



# *Sacred Depths* Certification

## Coaching Practicum, Joanna Modeling

0:23

Hello good to see everyone give us a minute to get here

1:16

okay

1:21

so, welcome, welcome. It's good to see everybody, we had a little bit of a break. And it's good to be back. We've got a practicum. Today, in a few minutes, we're going to step into it not yet. But just so you can start thinking one of you will volunteer to be a coach and one of you will volunteer to be client, and you'll have some time to coach your client and then we'll all observe and break it down. So now isn't yet the moment to volunteer, but think about if you want to volunteer to be the coach or the client. And I'll open that up in a few minutes. Before that, I'd love to hear some celebrations. So what are you celebrating inner outer bigger small, smallest still big? What has been going well, what are you excited about? What do you want to own? An acknowledge?

2:57

Who wants to share a celebration? What's going well, what do you want to own and acknowledge inner shift outer peace learning? Michael in saying I'm celebrating, just integrating sacred depth skills more than I think I have. I love that anything. I feel like that's more than just and Michael and would be would it be okay for you to come on voice to voice and just share a little bit more about that? What are you noticing? And what are you really celebrating?

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Yeah, I'd love to, um, you know, I have this three ring binder here for secret jobs. And I'm, like downloading all the forms and I'm answering all the questions and I'm tracking this and I'm doing that and I'm reading the stuff and and then I come to a session and it feels like it just all disappears. And yet my work with clients has become much more well rounded, it's just more complete. They're responding differently. I'm showing up differently. When I when I think Oh, Dean, this is a befriend your fears moment, I grabbed my little notebook and I pulled it out. I have it all written out like and I can follow it. You know, I have a shortcut like a cheat sheet. I love cheat sheets and I and I can use it but I don't need it quite as much as I did the first couple times. And so it's just like, I'm getting momentum. I'm feeling more confident. I'm feeling it take hold, even though there's still this vast ocean of sacred depths. I have not mastered.

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I love it. And I'm so glad you're speaking to all of this. So first of all, yay, I can feel it like you were already incredible practitioner when you started this program. And I can feel how you've taken all of that. And by applying what we've been learning, it's going deeper, like you said, like more complete, it's just, I'm so happy to

hear it and not surprised at all. And this piece that you're speaking to, I'm glad that you're bringing it up. Because I know it's always on everybody's mind. Sacred depths is like, like, I've given you all a lot. There's a lot in this program. And I always like to say it's the gift that keeps on giving. We you are all whether you realize it or not integrating so much as we're going along, particularly if you if you're working with a practice partner. But regardless, if you're showing up, if you're doing the homework, you know, if you're if you're practicing, you're integrating so much and, and this is really important to say, you're not going to integrate fully all of it, you're not going to embody fully all of it, there's nothing we could do together differently in this program, or I can offer more differently in this program for it to be fully embodied by the time we're done. That's just not how it works. It's supposed to be that you integrate and embody a certain amount by the time we're done, and then it's going to continue to work on you. And the more you come back to it, the more you'll integrate. And we'll also talk for those of you that are coming to the call on the sixth how to continue to integrate the work after the program is done to the eighth. Mike Lynn, I'm so excited. AJ

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I wanted to share the celebration that I got knocked out of a funk yesterday, with the help of my coaching partner, Wendy. And the big thing that she did for me is to remind me about celebrations.

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So important, it's like, yeah, we're coaches, we know it's important. Give it lip service a lot of the times and proceed to only focus on everything that isn't working. And there's always an abundance of that. Those things. Yeah, so what are you, aside from just the cell, huge celebration of getting moved out of the funk? What's the learning in it for you? Ha.

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One, the importance of coaching. And to the I mean, it's related, the importance of speaking, honestly.

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Yes, yeah. And talk more on that. Why is it important to speak on?

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It would have been easy for me to say everything's fine. And here's what I'm working on. Even though I wasn't working on those things. I was ruminating on those things. And without, like that safe container and relationship that we have. I don't know that I would have been invited to really be that vulnerable and honest. And that is exactly what it took. And what I needed. Yeah. Yeah, to move forward. Yeah.

