



# *Sacred Depths* Certification

## Energetics of the Coaching Relationship Part 2

Joanna: Here we go. Okay. We're recording. All right. So welcome everybody. As always, I'm excited to be with all of you. And I say it every week, and I say this every week, it's another one of my favorite classes. They're all my favorites. We're going to be looking at the second part of energetics today.

Which of course, even though I call it the second energetics too, I hope you guys have seen where we've been looking at energetics throughout, not just the classes dedicated to energetics. They're still important, but we are going to go into some advanced, but very necessary territory here.

Because we're looking at projections and triggers and family dynamics and how it shows up in the coaching container. In some ways what we're going to look at today is so simple. Like everything that we look at, like really it's not rocket science, it's so simple.

And yet it's pieces that we can sometimes just skip over, and so we're going to get a really an in depth look. There was something else I felt like I wanted to say. I don't remember, I'll come back to it. So before we go into triggers and dynamics and all of that, I want to just think about... Hang out a little bit in...

Oh, I know what you're going to say and it relates to this. I wanted to just talk a little bit more about resistance or hear what's been coming through for you, since we looked at resistances last week, what are you seeing for yourselves? What are you noticing? What are you noticing for your client work?

So I want to hear from a couple of you on that, but here's what I wanted to say is that as we go into our work today, you'll see that some of what we are talking about today may crossover with what we looked at last week. Or, you may end up

having this question like, "Oh, is that resistance? Or is that projection? Or is that trigger?"

And what I want you to know is it's probably both, and the reason why we're looking at resistance and then triggers and then fears and self-sabotage is that... Like I always say, this is an art, not a science. I want to give you so many different entry points into working with clients.

So that you have all the tools and know that it's almost never going to be only one tool that's going to get you to where you need to go. You get to pick and choose based on what you think is most appropriate in the moment, and what you're in the mood for.

So there will be some crossover. But all that being said, take a moment. And even if you haven't thought about resistance, since we were together last, and this is the first time you're thinking about it since then, that's okay. Or maybe you've been thinking about it all week, take a moment and jot down what's really resonating for you around resistance and resistance archetypes?

What are you really seeing for yourself or your clients? What feels really important? [Shawmut].

Shawmut: I can make myself a bit vulnerable here and say that I've realized that I have not been respecting my client's resistance, like I need to. So that's been a really big emotional thing that landed for me this last week in honoring people's resistances. Where they're at and not trying to push through that too quickly or too soon, because then it can have... It can make them go backwards even more. And so just really honoring, where they're at and honoring the resistance. So it's been...

Joanna: I'm so glad that you're seeing that, and I'm so glad that you're sharing it. And from what you said, like what I would say for me as the most important piece is not the too quickly or too soon, but the pushing through it, right? That's what we don't want to push through it. We want to honor it, notice it, acknowledge it, honoring.

Shawmut: Yeah, it's a very masculine way of doing it. Let's just push through this. Let's just... And it's like, no, that's not the way to do it. So it's been a really big aha moment for me. Yeah. Thank you.

Joanna: Yeah. Thank you. Well, so I'd love to hear another share to what have you been noticing about resistance for yourself or clients or those that you know? So what's

been resonating for you? I know you guys have stuff, what are you seeing? Don't be shy.

Speaker 3: I love Shawmut's share, wow, so resonant. So I'm inspired by her bravery, so I'll be brave too Shawmut. When the client is in heavy, deep resistance energy, I have to work so hard to hold my own energy, to not then get in me resisting. They're... Like me pushing or resisting or messing with their thing.

And I have a client who's in a pattern that we've dealt with. We've dealt with before, we've been there before, and we spent an hour yesterday, crunchy, crunchy. And I had to remind myself long road, don't need to do this in an hour, long road, but very challenging. Because I think I want so much to help. And that's when I get in problem mode. That's [inaudible] time.

Joanna: Yeah. So I think there's actually a couple of really important pieces for all of us in what you're sharing. So number one, the moment we get into fix it mode, need to fix it, I need to fix it right away. Like I am the hero that is going to rescue my client, right?

The moment that we slip into that, that's when everything becomes that much harder, right? So that's one just such an important piece. And then the other important piece that I want to pull out is, that I don't want to remind you guys. Because you spoke about how much harder it is. Part of that is the rushing to solutions.

But part of that is because when a client goes into a resistance archetype, remember archetypes are energies. Like literally, and I say this in the least [whoo] of ways. It really is an energy that overcomes the client and energy follows energy, right? It works for us towards our clients.

And then if we're unaware or ungrounded, it works our clients towards us. Right? So actually the reason why we have today's class, right after resistances is because we're also going to be looking at our own triggers. The more that we can be grounded and really clear on our own triggers, the less we get caught up in that energy of the resistance.

And then the more we can hold space in a way that's not draining. And it still may be a process like you're saying, like it's... You know what I mean? It may not be a once and done, but it will likely be quicker simply because we're holding the space in a different way.

Speaker 3: I'm really excited to get insights today about how to deal with this.

Joanna: Good. Yeah. All right. [Swattie] is saying in the chat that she's noticed that her resistance is a by-product of her thoughts and attitude at the time, when you're relaxed and in a state of flow, there's much less resistance. Yeah. A hundred percent, which is why it is so important to actively work on ourselves.

The more that we work on ourselves, like I am a diehard journaler, for example, like journaling is really one of my ways. And other things too, ritual whatever it is but the more that I work on myself, the less mind trash is rolling around inside of me. And then the more relaxed I can be.

