Module 3 Audio Transcript Coaching Session Part 1

Coach 0:00
Excellent. Well, I would love to hear what is showing up in the space as important for our conversation today.

Client 0:09
Yeah, the thing that's showing up today has been something that I've kind of.. it's been coming back to me over the last six months or so, which is this kind of nagging sense of I don't know, discontentment, something like that related to my job, and have been thinking about this, my grandpa, when I was a teenager, would frequently tell me, you know, Ryan, there's no need to be in a big hurry when you're heading down the wrong path, and, and so I'm just wondering, am I, am I on the right path, because at times it feels like, holy smokes, I am, and it feels great in so many ways, and then again at times I just don't know that there's something different pulling me, or there's something sort of pulling me off the current path that won't seem to go away, and I don't know if I should, you know, let it go away, make it go away, or if it's something that I, I need to pursue, I guess.

Coach 1:31
Yeah. Well, and is there a significance or importance about this being either pulled towards on forward or off the path, or you know, like your grandpa said, right? Yeah,

Client 1:48
so a few years back I made the decision to step out of a role at work and into a different role, and when I did that, I gave up one a title, but with the title came increased sense of ability to make decisions, and those decisions, you know, carried the possibility of actions and progress and all these things and so since and so I'm sort of pulled back towards that, primarily because I'm frustrated, I think, by the lack of progress that I see around me would be one of the things that, that is causing the, you know, the pull, I suppose.

Coach 2:49
Yeah, and if we were to really explore this pull, what would be different if we fully explored it?

Client 3:05

I think a greater sense of either of clarity, for 1am, I on the right path, and then perhaps even leading to a renewed sense of of of peace that I am or again clarity I am or I'm not, I don't know, something like that, maybe.

Coach 3:32
Okay, if you had clarity and a renewed sense of peace, how would you know we had, like, what would be the indicator of us meeting that outcome?

Client 3:47
Less agitation, maybe more joy, a greater sense of joy, just more optimism. Those would be some signs for me, and yeah, with that would come probably increased sleep, and just, you know, just a greater sense of I don't know how to express it, other than just, ah, just, ah, yeah.

Coach 4:23
What's in that? Ah,

Client 4:26
well, I'm not that far removed from that. I will say that it's just. it's just almost. I think what's in that is trust, almost, even if I'm seeing the shiny thing off the path, or I'm pulled off the path, that ultimate. Lee, it's gonna be okay either way.

Coach 5:06
Yeah, so then where should we begin between this exploration of the path and this joy and optimism and renewed sense of peace, and be ah, where do we start?

Client 5:24
Yeah,

Speaker 1 5:27
well, so

Client 5:30
funny enough, within the last week and a half or so, so within my agency, if you carry the direct, the title of director, then that opens the door. It's, it's like you get to set. I was thinking about this. It's like a big family gathering, so if you have the director title, you, you get to sit at the adult table, and if you don't, you know you're over there with the kids, which on one hand, there's a lot of fun over there. There's a lot. There's probably less stress over there, which originally drew me that way to

begin with, but within the last week and a half or two, I've essentially had two people come to me saying, what do you think about, you know, these these two director essentially openings, and it's like, oh my gosh, do I really want to go back there, and so I'm contemplating where it's led me is why did I step away in the first place in the things that I sort of, you know, through a lot of whatever soul searching came to the conclusion that I valued certainly more than title, more than you know control or power or authority, and more even than than money, and so it's, it's a, it's alluring, you know, to want to go chase those things, because part of what I haven't said is with that title, right or wrong, or both, comes a certain level of sort of respect, and I don't, I don't know, for whatever reason that seems to be again just my perception, I don't always sense that in my current role, and I'm trying to decide to, is you know, to what degree do I give that attention, I guess, or energy.

Coach 8:00
That's a really great question. To what degree do you give that attention or energy?

Client 8:06
Well, that's a really great question. Well, I will say that I spent a large amount of time and years and money, you know, pursuing the title and the letters and all those things to because I thought that sort of equated to that, you know, certain level of respect, or whatever, that's what I was chasing. I think part of what I was chasing, besides just, you know, better opportunities, or whatever. Frankly, it's, it's not, it's not worth the energy I'm giving it.