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So huge. So so glad all that came through. And the reason why I was kind of asking you and kind of pulling on it is also for all of us because I think there's practitioner lessons in this too. Because it's so easy for a client to come into a session and not be honest and pretend like it's all okay and kind of fake it through the session or be a good student. The answers that they think the practitioner is looking for that they should be saying, but then we're not going deep and we're not serving as well as we can And it's a dual responsibility. It's not just our responsibilities, but like you're saying having that tight, trusting container is a, it's such a big piece in that. And then using our listening skills as practitioners Now sometimes people that clients are so good, but they can completely fake it as listening skills in the world. Right. But the more that we're present and not looking to hear what we want to hear, which is like everything is great, right, but present to what is actually there, we might just hear it in a little phrase or a little tone of a voice or like a little slip up. So, so glad. And kudos to Wendy to offer support. And all of that. A good. Thank you. Thanks for sharing. Amanda sharing in the chat that you're celebrating guiding your first full weekend retreat. Using the tips on full circling the group from intention to revisit intention, yes to wisdom and takeaways and action steps. Yes, yes, yes. It was a lot to hold space for it is but you're not exhausted. I'm so glad to hear. And that's just awesome. All around. It sounds like it was such a beautiful, beautiful retreat, and that you

received so much from it, too. Yeah. Hey, Laura signed her first client and had her first paid session last week. So, so happy and excited. The seal is now open for more paid clients to come in really nicely done. Yay. Cecil has reached out to people who've expressed gratitude for your qualities to ask them what they appreciate and then how you provided change for them and what you can do better. I love that and Ulta inspired that community always helps so much so beautifully done, Cecil. It sounds like an easy thing. I'm just gonna reach out to people who have expressed attitude and you know, ask them more about it. Right. But it actually takes a lot to be able to do that so beautifully done. Jana didn't like the question. At first, I get that right. And we've learned that in our celebrations when we looked at celebrations in that module. But what you came up with is to notice that with the darkness that hit hard last night, and this morning in the past, you would be fully dysfunctional. And instead, this time, you're able to see it differently and relate to it differently. A Jana that's huge. It's huge. And it's such great self coaching. Thanks for sharing your process on this. It's such great self coaching. And like a reminder of a coaching tip, which is when we're supporting our clients to acknowledge themselves it's not just the big celebrations right? Even if it seems like a micro movement, from what it was before that still can be such a big thing or how you navigate a similar situation but navigate through it differently or experience it differently. We want to acknowledge that support our clients to acknowledge that inside of ourselves really beautifully done.

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See anything else

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SC St. Monica session has opened the doors for so much transformation around abundance along with an awesome session with Mike Lynn I'm so happy to hear it. Yay. Monica is one of the bonus sessions that you all have in your member center around money Tina celebrating successfully finalizing a six month program yay and she gave you a video testimonial that's great. Yay blada said celebrating breakthroughs on a personal level being patient and and really listening deeply being outcome independent being mindful of energetics asking hard questions in a sensitive way all of the marks of incredible practitioner we as we've learned, and I don't know if you mean Lada that the personal is that this has been with personal relationships but everything we're learning here so supportive of personal really studentships as well, so long as the other person speak a little Kochi in our Kochi selves with them. And Kelly is celebrating being at your max of private clients, your private client practice is full yay, all of these beautiful celebrations. All right. So with that, we're gonna move into our practicum. We did this a couple of months back, if y'all remember, AJ was our practitioner back then she was a great first guinea pig volunteer, I'm going to call a volunteer practitioner and a volunteer client. And there's some instructions on this. So let me lay them out really just one instruction? Well, a couple if possible, and you know, we always coach the what based on the who, so practitioner, you'll see what's presented to you. But if possible, if the situation calls for it, I'd love to invite you as you coach, your volunteer client, and just look at the time here 1245. So you'll have about 20 Wait, let me do my math the right way, you'll have 30 minutes to coach. If possible, I want to invite you to use at least one of the tools that we've covered in this last section. So befriend your fear tool, a rewiring negative thought patterns, tool, a myth of perfection tool, think about accountability as well. So use all the skills and all everything that you're bringing in. But if it's relevant, use one of those as well, resistance archetype etc. You'll have 30 minutes to coach. And then we'll all observe and take lots of notes with our all of our practitioner hats on. And my invitation to everybody observing is to make notes on a couple things. Number one, what are things that you're observing that you're struck by that are working really well? Great question, a great moment of creating awareness, holding space, great visioning, et cetera, et cetera, with specifics on it. Why is that working? So well? What are you noticing? So that's one thing to take notes on. A second thing to take notes on? are, you know, there's always want more than one road that leads to roam, so to speak. As you're observing, what are some things that you might do differently? A different way of asking a question a different road, you might take place where you might spend more time on something, place where you personally might have gotten more quiet, or the Indian more or whatever it is, so what might you do differently. And then third thing to take notes on are questions that you have for the practitioner of why they made a certain choice that they made,