Even someone like me who has such a long and strong history of negative thinking and bad attitude, and is in some weird way still my go to place, right? But pulling myself out of it. Good. Anyone else want to share any thoughts or wisdom or what you're seeing around resistance this week? [Bill]? Okay. Then we'll dive in.

Shawmut: I could share something that's not about my clients but it's an awareness that I came to about myself which I feel a little bit vulnerable about sharing also. Because it's a really subtle one because I don't present this way. But I think I got really aware of my...

I'm more identified with the victim archetype, but I got aware of my judge. And particularly how she manifests, like in relationships with coaches or other people who I hired to support me, or therapists or something like that. Like sometimes they're just never good enough.

It's like this level of perfectionism that I'm holding somebody to. Of course, because I feel like I'm never good enough in some subtle way. That feels really... I mean, I feel like I'm not in that place right now, but I can definitely look back and just see how it's like, that can play out sometimes.

Joanna: Yeah. I'm so glad that you're seeing that and thank you for sharing because I feel like the sharing, as I was saying last week, resistance is a shadow. Like in this way that we're talking about it this energetic way. And so with shadow, when we can just name and lean in and be seen for.

It slowly takes all the stings out. So I think it's just helpful for you to share and helpful for all of us to hear. And we're not going to really get into this in sacred depths but, what I do want to share is at the core of every shadow is a superpower. And for the judge, a lot of times that's super power is the power of discernment.

Right. And you are like, that really is one of your super powers, [inaudible]. And so the judge is there for a reason. It's just about keeping her in check for when she goes into some of those lower level energies.

Shawmut: It's so tricky though, because as you're saying that like, I just wish... I was like working with a therapist and I gave it a year and it was like... It never quite was right but again, I stuck with it but it was like that it's tricky. I feel like I will say that it's tricky to know, like when it's true discernment and I'm like, "Oh, this isn't a right fit for me."

Whereas when it's the judge which is like, "Oh, this person isn't good enough for me." I guess maybe even just hearing that tone is like...

Joanna: Well, that's what I was going to say. I think you got some clues right there.

Shawmut: Right. Good. Thanks.

Joanna: Okay. So we've looked a lot, particularly in our first class, on energetics, but really throughout so far. We've looked at the idea of the coaching relationship or the practitioner client relationship. But the relationship, which is also a part of the container is so important that I just want to...

As we go into the stage, I just want to reiterate whether it's for a 10 minute laser session or an ongoing client over years and years and years. The relationship between you and your client is the basis of all of the transformation or that will happen. Or if the relationship isn't good, the basis of the non transformation that's going to happen.

The relationship and how you relate to each other, and the energetics is the most foundational piece. All of the skills and the techniques are just added bonuses on top of that. And as we've already seen when the relationship is out of alignment, and the energetics aren't tended to, the container gets leaky.

There can be frustration or disengagement or worry or stuckness, either on the part of your client or for you. When the relationship with the client is aligned and the energetics of the relationship are tended to, that's when there's trust and vulnerability and excitement and motivation and depth.

And all of those pieces that we looked at our very first call in terms of the foundations of what makes a good relationship with a client. So I want to take all of that and I want to take it deeper. Now I'm going to say this, take it in. What

happens in the client container or the coaching container, is a microcosm of what happens out of the container in the real world.

I'm going to say that again, and then I'm going to explain. What happens in the container with the client, for your client and for yourself is a microcosm of what happens outside of the container in the real world. So what does this mean? It means that if your client shows up in the work together and she's consistently unsure of the work that you're doing together.

I guarantee you, she's consistently in one way or another, I'm sure of herself outside of the container. If in the container, your client tends to get angry pretty easily at you. I can nearly guarantee that that's not isolated, that outside of the container, there's some anger pieces going on.

If in the container, your client maybe tends to compare herself with you or compare herself with your other clients, like you favored this person over that one, or get whatever it is. I can almost guarantee that she tends to compare herself with others outside of that container.

If inside of the container with you she has unrealistic expectations, I can almost guarantee outside of the container, she has unrealistic expectations as well. If she really tends to be very hard on herself with you outside of the container, same thing is going on.

So the container is a microcosm of what happens outside of the container. So why is this important? Because if you as the practitioner leave things to chance or inertia, in other words, if you don't really... How do I want to say? Like lead in the energetics and pay close attention, and create awareness for yourself and your client in terms of the energetics and the actual relationship.

That there's a good chance that at some point in the relationship, your client is going to unconsciously bring her own family dynamics and patterns into the relationship. And actually no matter what, your client is going to bring their own family dynamics and patterns into the relationship.

But the more conscious that you as the practitioner can be about this, and the more that you can create awareness around this for your clients, the more conscious everybody can be about them. Then the more that you can actually use what's happening in the container.

The more that you can use those projections and those dynamics for your client's growth and transformation, instead of having those projections and time

dynamics work against the both of you in the container. So in other words, projections are going to be there.

Dynamics are going to be there. People are going to bring what is... Like how they act without even realizing it out of the container to you. Your job is to make support the client, to see those patterns. It's so much easier to see them, when they come into the relationship and then use that for healing.

So you're actually using the client relationship. It's not just the stuff that's happening in their life for transformation and healing, but you're actually using what's happening between the two of you for transformation and healing. Does that make sense so far? I'm going to get into details but can just pause here.

Because it's a big piece. Yeah. Okay. So all this being said, one of the really important components of energetics, is that you as the practitioner, want to be aware if your client is projecting mother or father or sister or brother, or some other onto you.