Coach 9:06
Would you share more about what that budget showed up?

Client 9:11
Yeah, it's again, as I've over time just thought about the things that are most important to me that I value the most, and that I hope to, you know, impart upon people in the world. Certainly, I want others to feel respected. I mean, no doubt about it, and there's a certain level that I want to experience as well, of course, but the idea that I need to sort of chase that or prove that at every turn, or again and again and again and again, I don't know, I don't know that. That's necessary, or yeah, I needed, frankly, but it's like, okay, I was just.. it's just one of these things, I was just essentially offered these two opportunities that, again, this title, you know, is synonymous with a certain level of whatever respect, and that in itself should tell me something that

Coach 10:37
doesn't tell you.

Client 10:38
Well, it means someone thinks something positive about what I've done, or could do, or am doing, and so you know acknowledging that sort of fully would be something that I haven't done really,

Coach 11:05
how does acknowledging it fully connect to where you want to go?

Client 11:17
I think acknowledging it fully is sort of tells me or gives me the permission or something, or tells me that I hate, I could, I have a, it tells me I have a choice, I think I could choose that, I mean, I have the probably the skills, the ability to, whatever, to do those things that I was, you know, offered, or whatever, but I have a choice, and I could choose, I can choose not to, which I think is important. It helps me to, okay, what is my.. what do I have control over? And I can choose that, and still stay really true again, sort of back to the things that I value most, at least during this, well, I mean, period, but during this sort of time in my life,

Coach 12:33
yeah. What is that telling you about yourself in this moment?

Client 12:42
Mm. It's one, it just feels good to say it out loud, and what also is kind of coming up is others can value different things, and you know the title, the whatever, and that's great for them, if it is great for them, but that doesn't mean that it has to be great for me, and, and that's, I don't know, I, one of the things also that's kind of showing up is, though, besides what I'm just describing now, frankly, over the last year and a half, ish, it's probably the happiest I've been. I mean, you know, aside from a Christmas morning here or there in my entire life.

Coach 13:58
Yeah, which is shifted there as you're, as you're getting into that space of Christmas morning.

Speaker 2 14:07
Well,

Client 14:13
certainly, well, I could feel it in my chest, sort of the. I don't know the friction or something kind of fading, a smile came across my face, you know, a little bit of laughter, and just this renewed sort of sense of optimism and excitement, as much as anything, I think.

Coach 14:43
Yeah,

Client 14:44
yeah, I'm sorry.

Coach 14:46
Oh no, you go ahead. Yeah,

Client 14:47
I was just thinking of the, you know, like when you're a kid, sometimes, and Christmas morning, the anticipation for that, and the excitement around that, you know. Kind of makes it well for me. It was hard to even sleep the night before sometimes, and so being so excited to do what I choose to do, it in a way it can be like Christmas morning, and I've experienced that at times, like I cannot wait to go to sleep, because then I want to. I'm so excited to get up for the next day, that is showing up, you know, from time to time, the last, whatever, 18 months or so.

Coach 15:33
Yeah. Well, and so then can I check in real quick with how we're doing on this this movement towards a bit more clarity and a renewed sense of peace, and I think you even said optimism and joy. You did say more sleep, but you know, how are we doing in this exploration today?

Client 15:55
Well, we're definitely heading in the right direction, and yeah, the path I guess, is becoming again more clear. Definitely feeling like I said, this increased sense of optimism, and there all sorts of other signs pointing towards that this is the right path right now, which is most of which are just beyond sort of my wildest dreams. The doors that are opening, so yeah, yeah.

Coach 16:39

What Ryan, because I'm looking at the time and I want to honor our time agreement here, but as you kind of, I don't know, reflect back on this conversation. What are you, what have you learned about yourself in this situation, I

Client 17:07
I think what I learned, and what I'm learning, is part of what I may always wrestle with, or something is being patient, especially with those things that I cannot control. Just navigating that sense of control, I may always need some type of acknowledgement, or you know, appreciation, or something. Maybe even it's just feedback, like, hey, you're on the right track, or you're not, but I'm also realizing, or re-realizing again, just that renewed sense of excitement connected to the stuff that I processed, you know, a couple years ago that led me to where I am today, which is just really digging deep on the things again that I value most, and the contributions I want to make, to you know, beyond my little little place here. So,

Coach 18:34
yeah, from that awareness, does that lend itself towards any ways that you can, that anything that needs to happen in order to support this awareness moving forward.

