about having ideas on you fill that out for me.

Client 9:25
Well, like, if you, if you, if you can't, if you can't go somewhere with them and have an enjoyable, you know, where you're, you're kind of talking, that's not because he's either too busy or preoccupied with work or his children, which can I get that. So that's that's kind of that doesn't appear to be working for him, so if I don't do that, what's another way of doing that? And then if I, how do I approach the subject about improving the conversation when I do talk to him, you know, how do I get him where he opens up.

Coach 10:00
Right, okay, so the

Client 10:02
need to do that.

Coach 10:03
Fair enough. So, what you're talking about, if I understand correctly, then is ideas on other forms of connecting as well. Yeah,

Client 10:12
that's a good way of saying it. Yeah, that's a very good way of saying it. Yes,

Coach 10:15
okay. And then maybe a deeper conversation when you have conversations, that's possible. Okay, okay, yeah. And

Client 10:24

how to broach, and how to broach it, because I, I'm, I can be too direct, as my wife will tell me. So, I, you know, if there's a way to finesse that doesn't come that naturally to me,

Coach 10:40
fair enough. Well, honesty is your top strength, so it is.

Client 10:46
It is. It turns out that can be a weakness.

Coach 10:49
Well, we say that there sometimes they're a double-edged sword, right? So, all right, so if you could sort of create an ideal scenario in terms of you, I think you've described the conversation that you'd like. If I've understood correctly, you'd like it to parallel more closely to the ones that you have with other members of your family and some of your friends,

Speaker 1 11:21
okay?

Coach 11:23
But in terms of connecting with your son, if you could just wave a magic wand and have this happen, what might that look like?

Client 11:37
Where I could connect with him better, I think again, probably it's more of a mutual exchange, so of in depth, the more of a mutual exchange in depth. I would say on any number of subjects, it could be, it could be any number subjects, it could be about his family, it could be about sports, it could be about anything, but I would say more involved exchange.

Coach 12:10
Okay, so that even when you're spending time in each other's presence, connecting that way, that it would also constitute some meaningful exchange between you,

Client 12:23
yeah, that's right. And now that I'm complaining, another example is when I do well, like they'll come up and spend a weekend with us. They were last summer, not so much this summer, but he would come up and he would pull out his computer and

sit there and work the whole time, and we'd all be sitting there at the table, and he'd be working, you know, or texting, or, you know, it's, it's this, this whole computer thing that drives me nuts, where people won't, you know, they're they're busy watching their computer or their telephone instead of having a conversation.

Coach 12:53
Okay, so, so connecting through conversation is a really big thing for you, yeah, yeah, and I just want to acknowledge as well that you know that the idea of being connected to family clearly holds very strong value for you as a whole. That seems to be a big deal. What other values do you think are emerging as you explore all of this?

Client 13:31
That's a good question. I would say I think.. I think I'm not well. It depends on how you define values, but caring, I think, is is important, and he's very kind too. So, and that's he's very sensitive and very kind, but I think caring, I think, I think, and I think honesty is important, obviously. I think family,

Coach 14:02
right, right, okay, okay. Support, say more about support,

Client 14:10
you know. I think that that's been a complicating issue, because I have been a big support person for him when he went through looking for a job, and I can't have a slightly domineering personality, so I can say this is the way you need to do it, and this is the only way to do it, and I think that can be off-putting. It works with some people very well, because they want to be told, but I've been very supportive of him and helping him find a job when he was looking for one, but I think at times that kind of emasculated him because I was so over overbearing,

Coach 14:55
so if I understand what you just said, it's that. That you value being of support to your family, and you recognize that sometimes that can have a downside

Client 15:13
to it. Yes, I've had that pointed out to me before.

Speaker 1 15:18
Okay, so appreciate that.

Client 15:21
Resonates, it does. does resonate.

Coach 15:23
Okay, okay.