Now, before we go any further, I want to make sure that I'm clear about this. There's nothing wrong if this happens. If your client projects mommy onto you or daddy onto you or sister, brother, any of that. Nothing wrong with it so long as you understand that it's happening and you know what to do when it happens.

It doesn't mean that you've done anything wrong as the practitioner, if it does happen. And the truth is, especially if you're going deep and especially if you've created a strong container, it may even happen more that some of those projections happen.

Because it's a safe space for your client. And when somebody is in a safe space and a sense of comfort, they're more likely to fall into their own or their old family dynamics and projections. For those of you that have a long time romantic partner, you probably have seen that you feel safe in the relationship with.

You probably have seen this in the relationship. The safer we feel in the relationship, the easier it is for old dynamics to creep in. Now, as the practitioner, projections are happening and you don't do anything about it, it can really undermine the relationship and the progress.

But again, if you can leverage it, it becomes like pure gold for your client and for their forward movement. So let me give... I'm going to give you some examples of projections and dynamics. And again, some of these may sound similar to some of the resistance archetypes.



So one example is, if the client feels is scared that you're going to judge her, right? I want us... Like maybe holding back on telling you ideas or sharing what happened or you sharing how she really feels because she's scared of judgment. That's not likely not because of you.

It could be because of you, but more likely that's something she learned in a relationship outside of your container that she's projecting into the container. Or maybe you get the sense from your client that she feels that you don't love her, right?

That you just don't see her as amazing. You don't have love for her. You don't see her brilliance. You don't see her intelligence, or maybe she thinks that your client... You think more highly of your other clients than of her. That you don't love me again, comes from a relationship outside that she's projecting in.

If in your work with a client, there's this feeling coming from her of, "Oh, you're making me do this. You're making me put a website together. You're making me do online dating," or whatever it is, right? It could be a resistance archetype again, there's crossover.

But another way to think of this is, this is how she feels in a dynamic with somebody else in her life, with her mother, with her father, whatever it is. And she's projecting mother or father onto you. Or maybe she feels, or you get the sense that she feels that you'll punish me if I don't get this right.

You're going to be mad at me. If I don't get this right, there's going to be a punishment, right? Projecting in. Or you don't approve of me. You don't think I'm amazing enough. So here's another one, you're going to betray me. You won't really be there for me if I need you.

If you sense there's that fear in the relationship or that comes up or, the client may even say it. Again, projecting from another relationship in her life. Maybe the projection is onto you. You need to save me. I need a savior or maybe the projection is I need to save you.

I've had that happen once, maybe twice before where like the client is it always in savior mode, in her family of origin that she always feels like she needs [inaudible] practitioner. She needs to save me, right? If she feels that you're trying to control her by giving her too much homework or action steps or this and that.



Now obviously you always want to check your filters, right? Make sure that you're not, chances are it's a projection. You don't really understand me. I'm not understood. You don't get my layers. You don't really get what I'm saying, right? It's likely not because you haven't seen in her and her, right?

If you're doing all the things that we've spoken about so far in this training, in this program, it's likely because in a primary relationship in her life, she never felt understood. Or you don't really believe in me and in my vision and that I can accomplish my goals here, or you're not paying enough attention to me.

Here's another big one that can come up. You think I'm too much or I'm too annoying. And here's another one, you actually don't really like me. You come to these sessions because you paining, but you don't really like me. Now again, it's not in all these cases not that the client is explicitly saying these words.

Though the client can, right? But it's, you're picking this up subtly in between the lines. So those are all projections and dynamics, but hopefully that's got you thinking. Those are some big examples. So let's look a little deeper into this now, do some journaling.

What are some of the negative dynamics and patterns? And you can think of the ones that I've listed or other ones. What are some of the negative dynamics or patterns that you've had, or still currently have with your own mother, if you've had a mother or with a primary female caretaker if you've had one?

And I'll ask that question again because that was a very long-winded question. I could probably work on my questioning skills and shorten up. What are some of the negative dynamics and patterns that you've had with your own mother? And if you haven't had a mother primary, female caretaker or woman in your life.

Did you have for example? Or maybe it's still current, the fear of you're going to judge me, or you don't really believe in me. Or you'll get angry at me if I break the rules or I don't want to do what you say. Any of the things that I mentioned or something else, what are some of the negative dynamics patterns with your own mother [inaudible]?

Not paying enough attention to me. Trying to control me. I know with my mother, I need to save you. Nicole is saying her mother is really uncomfortable with extreme emotion. Yeah. That is common too, right? So it might be Nicole for you. A piece in there is like, my emotion is going to overwhelm you. Something like that.

Shawmut's saying she had them all with her mom. Yeah. Lisa's saying everything I ask for is a burden that deletes or offends my stepmother. I shouldn't even have any needs. That can be a big one. My needs aren't important to you or my needs are a burden to you.

Rose is saying, I ask for too much attention. I'm not listening. Are you saying your mother wasn't a good listener? If she always felt that you didn't listen well enough to her, I think that's what you're saying. Yeah. I'm so glad you guys are sharing these great examples.

Kathy, I need to stay small to fit your narrative, right? So a client could come to us with that projection, right? Even though we're not putting it out there, but a client could come to us with any of these, right? That they feel like they can't be in their full bigness with us.

That will betray them. If they get too big or bigger than us, I once had a client. And because we had such a tight container she said to me once, I'm scared that if my business gets bigger than yours, that you're not going to want to work with me anymore, right?