how they felt in a certain moment, as they were holding the space at cetera. I'll be making notes as well. And then we'll have time to just look at all of it and learn both from the observing as well as from the conversation afterwards.

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So who would like to volunteer to be the practitioner? And as I said, last time, I'm just gonna from the hands raised, I'll just pick intuitively and raise your hand so I can see it in the sidebar. I'll just pick intuitively without really thinking too much who who I think we'll all learn the most from So who would like to volunteer to be practitioner Don't be shy. So funny, Brenda up. I like for whatever reason you're on my mind before our session. So Brennan did is thanks for volunteering. Great, who would like to volunteer to be our client for today who's got something that they would like to be coached on? Oh, it looks like some of you are raising your hands. Also not in the oh, there we go. Florida, I saw you in actually did catch you in in the screen. So blato will be our volunteer client. Thank you, Brenda and Vlada. Okay, so Brenda, where are you just say hi, so I can see you.

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Hi. Hi here. I'm scared, like, Oh, I agree to that. I want to do this and do this in front of 25 people.

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Yeah, I want to acknowledge you for raising your hand. I think the reason why I was thinking about you is I remembered last time we had a practicum, you raised your hand too. And it's like, oh, I think friend is really ready. So just like honoring you and acknowledging you for all of that it's totally normal to be nervous. If it helps, whenever I do model coaching. As a teacher, whenever I'm about to do model coaching, I get a little right. So it's completely normal, know that we're all here supporting you. And that also all of us here have learned that like the myth of perfection is a myth, right? You're gonna make some mistakes, or there's some things that are going to happen that you can do differently. But that containers forgiving, right, and so long as you show up, and are present and are present with your client. I'm gonna get them to where they need to go.

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I want all my cheat sheets and all my notes and I don't have everything in front of me, I have a couple of them.

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perfection and foe.

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Remember, presence trumps everything,

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okay? As installed good, because that's what you

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have you have the answers that you need inside of you to support your client to find the answers that they need. I, so you keep your own time, you'll have 30 minutes from when we start. But I'll also be keeping time and so when we're at 30 minutes, I'll I'll let you know. But close by the 30 minute mark. So we'll say if we'll start in a minute. So we'll say that'll take you to about 123. Eastern 123 124. Eastern. Okay. As a reminder, intent setting intentions are important and takeaways before you close are important for integration. Tell us Brenda, what is your personal intention for yourself for this session?

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I like what I was going to be coaching.

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You are? You are? No as the coach. Oh, yeah. What is it? What's your workout? I had another way to ask the question. What's your edge that you want to be really working on during the session?

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I want to work on staying calm and grounded in any situation. Hmm,

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beautiful.

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Yeah. Okay. Just bring that into your energetics.

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All right. Take it away with water. Laura, yeah.

