Module 4 Audio Transcript
Talk About Coaching Podcast Part 2

Sheri Boone 0:00
This is Sheri Boone, along with Jamee Tenzer, and today we're going to talk about competency 5.6 which is under maintains presence and 5.6 creates or allows space for silence, pause, or reflection. So that is our topic for today, and Jamee, would you like to start us off?

Jamee Tenzer 0:27
Sure, absolutely. This to me is one of the real sort of the foundational to coaching, the power of coaching, the coach's ability to be comfortable with silence during a coaching session, I think, is it's where a lot of the magic happens in in that silence, and sometimes I'll say to mentees it's not as much sometimes people think about allowing silence after a client stops talking, but I say also allow silence before the coach starts talking with their next question, so that you really get that that double silence, and you know people are uncomfortable with silences, but I, I, my experience is that if the client is uncomfortable, they'll start talking, and usually when we ask the client afterwards, Were you uncomfortable during that silence? They'll say, I didn't even notice it, I was just thinking about my issue. So, so it's really here is the challenges for the coach to find a way to really embrace allowing silence.

Sheri Boone 1:57
Yes,

Sheri Boone 2:00
I love everything you're saying, and I agree, it's, it's so important. It really, it can create such power and possibility within a coaching session, and so I really agree with everything you said. You know, I like to say also, just give it that one more beat as you're listening and you're being quiet and your client stops talking, and then you're waiting. Give it even one more beat of silence, because I always say, just because the client stopped talking doesn't mean they stop thinking, and if we can give that extra beat, the thinking is continuing, and often something else is going to come out, so that next thought, that next idea, that next aha that you know comes to the client, but if we interrupt or if we speak too, too soon or too quickly, then it's, it's gone, you know. We've, we've just erased that possibility, or that potential that might be there for our client. So, it's, it's an art, I think it's a real art of, of knowing

how to do this and being comfortable with it, as you said, really being comfortable and trusting that silence, trusting that it is generative, that so much is happening within that silence, and so to be able to do that beautifully, I think is is a wonderful skill, and it's, and you know, people find such value, as you were saying, the client may not even notice it, but they would notice it if it, if they were interrupted, if their thinking was interrupted, you know, if the silence wasn't there for them. So, yeah, I think it's really just, it's such a powerful tool and presence, really, to be able to exhibit as a coach.

Jamee Tenzer 4:07
Yeah, yeah, I love that. Every everything you said rings so true. And one thing that I think of as a little tip, which sort of solves two problems, is sometimes coaches, new coaches will say, well, gee, I, I'm thinking of my question as the person is, is talking, you know, if my client is talking, right, and, but if I, and, and, so, if you're thinking of your question as the client is talking, then you're not really listening to the client, and I, and I say, so here's the great thing. Fully listen to your client, and then let it be completely quiet while you formulate your good question, and that builds in a pause and a silence, you know, without having to really. To force the silence, it's, it's just built in, because the, you're thinking of your question, and you want it to be a good one, you want it to be an open one, you, you know, you want it to be a powerful question, if you can. So, just a little tip for people who are attempting to solve both of those challenges.

Sheri Boone 5:18
I love that tip, I, that is really great. I love that, because you're right, it does solve both of those, and you know, I think people think coaches think they have to be right there at the ready with their next question, but a coaching conversation is not like another kind of conversation you might be having with a friend, or you know, or something. It's not this back and forth that happens in social conversations. It's a coaching conversation, which means that there needs to be more spaciousness. There needs to be more opportunity there for the client to really hear themselves. So, I'd love that tip to just do what you said, which is, yeah, listen, be fully in that listening, and then formulate your question, take the time and again trust that space to do that, right?

Jamee Tenzer 6:06
Yeah.

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