That's her projection. Similar to what Kathy is sharing. A lot of saying, you have a close relationship with your mother. So when she got sick, the tremendous pain that caused with trying to fix or heal her, and then disappointment in self when we... I'm a sister with you in this Alana, it's a tough one. Right? So a client could bring that on to us in a container. I feel like it...

Speaker 4: It possibly we can bring that on to our client. Like in our own...

Joanna: We could bring that on to our client too. Exactly. You're all smarty pants, you see where I'm going with this, a hundred percent. Swattie just made her mother's decisions. Let her mother make the decisions instead of hearing her complain, right? Client could project that on to us.

Lisa is saying, I know one projection I often as a client with my coach, is thinking that she's thinking, "Oh God, aren't you past this yet? You must not be doing it." A hundred percent. And it's so good, I'm so glad you're sharing that, like for yourself.

So you can see that you do that. But again for us as practitioners, to know our clients are doing this all the time in their heads, right? We want to look for those pieces so that we can create awareness on this. Because not only is it going to help

strengthen our relationships, it's... Our relationship with our clients it's going to help them out in the world. So much.

Brenda's saying she's experienced comparison, judgment and didn't get enough attention. Her needs are too demanding. I know I've had clients come into the container with me feeling that I have needs and it's going to be too much for you. Okay, good. Let's continue looking.

Same question but with father or primary father figure. What are some of the negative dynamics and patterns that you have, or have had with your own father or primary father figure, if you didn't have a father, or even secondary too? So take a look at this with your father, for father figures.

And Shawmut. Yeah. I'll give everybody another minute and I'll take your question. All right. Shawmut, what did you want to ask?

Shawmut: Thank you. It might be a little bit off topic I'm not sure, but it's a resistance type of thing that I'm a little bit confused by. And I get really triggered by and I have a lot of resistance come up. As when someone says to me, it's not all about you and I don't completely understand it.

And I was hoping that you could maybe shed some light on it because it actually came from my mother-in-law and she says, "All, it's not all about you." But then I thought, well, it's never been about her. And so I think it's more about her, it not ever being about her and her upset around that and then projected onto me.

Joanna: It could very well be. So that's one thing to note. But you said that it triggered you Shawmut, that, and so I think that's what's actually more important here. And so what I would say is, and this is some work for you to do on your own, to look at who in your life and where in your life were you made to feel like you're too much?

Like you're making it too much about you. Like your needs are sucking everybody else's needs out of the room, whatever it is. So I'll let you think on that. Because if it triggered you, it could... Her statement is about her bit if it triggered you, there's something in there for you.

Shawmut: I got it. My mom used to say that too, because it wasn't actually all about her. And so how dare it be about me when it's about her. And so I think because it never really got to be about me now, I'm older and I'm like, hang on. Now, it's finally about me and how dare you say it's not about me.

But it's a little bit... It's a double-edged sword too, isn't it? Because sometimes, some things have nothing to do with me. And I do get that piece as well. Is that it can just be something that's going on for someone else.

Joanna: [inaudible] laying around that piece with your mom, the more you're going to be able to discern.

Shawmut: Thank you.

Joanna: [inaudible].

Shawmut: Thank you. Got it. Yeah, that really helped. And I'm sorry I have to go, but I have to go soon.

Joanna: You'll catch the recording.

Shawmut: Thank you.

Joanna: You're welcome.

Shawmut: Yeah, I will.

Joanna: [inaudible]. So I didn't catch... Let's see, I didn't catch just from the mother piece, Gloria is saying, you don't approve of my decisions, or I can't predict your emotional response. So I'm going to do whatever I can not to trigger you. We could be bringing that to our clients, our clients could be bringing that to us.

Any of that. Patty's saying I wasn't important enough to spend quality time with. Again, that could go either way or you can just figure it out on your own. Is the client maybe doing that? Not connecting in, in between sessions either because they think they're too much or I can just do this on my own when really that's part of your service. You want them to reach out so they don't have to do it on their own.

Okay. So what are you seeing with father figures? Lisa's saying a power struggle where I was afraid to bring problems because I thought he would try to take over and control or solve the... I hope this doesn't sound sexist, but that is often a male thing, right?

Even with my husband I'm like, just listen to me, don't solve my problem. I don't want a solution. I just want to be heard. And Lisa's saying and not being heard of course. Brooke is seeing that one of the patterns is love is something to earn by being talented, winning, exceptional.

I know I bring that to containers where I'm working with a practitioner. Like I mean, I'm a practitioner myself. I need for you to see that I'm really smart. And I know my stuff and I write... And it works to my disadvantage as a client because then I'm not as vulnerable as I could be.

So we want to be aware of this for ourselves and it is our client. And this is the problem and I know a lot of you're like, "Me, I'm too smarty pants because I hide it, so that the practitioner doesn't see it." Like sometimes I just want them to out smarty pants me, and call me out on it.

And this is what I'm talking about for you guys. I want you to lovingly call your clients out on it. Kathy's saying, "Ah, don't compete with him." Yeah. This is a competition. Am I creative enough to get his attention? I have to hide my strength to get along.

We want to call lovingly create awareness for that for our clients, but also if we're bringing that to a container. Any of that, to a container with our client, we want to call ourselves out on it. Swattie saying your father was checked out with alcohol. Yeah. And you learn to do the same for a long time.

Checking in and being present is an everyday effort, and where a lot of resistance comes from. Yeah. So that's part of resistance. But that can also be a projection or a dynamic in the relationship. Alana's saying that her father takes up so much space that he can sometimes be insensitive to the needs of others.