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Where are you? I want to pin you. Yes, I've

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been to you. Oh, great. It's lovely to see your background. I love this view. Thank you.

24:01

So Lada I'm so happy you're here. I'm happy I'm here. Do I it's great to work with you. Yes. So what would you like your take? What would you like to take away from what is your intention for this session? What is your takeaway?

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My intention is to get some clarity on the following topic. And actually, as I was coming into our time together, I realized like, oh, maybe I have an answer within me already. But I just need I just need to get food clarity on this as to what direction to take so I've been trying to clear the brush so to speak and so many levels in my life and instead simplify and make choices to which I can give up the multitude of options to make a choice that I could devote more of my time and attention. So that to get to, to, to fully to make the project, or the piece that I'll be giving attention to, to fully blossom. So I'm coming to the realization that everything takes so much more time, then, then then I would imagine, and here I have two choices to devote my attention to for the coming months. And I'm trying to decide, should I really pick just one? Or do I perhaps, have time for both. And here are the choices. One of them is to dive as fully as possible into working on a big grant. That would be it's an arts funding grant. So um, it's a New York women's program in the arts, which would, if I am selected, I would receive up to \$50,000, to the vet to develop a program of my of all my choice, and I'm thinking to apply that to developing a an original piece that will be multilateral with theatre and music. I did a small portion of it last summer. And so I will develop the fourth piece. That's one choice, and the due date is November 1. And so it's already too little time, in many ways to do it properly. But still, there is enough time to do it relatively well. The other

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got for just a second, I want to make sure I heard that one because you froze for a second. I might have missed something. So this first one is an arts funding grant for \$50,000 in New York for women, and it would be a original piece that you would do with theater, music and art. Mm hmm. Is there more that I missed? Or is that it? No, that's it. Yeah. Okay. And it's November 1,

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and it's due November 1. Okay. Yes, and it's pretty competitive. But I think I stand the chance of getting it, I just need to fully commit to develop it well. Okay, on the grant. The second option is to restart my choir, which I've had for on and off for 20 years. The theaters is the 20th year and it presents its own challenges, but there are new people who are interested to learn to their old members who are interested to return. There are people that Kiara that I've had with my ensembles during COVID I've kept working with a smaller group, and that is something that I'm working to take to the next level. So that would definitely be very time consuming as well. Um, but it feels like something that I could perhaps put off for another month or two. So I'm battling with these two ideas, whether I should give myself full permission, not to worry about my ensemble being due to be restarted and fully devoting my attention to something that perhaps might not come to fruition, but is our more immediate interest. And the element that adding to it is, the work on my ensemble would most probably also give me some financial benefits right away that I do need versus investing my time into something that feels like I would develop new pieces of me and your creativity, and could perhaps also be financially supportive. But that's up to too many other factors rather than my just my own work.

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Okay, so let me see if I understand the choices. The first choice, we already said, the second choice is starting your own ensemble again, or choir that you've had for 20 years, that will give you some financial payment. But it's not could possibly wait a month or two. To start, you don't have to start it now there's not a deadline. But if you do start it, there's money you can make earn some income from that. Whereas

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Is that correct? Yes, that's true. And it's true. And let me clarify, there isn't really a deadline to start it, that is correct. But in some ways, if I don't start it right away this, say this month, um, then we're going into holiday season. And that basically means I would have to do it for say, January.

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So if you start it now, you could do it through the holiday season. But if you don't start it this month, you have to wait till January, it doesn't start, you can't really start it in November, December.

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It's too hectic people are way too busy. Yeah, I think if I started it, it's already kind of late. I have a soft start, say in November. And but I would have to prepare right now. Started, say in late October, early November, have a soft start and transitioning to winter. Or just wait and started prepare it, say in November and start fully in January.

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Okay, so that means

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many months of basically no income, or close to no income.