Client 18:48
Yeah, so one of the things that's been on my mind, and you might say heart, for some time is so when I decided to make this sort of career shift, still staying with the same organization is really the person with the most authority, and the whole, the whole place is having a conversation with her. She made it possible for me to shift positions away from what I was doing to kind of where I'm at now, anyway, but for whatever reason that's created there's been a disconnect there between us, and not that I need to hear like good things from her, but it's, it's, it's bugged me that sort of that disconnect for whatever reason, and so it would just be helpful for me to have, I don't know, sort of a heart to heart conversation with her, really just about life. Where we, we both are, which I know she'd be open to, and but it's just something I've desired again, and I think doing that would just create a greater sense of peace, and I'm guessing clarity, and and all sorts of things, so

Coach 20:22
is there anything that would stop you from reaching out to her and having that conversation?

Client 20:30

No, I don't think so. I would want to have it in person, so I'm gonna.. I'll be seeing her next month, I think, in person we live a couple hours apart, but so I think just opening up that or seeing if she would be open to it would be the thing, so and again I think she would, so she has it's not that she has ever said no, so

Coach 21:01
yeah, yeah. Is there anything? Is there any way that you can also take what you've re - I think you said re-explored or remembered that might benefit you anywhere else in your experience? Yeah. Well,

Client 21:27
yeah, I think so. Part of what again, when I was really trying and digging deep and figuring out the things that were most important for me, what I realized was the thing that's, you know, call it my why, my purpose, my whatever, is just sense the sense, this pull drive tug, whatever, to connect with others in a way that really helps us experience this sense of of joy, peace, and connection, and so those opportunities show up everywhere. Is

Coach 22:17
there a place for you to play with it everywhere?

Client 22:22
Well, first and foremost would be with my, my family, of course, but just in, you know, just in the, the Zoom, the Zoom machine, you know, every day, but yeah, that's the mindset, and when I was again, not that I'm that far removed, but that's what I was experiencing, and that was sort of the mindset I had, really, without even thinking about it, but going into the most sort of tedious, mundane thing, and you know, it made all the difference in the world,

Coach 23:03
your your tone and sort of energy. You had said that you were feeling lighter, but I'm just curious, what you're experiencing right now.

Client 23:16
Yeah, I'm almost in this mindset of I it's kind of like I don't know how to describe it, other than what's kind of coming up is where this philosophical mindset meets reality, and where you like, again, I didn't veer off the path that far is what I'm discovering, nor is the pull to take a different path again, is what I'm discovering

now. It's not there, I mean, again, there's some, there's some shiny things over there,

Coach 24:01
yeah,

Client 24:02
but at what cost, and it's just not.. it just doesn't align,

Coach 24:07
yeah. What would you like to acknowledge yourself for from this conversation today?

Client 24:19
Well, I would just say that I guess if I could, I might as well just do it, and since no one's looking self on the back, that I've come a long way, it feels like, and you know, there would have been a time I would have sort of shied away from how good it feels, but not going to do that anymore.

Coach 24:46
May I offer an observation?

Client 24:48
Absolutely.

Coach 24:50
I just appreciate your.. I don't know, there's a.. I think the word courage is really just showing up for me of having this. Conversation in such an intimate setting, and but also just the work of exploring yourself so fully. Thank you for that. I really appreciate that about you, Ryan.

Client 25:13
Well, thank you for saying that, and again, thanks for all your support.

Coach 25:18
Is there anything you want to anchor or say as we come to a close today. I

Client 25:28

would just, yeah, I would just feel good, I think, to say that I'm on the right path. I've been on the wrong path more than on the right one in my life, probably. So, it feels good to just say it, you know, at least for today.

Coach 25:45
Yeah, what do you think your grandfather, your grandpa would say?

Client 25:50
Well, I think he would just give me a big hug.

Coach 25:55
I love that. And on that note, is this an okay place for us to bring a close to this conversation.

Client 26:02
Yeah, it's perfect. Thank you very much.

Coach 26:04
Thank you. Thank you very much.

Unknown Speaker 26:06
Thank.