So you associate taking up space and shining with being self-involved or insensitive. Yeah, and want to shrink. And almost feeling embarrassed when you're being seen for your brilliance. We want to know that if that's going on for a client, right? Because I think that's very common.

And I know I'm looking for that. That's actually one of the things that I'm looking for with clients, and then I'm leaning in even more creating awareness around it and inviting them to actually get even bigger in the container. And sit on their queen thrones even more and I let them know, like I welcome this. I honor this and welcome this, I want to see this from you.

Being a good girl, Rose is saying needing to get approval. We don't want our clients to want approval from... Well, let me take that back. As human beings we all want approval from everyone else. It's impossible. But we don't want to have this unspoken in the relationship.

And we want to let them know that they already have our admiration and our love, no matter what. Cindy's saying, I'm the dad, her dad's attitudes is I'm the dad. So my feelings, thoughts, opinions are more important than anyone else's. We don't want our clients to project that on to us, to think that we think that what we think about them is more important than what they think about them or a situation.

We want to watch for these things. I'm not going to go through all of these just because we have more questions, but you guys are on it. Peacemaker I'm seeing here. Yeah. If a client is going into peacemaker, probably a projection, we want support awareness around that.

And let them know they don't have to be the peacemaker in the container with us. All right. Let's look at this in terms of brothers and sisters. If you've had a sibling or stand-ins for them, cousins, good friends, that kind of thing. What are some of the negative dynamics and patterns you've had with your own siblings or, close stand in for a sibling?

Usually sibling, especially if it's sisters oftentimes is about competition. Not always, but can often be or not getting enough attention. She's getting more attention than me kind of thing. Nicole's saying the eldest of all the grandchildren, she had to step the example of a model child. That's so much better.

So a client could be bringing that in, in one way or another, or Nicole, you could be bringing that to relationships. This is saying my brother was the more valued child because he was a boy and small and blonde and cute. It didn't matter how much I outperformed him in school or any other area, he was the prince.

And that my step-mom's nieces were the right version of being a girl. Yeah, so a lot of times, and I just want to mention when it comes to some of these that we're seeing with siblings, it can totally show up in a one-on-one relationship. It can show up even more when you're leading groups, we're not going to get too much into groups.

But does that make sense you guys? Like the family, like sister, brothers, sibling dynamic, the teacher is the parent, the facilitator is the parent and everybody else are the kids in there. Okay. So let's take this a step further. Be honest with yourself some of you have already started seeing this.

I see it in your comments. At first, just think about yourself as a client when you've been a client, how have you... One of... The things that you're identifying,

how have you brought some of this stuff to the relationship with your practitioner? How has this showed up?

How have you brought this as clients? Yeah Kathy. I got like 90% of what you wrote there. I don't think I'd get the whole picture but it feels really big. Nicole is saying she tends to not want to share the whole ugly truth. That we keep parts back because we have to look a certain way with practitioners.

And Margaret not moving forward because you're staying quiet and small. Lisa's saying, I often believe they don't get me. They're applying simple thought or I've been there on that to my very complex, emotional experience. Swattie's saying that she tends to think her teachers judge her.

Kathy, I get it. Yeah. Have you guys been projecting any of this onto me? You don't have to answer publicly if you don't want, but since we're on topic, have you been projecting any of that onto me? Good to know for yourself. All right. Let's keep on looking.

Oh, Alana saying, wanting to be the special one too. Yeah. All right. Let's keep on going. And some of you have already answered, started to answer this. Alice is saying sometimes you think that, I think you think that I think that you're not showing up for this program because you don't...

Joanna thinks that I'm not really present because I'm not on all the live calls. So where is it where someone, a mother, father, whoever Lisa, you're not present, like you're not doing what you need to do. I don't think that at all, I will call... I will get in touch with any of you.

And I have you guys know if I haven't seen you, I'm not making judgements. I'm just checking in. It's good to see that, right? All right. So as the practitioner, how have you brought some unchecked family patterns and dynamics into the relationship with your clients?

And we all do this. I just want to normalize it. It's just about checking it. Getting more aware. And then we don't do it as often. And so I'll just give you another example that we haven't spoken about. That I noticed for me, a number of years back. My mother is ill and has been ill since I've been little, and also as I think an undiagnosed nurse assist.

And because of that she has made herself the center of our universe. And growing up or not growing up once I left the house, went to college and then became an



adult. And all of that was like, if I wasn't talking to her every day, I had abandoned her. Like we needed constant contact.

And I noticed the first number of years in my work as a practitioner and my work as a coach, if I wasn't hearing from clients pretty consistently in between our sessions, I thought they had dropped off the face of the earth. And weren't present to the work anymore, when really they were just being normal human beings and not needing me to be the center of their world all the time.

So what are you bringing to some of your client relationships? All right. Let's pause here for a moment. And I just want to take a moment to hear a voice to voice from one or two of you. What's starting to click for you? Like what are you seeing here that's important? Could be personal or professional, but what's really starting to click for you.

Speaker 5: Hi. I see that I have this undercurrent of struggling with some of these issues that is the whole time I'm with a client. I'm struggling with not being too judgmental, being able to listen and hear things and then being able to give the right responses. Like I can see that I have this camera on myself and how I am measuring things constantly. And I guess we're all struggling with that, but I thought it was just me. Like...

Joanna: It's good to normalize, right? To know it's not just you.

Speaker 5: Because I thought, well, am I... But what I'm beginning to see is that this is how we hold the container. And we're thinking that that it's good to think about the container the whole time and how I'm reacting and how I'm parsing things and being aware of the things that I am aware of.