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Okay, so are you. So you're looking at pros and cons on things. And there's a different Pro for your heart really wants to go for the to really try for the grant and develop a new piece of you. You may not make it but you feel like there's some thing drawing you there, there's more energy there. That was accurate. And you're also concerned about income where there's more immediate income if you do the choir. And there's also it's been going on 20 years and your choices based on past experience started now. And to get have a soft start through the holidays, or if you don't start it now and work only on the grant. You can't really start it again till January, which means you have no income for October, November, December for three months. Is that accurate?

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Yes, yes. And technically, the 20th anniversary is this year, which I came to realize only in September, end of August, like Oh, I didn't even realize 20 years. So it is meaningful.

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So part of you also wants to acknowledge that you've had this group for 20 years and you want to celebrate this group for 20 years and that it's been around for that long and that's a big deal when you want to acknowledge that

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it is and it's created a great sense of community for me. And for others. It's it's been meaningful on a multitude of levels.

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So there's both of these choices have different meet different needs.

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Yep, I know the The

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question is, what's your priority right now? Do you want to look at what needs are met from each project? And then see, which feels more draws you closer? Yes. Okay. So I'm just going to guess a little bit first, and then you can see how that lands for you. Totally, I'm guessing that the, the, what do you call her? The grant project, maybe meets needs for creativity, maybe for adventure and newness. Maybe challenging yourself in a different way, maybe personal growth in a in a new format. And, and as an artist to combine different modalities together, the music, the art, and the whatever the different things that are involved in that. And so the challenge of that, I think draws you and then there's potentially more money possibly with that, I don't know. Yeah, or more potential income, if you get that you'll have a wider audience, which could then lead to more income also, so could be a stepping stone to really amazing opportunities. Are there other aspects or needs that would be met by that I didn't mention?

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Yeah, great question. Um, I believe so. Because I think for a long time, I've sort of been like, circling around the desire of focusing on personal creativity. And it's a little bit of, I've kind of like, done the easier thing. Name it that way. So in some ways, it's like, it feel like getting the courage to actually pursue what I really would love to, to pursue rather than following the easier, the well known path. So

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it's challenging yourself to do something different, make new brain patterns, make new choices, fall, explore something new,

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to review to reveal Myself deeper, to deeper, okay. Yeah, because what my quiet about is about my background culture, it's about the music and culture of where I come from about my roots, which is great. And I love that people want to know more about that, that it makes me explore my roots deeper. But I feel like I've done that for a long time. And I, I love to express more of my own growth above that. So you

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so you're seeing the grant as an opportunity to express yourself fully more fully, more deeply. Yeah,



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that's the opportunity to find the financial means to support that process. Okay.

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So then when you look at does that feel complete for needs not regarding the grant? Mm hmm. So fully, deeply expressing yourself new creativity, adventure, possible, increased income exposure? And then when you think about is there did I say pretty much all of them?

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Yeah, I'm being true to myself through or to yourself, okay. dive deeper and express myself more completely.

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Okay. So deeper expression of yourself. Okay. That's one bucket of needs. And now when you think about your choir, and you think about I'm guessing, it might be celebrating 20 years of creating this community, this beautiful community that's been meaningful on so many levels for you. So celebrating that creation that you did, and also immediate income. Mm hmm. I'm also it's maybe a little easier In that you've done it before you know how to do it. So it's not you might have more energy for other things. If you did that. Are there other needs that are met with the choir?

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I think that's about it. Okay,

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so when you look for

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Yeah, with the choir specifically, yes, that's, I think that's about it.

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What were you thinking? What were you gonna say?

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That's a separate part, but it's actually independent of the choir itself. It's related. It's creating, finished finishing the process of creating of an online library of classes. In that kind of singing that I do with my choir, Bulgarian folk singing, and that's already underway, but it's independent from the choir, I can actually they can go to they can go hand in hand. But I don't have to actively be working with the choir to, to, to work on the online library. Separate

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because the online library is a different. Another category that you hadn't mentioned as being an option, right? Yes, yes. Okay. And is it also bringing come or no, it's a project? Yes.

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It will bring in come as well. Yes.