And then I'm getting increased awareness as we go through these things. Yeah. I'm seeing it as a good thing, but before I thought, "Oh, like, is it [inaudible]."

Joanna: No, no, it's so long as you're not being hard on yourself. And so long as you are not sharing something that's important to be shared and it doesn't sound like that's happening for you. Like, yeah, we do want to be aware of ourselves, as practitioners in the container or else we can't bring all of these projections in.

So it's not about stifling ourselves at all. Like I'm kind of... I'm freeing, open, like all that with my clients. But I am aware of myself and what my tendencies and patterns are. And that gives just momentary pause to check before I do respond to clients.

Speaker 5: I'm going to also add that when I do, do something that goes against my grain, like calling somebody out on something or not being like all nicely nice. The voice gets louder and that I have to just hold the space anyway.

Joanna: Yes, see, that's such a beautiful example of like our dynamics are our dynamics, our dynamics. It's not that we need to not have them in order to be amazing practitioners. We just need to be aware and in dialogue with them. Beautiful. Thank you for sharing.

All right. Good. I want to read all the comments in the chat, but I also want to continue on, so I'm going to read them afterwards. Okay. So what do you do then? When you know that a client is projecting they're bringing a family dynamic in. First of all, awareness, right?

Everything we've done so far on this call, just that in and of itself is huge. Just becoming aware of it. So that we don't panic. Or so that our projection doesn't start dancing with their projection. Like we're the mother to their sister to the whatever it is.

Like just the awareness, all alone, the understanding of human behavior that we've been looking at today. And using all of the tools that we've learned so far will help you so much. When you have the awareness that we're looking at today, that this is a projection from a family dynamic.

Then you as the practitioner know that it's not about you, and that's half the battle right there. It's not about you. In fact, one of the things that has been hard for me to learn over the years is that no matter what a client brings to me, it's rarely has anything to do with me.

Even when my client is like, "You're so amazing." Like well, of course I'm amazing. But it's actually right. Like it's not about me. It's not about me, is what are they seeing in me that actually is getting sparked that they actually have inside of them, that's ready to come through.

Like I'll take the compliment. Sure. But it's also not a palette. So awareness number one, knowing that it's not about us can help so much just to give us the grounding. To be able to know what to do next. And then from there, we want to create awareness. We want to reflect the truth.

Now of course, a hundred different clients, there are going to be a hundred different ways of finding the truth you guys have a lot of really good tools so far, from this training, here's an example. Sometimes you may say to a client,

sometimes we can bring our family or early life patterns into the coaching relationship.

And that is totally normal. When we do it, it means that we feel safe enough in our relationship. Something... I mean something good is happening in our relationship. And I'm sensing, and tell me if I'm getting this right, that sometimes you worry that I don't approve of you.

And I can almost feel you putting a lot of energy into that worry, which by the way, is so far from the truth. But I wonder if this resonates with you and if so, what relationship in your life does this remind you of? So that's a lot of context for somebody that may need it.

Like a shortcut might be like, I noticed Joanna that you often worry that I don't approve of you. And there's nothing that can be farther than the truth from that. Where did you learn this worry in your life? You can just simplify that in there too, and then explore from there.

Now other times. And this is if you have a really good relationship with a client and there's a tight container, and I have been there before like once with a client of mine. And we had looked at some of her mother's stuff before and some of the patternings, so there was already a language.

But sometimes in a moment, it's really good to be incredibly direct and almost dramatic. And I have said, I remember one specifically with a client, like directly to the client Stacy, I am not your mother. I'm not going to forget about you because I'm taking a month off for vacation.

So sometimes just that direct reflection of the truth is what's needed. And that can be a thing like, just so you guys know that I've had a couple of clients in the past, like when I've gone on maternity leave or I do take a longer break every August. When they're like, "Oh my God, you're going to forget about me. I'm going to be..." Whatever it is, right?

[inaudible]. Because that's a big one. Big one I can get some times as like... Because my clients watch my marketing and what's happening in my business is, you have so much going on in your business. I'm scared you don't have enough time for me, right? That's another one. A lot of times.

Speaker 4: Some of it, when you're talking about some of that, it sounds like really like almost therapeutic, like therapy. And I'm curious about, how do you not overstep

in a way that it becomes therapy when that's like, not what they came for? Like they have a specific goal.

And I'm just wondering about like, how do you do it? Like obviously if it needs to be addressed it needs to be addressed, but do you ask permission to bring it up or do you preface it in some way? Because it sounds to me some of that language like around projection feels like it is in the therapy realm. And I'm just curious about that.

Joanna: Yeah, that's a good cue. It is in the therapy realm, but it's in the realm of any relationship with a client. So for sure it's something that can come up in therapy, but I mean, this is my philosophy on it is, honestly, we don't want to bring it up just to bring it up.

But if it's something that's showing up in the container with your client and it's hindering a goal or getting in the way of a goal by not addressing it, it's just going to get bigger. We want to speak to the elephant in the room. And to me it makes sense to not hang out forever in like, what are the origins and why? And all of that.

But to make some of those connections out are really important. In terms of the bigger question around the therapy piece, have you listened to the training with Raya where we'd look at the difference? Oh maybe, you know what? I dropped it right after this call because of what you're asking.

So I should say that you guys sometime this week, should have in your member center, a call that I do with a therapist, who's been a therapist for 25 years. Who's also been a client of mine and who has also been through this training, and many of my other trainings.

And her and I really get into the nitty gritty of the difference between the scope of coaching and the scope of therapy. And it's a really great call to listen to.

Speaker 4: And I'm just curious though, if that hasn't been the nature if there's a way to ease. Like if you don't have that language between you to be... Like how do you bring that up for the first time, like massage that into the conversation?

Joanna: Well, similar to what I was saying earlier, like that first reflection of the truth. Like sometimes we have certain dynamics with family members, and they can make their way into our relationship and that's totally normal. And so I noticed that you're putting a lot of stress into needing my approval. And I'm wondering where you know this from.

Speaker 4: I guess what I'm asking is, do you need to ask permission to go into that reflection sometimes? Or do you just... Or is there a way to... Like if it's not the typical dynamic that you have.

Joanna: What so... It's funny. So when something like this happens, like what were happening where I'm like, I had to see the problem and you're like, no, no, no, here's the problem. There's something that I'm bypassing here. So what is your fear?

Speaker 4: So I think my fear is that I would like enter into a conversation that would be more derailing than beneficial. Because it's not our common language. It isn't something we've like... It hasn't been our dynamic or it hasn't been something we've... I'm not saying... I know you're saying don't just say it to say it obviously if it's only if it's hindering a goal.

But, if I notice something like that, but that hasn't, let's say we were working together for awhile or that hasn't been in our language or it's not something that I brought, I didn't say in our initial call. Like we may end up talking about our relationship dynamics. Like, I don't know if it's like, is it a free framing that it needs?

Joanna: I think is a little bit more language to massage it. So I'll give you some in a second.

Speaker 4: Because I can picture a client being like, what the fuck are you... Like why are you bringing? This is not our container, like this is not appropriate for our container.

Joanna: So two things on that. First, I just want to say like, in all of my years and all of my clients, that's never happened. No, that just may be my marketing and all of that, but I think it would be rare. Particularly, because I know your ideal client pretty well.

But that being said, if you want to massage it a little bit more, you can say like, I know what I'm about to ask is, we're going to a place where we haven't before and let me know if you're comfortable with this. Yeah. Okay. All right. So I want to repeat something that I said earlier, so we can come back to it.

What happens in the coaching container is a microcosm of what happens outside of the container. Now, if this statement is true and hopefully at this point you guys all agree with me that this is true. That then what that also means is that the

coaching relationship, can become a corrective and deeply healing opportunity for your client, around their family dynamics, and their other relationships.

Even if you're not at the goals that you're working on, have nothing to do with relationships, to your question Alana. I'm going to say that again, the relationship with the client can then become a corrective and deeply healing opportunity, around their own old family dynamics or currently friendships. Yeah. And my greatest thing that gives her the chill.

So in other words, what happens in between all of the goal setting and the strategizing and the visioning, all of the great stuff. But the stuff that happens in between it in other words the relationship, can be just as powerful and motivating and healing as the coaching itself.

The relationship, forget about the fancy questions and the [inaudible] your fear. I mean all of that's awesome, awesome, awesome, awesome. But the relationship can actually become as important if not more to the healing and the goal setting. Gloria.

Gloria: Thanks, Joanna. I'm reflecting on a recent client interaction. I feel like I was on the periphery of this, having not known the depths of it here. And it was the client of mine that I shared last time who went MIA. And when I connected back in with her and did a touch, a check-in before our next call.

She had actually shared like the session that we had before, she stopped connecting with me was she had surfaced something around dynamics with her mom. And we went into territory that I guess we hadn't gone before. I was fully comfortable with it and, when we had connected back and she said that she was quite embarrassed.

And she [inaudible], she left my email unread for the month. She felt like we crossed, like that she wasn't supposed to bring that up in our container. And there were elements of not having done it right. And that was also like, that had been brought up in past sessions with her too, like having a real need to get things right from the start.

So I think it... I shed light on that pattern and how like, "Oh, okay. It has shown up in other areas of our coaching work and just other areas of her life." And I think we got to a really good place and moving forward we're on track with her coaching goals.

But yeah, I think it was just like as I'm hearing this, I'm reflecting on how I could have invited in a conversation in a different way. And it's really just illuminating here. That's all I got to share.

Joanna: Yeah, I'm so glad. It's [inaudible] feels so timely, that you have that to pick at. And actually what you're sharing is making me think of a tip, that I don't usually share. Because I didn't realize it was a tip, but it's something that I always do.

So you just pulled a piece of content out of me, which is whenever I'm in a conversation with a client and they've just shared something really vulnerable. And this actually even happened today with a client who I know very well and she's shared so many vulnerable things with me.

But she shared something that I could just feel, it was big for her and she either... Anyway, whenever a client shares something really vulnerable with me afterwards, one of the first things I say is, I really want to honor you for sharing that with me. I am so happy that you trusted me with that, thank you.

And I want to acknowledge you for you how amazing it is. Right? And then I pull a celebration out of it from there. Sometimes just the acknowledgement that that was big. And the thank you for sharing that and the honoring can derail some of those projections that can have a client retreat. Awesome I'm so glad you brought that.

Gloria: Thank you for sharing that. It really closes that feedback loop a bit I think, yeah. Thank you.

Joanna: Okay. So still have a little bit more I want to take a look at together today. So if it is true that the relationship can be corrective. Of course, as we see a client's project, we want to create the awareness and go into the places as we've been talking about.

But the other thing that I do, and I want to invite you to consider this for yourself is that I preemptively bring healing dynamics and patterns into the container, I preemptively. Because I already know going in, excuse my language, that we're all fucked up and we're going to bringing projections.