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Okay. Yeah. All right. So now I'm hearing three choices. Yes. The online library, the choir and the grants. Yes. And your, your question is, which is most important. And obviously, the online library didn't even make it on the list. So that's, we're not going to look at that. But we did. You did mention the, the, to the grant or the choir. So I would like you to, I invite you to, if it's comfortable, put both hands out in front of you. And imagine one hand



has all the needs that get met by doing the grant. And the other? Can you imagine that? And then the other hand has all the needs met for doing the choir? And can you see how beautiful all those needs are? The community, the celebration, the income, the the, the especially the meaning that you've made with the friends there. And also the exploration of deeper expression of your creative self, and how beautiful that is.

43:05

And

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opportunity to explore new, new things. But that being true to yourself how precious that

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is.

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And you can see the beauty of both of them. And that's why it's hard to choose. Does one of them when you're holding both of those, just one of them speak out to you more if you call in your higher self. You ask your higher Vonda what is best for me now.

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This one is heavier,

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which one is heavier?

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The expression of my true self.

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When you say heavier does that mean? It's what's drawing you or that it's oh my god, I can't do this.

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No, it's the one that that has more prominence. It's like,

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like that's more important to you right now. That feels more special or more, more important.

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Yeah. Okay.

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So you can just ask your higher self and thank your higher self for giving you clarity and guidance on what's most precious to you. And what is best for you right now. Maybe bring all of these needs together and put them in your heart and just say thank you when you're ready And breathe in and just love all of these opportunities, all these choices, this beautiful gift when you're ready, open your eyes so blada Am I talking too soon? I feel like I need to give you a moment of silence to just absorb?

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No, I think I'm ready. Okay,

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so what did you What is your takeaway from this session?

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My takeaway is that I do have all the answers already in me. And is, is that it's beautiful to to appreciate all these richness that I have. And there were certain certain past experiences that came to me as knowing and some of them were informed, like where my anxiety comes from. And it's where, in past times, I've decided to give time to my own team going deeper into me, rather than giving back to the community. It's been it's been hurtful because of how the interactions happened. And, and I guess my anxiety might come from that. But at the same time, it's the awareness that the community and richness that I've helped create and nurture has been there, even though I had in the past taken time for me, the community was still there and looked looked looked looked me up and and asked me, you know, expected me to return. So now that I'm so much more skilled at guiding the interactions, in a better and more productive way, there will be less, there will be less potential negativity or not negativity, but disappointment from my community stepping out there will be less of the shadow dance and the resistance and the the all of that affecting the process. So I can perhaps find a better way of explaining that I need time for myself and that I plan to return. So that's what's coming to me. So I think I think it's safe for me to know that my community will still be there. And maybe I can find an alternative way to celebrate with without fooling restarting activities. But informing them and asking for for needed time off.

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So you're looking at how can you support your community and yourself at the same time that they've been there before and now you know what to say a little bit more clearly so that you can be understood without as much disappointment on their side?

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Yes. Because people have felt betrayed by me in the past and really acted out in a way towards me. So it's resulted in much and and, you know, in a lot of hostility and disappointment on both sides, but I guess I could, I could find a way to to have a celebration and at the same time to let people know I need to take this time off for approximately this much and then we'll come back.

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Some it sounds like our next session could be going over or how to word that and work with that in a way that it feels good to you and might feel good to them.

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Mm hmm. Yeah. Okay. Yes. All right. Wonderful.

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Thank you, Dylan front that can't say your name now,

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really helpful. Thank you. Thank you so much. You're welcome. I've been struggling with getting this this clarity. And yeah.

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It this was really helpful.

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Good. I'm so glad. Yeah. Yay. Okay.

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And you did it under time. You still had minutes left? I did. So, okay, so Brenda, in a moment, I'm going to open up for everyone's shares. But first, I want to ask you, what's the one thing that you really want to celebrate from that session?

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I want to celebrate that I wasn't rummaging through all my papers. Oh, my God. What do I do next?