So I already... Before it happens, I preemptively bring dynamics in. So what does this mean? This means that one of my primary goals as a practitioner is to strive to be ideal mother, ideal father, an ideal sister, as best as I can from the get-go. I strive to be ideal father, ideal mother, ideal sister, as best as I can from the get-go.



As ideal mother, I'm nurturing, I'm all accepting, I'm loving, I'm validating, I'm consistent and all of this helps to create a corrective experience for my client. As ideal father, I allow for mistakes, I motivate in positive ways, I hold structure and boundaries, but in warm ways.

I see the highest potential of my clients. I get lovingly confrontational when necessary, and all of this supports a corrective experience. As ideal sister, I don't put myself on a pedestal. I hold the energy of there's enough success for everybody to go around.

I keep my own competition in check. I create an environment of full acceptance. I show that I enjoy my client's company, that I really enjoy them. And all of this creates a corrective environment. And now, we're actually at the point also in the coaching and transformational industry that as practitioners, we need to think about also bringing in, the ideal leader archetype into the relationship.

I don't take power over you. I don't make my opinion, the most important. I respect the both of us, I don't guru you, I'm in integrity all of those things. By bringing these dynamics in preemptively, by striving to be these things. And sometimes even like verbalizing it to clients. Like I accept you unconditionally.

Sometimes I'll say I'm going to hold a stronger boundary here because you need it, but I'm going to do it with love. Tell me how you feel about this. Right? So sometimes even verbalizing these things, so important. And back to this ideal leader piece, do you guys know what I'm talking about with that? Yeah.

I want to... I'll just share. Do we have time for a short story? Gloria is asking what would sing I'm going to hold a stronger boundary here apply to. So for example, let's say that a client isn't showing up on time, but not for whatever, right? Or even if they're not holding to a boundary in their own life. So maybe the language is I'm going to really invite you to hold a stronger boundary here.

And can I hold this with you sometimes? That kind of thing. Okay. Quick story about ideal leader, just because I think this is important. I want to share some of you may have heard me tell this story before. So the very first time that I led into the depths, which is my facilitator training.

So training on how to lead groups, do ritual and ceremony and group dynamics and all of that. It's an in-person training. It's three retreats over the year. It's really big work. And the first time that I led it, we did an ancestor ceremony. I led an ancestor ceremony, it was around the time of Halloween, spirits were out.

And anyway, it was this beautiful, beautiful ceremony where we called in the ancestors and people got information from their ancestors and connected and all the things. And I was very tired. We were doing this in the evening. I had been leading that thing to do by the way, to back retreats.

So this was already in the middle of my second retreat. After a long day, the evening was not a good idea, beautiful ceremony. And then I was closing that ceremony at the end. And as I was closing it I was like, I think I forgot to do something here. But I didn't know what I forgot to do.

And I let everybody go back to their rooms and go to sleep. And then the next morning we all came together and I started the morning off with a check-in and I just wanted to see where everybody was at. And it was the kind of check-in where everybody in the circle, each person shared for a few minutes and started with the first person.

I couldn't sleep all night. I felt like my grandma Shirley was in the room all night. And then the next two person shared and was like, "There was a weird light in my room." The next verse was I had this feeling that there was something around me. And by the second or third person I'm thinking in my head, "Oh, shit. I forgot to invite the ancestors to leave," that's what I forgot in the ceremony.

And unlike wanting to run out of the room so upset, not only because this happened, but because this is a training where teaching people hold containers for ceremony. Everybody shared. And then I was like, aside from wanting to run out of the room, it was like, I had a choice.

Like, seriously, I did have a choice because I could just be like, "Oh, that's totally normal." Like it's okay. I could have, nobody would have not known, nobody would have known. Or I had another choice, a choice that I chose, which was to take a deep breath, put my big girl panties on, be a real leader and say, "I am so sorry."

There is a reason why you each had this experience over the evening and I explained why. And then I explained that all we needed to do is acknowledge it and invite the ancestors out of the container and all of that. It was so hard for me to do, right? Because I want to look good. I always want to look good and smart and perfect and all the things, right?

But I have to tell you guys, so many women in the room broke down, because they had had so many experiences with leaders and authority and parents who had just bypassed, who had not spoken truth, who had not taken responsibility

for things. And the act of me taking this responsibility was so healing for them. It was so big.

And so I shared this just as an illustration of, not only how much power we hold as facilitators and practitioners, and obviously not only the importance of being ideal leader. But how really we can use everything that happens in the container for growth and learning and healing.

Okay. So a couple of tips for how to show up as ideal mother, father, sister, leader, equal playing field, right? Always back to equal playing field. Remain unattached. What that means is not that you don't care, but take your ego out of it. It's not about you.

Always love, love, love, love, love your client. Love your client and love yourself. Stay grounded every day. And this goes back to doing your own inner work, taking care of your body, taking care of your nervous system, doing... Eating, drinking, sleeping.

Like we need to take care of ourselves obviously, but we need to take care of ourselves to be the best that we can be with our clients. Particularly, in tough situations. Practice your creating awareness skills always. Practice showing up in these ways, in other areas of your life.

Like I get in... Like my husband, my marriage is like excellent place for me to practice because there's a lot of stuff going on in there. So when I can be more conscious there, it just helps me as a practitioner too. Okay. I'll share homework in a minute, but we do have a few minutes before we're done today.

So take a moment. And first just jot down, what are you taking away from our call today? What are you really taking for you? What's important here for you? And