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Yeah, yeah, I didn't see you look at papers. Not even once. And you were

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I didn't I just kind of went with what I already know. Yeah. Can

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we say that? Maybe that is a sign that you were working your edge of staying calm?

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Um, yeah. Yeah. I and I was able to stay calm and just stay present with with LADA. I felt it was present. Yeah.

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I felt that too. Sounds like a lot of felt that also I could feel that that you were present and calm and holding the space with those with just such aligned energetics. Beautiful and well, I'll get to that next question in a little bit. First, let me I'm going to ask the group. What are some things that you want to pull out from that session that you noted that Brenda did really well that you're like, ooh, that that was good. What what do you want to pull out? Energetic from anything we've learned energetics, questioning, creating awareness, listening, strategizing, visioning on and on and coaching the web based on the hill. Mike Lynn.

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Well, I've been lucky enough to have Brenda coached me a few times. And she's she's relentlessly listening, like all the time, and I love her determination to get it right. And she puts a lot of effort into reflecting back and it forces. I noticed that a lot I like and I've experienced that myself. It forces the client to like, really look at that. Yeah. Is that what I mean? Yes. Is that what I want? No, actually, it's this thing, or Yeah, that's right on and it gets, she gets to the heart of it. Yeah.

53:09

Absolutely. Such you could feel like such great listening. And that, you know, am I again, reflecting that back? Am I getting that accurate? Is that accurate? She's She was right there with the client. And even when Brenda screen froze, right, especially in front of all these people, it might be easy to just be like, okay, whatever happened in that 30 seconds, it's fine. But she took the time to ask to make sure that she heard. Kelly

53:42

the thing that really struck me like throughout the entire thing, and as soon as Brenda opened her mouth to begin was, she is holding powerful space, like Brenda, you were just like, so confident. And so I was like, Oh, she's got blood. Like it's so nice to witness like someone just being held. And that was it was like you just kind of scooped her up and wrapped her in and brought her into the room that she loved looking at. And it just to me felt like the energetics of it were really strong and that you were holding this big, wide open space. And, you know, I totally agree with Michael and you were like relentless and questioning and getting things clear. And so competent. Like you've got her I love that.

54:27

Yeah, yeah, absolutely. You could feel she was so held. And like you said, Kelly, from the first moment, the very first thing that Brenda said was I'm so happy that you're here right. And I don't know if if Brendan blada had coached before this is the first time they were having a conversation but you know, especially so it's not her regular coach, just even that we could feel she's starting to hold that container so that Lada knows she's right there. So happy to be there with her and she's she's got it. Good. Now All

55:03

what really struck me was the exercise she did with having her close her eyes and holds the different the different choices in her hands, which really kind of made it more in her body and less thinking about I don't really like feeling it. And when she did that, it seemed like that really produced a lot of clarity. Like she just wanted to hold on to that specific choice of like, you know, the more personal growth the more personal discovery, you know, is that that that that was really useful.

55:35

Yeah, such a great simple exercise Sutton so great. And definitely time in the session to move from the cognitive, which it did so beautifully. It we could, I mean, I don't know about all of you. But for me, it was another reminder of how Yes, of course, we need all of the cognitive and that was supporting everything with supporting the next to the next but the moving from the cognitive to the body to the heart to the soul almost always produces more clarity. Good. Who else? What else? Did you note that Brenda did really well, what worked really well, in that session? What was in it for you? Who else wants to share? Yeah,

56:33

I very much agree with the deep listening and the holding. And as far as the what, based on the who, there was a way in which Brenda was suddenly like, almost like, leading Lada and, and it wasn't sort of just like, what I do that but and I thought wow, for

56:52

she was paying attention to that. If Latta was if that was working for her. You know, like she seemed in tune, and it worked. So. So instead of just leading, it's like leading, like dancing, you know, like it's fun to have somebody leading. And yeah, this limited amount of time and this container, and you have some where you want to go when there's a stuck point. And so it felt like she was like, Okay, we're going there at a time and we're going

57:22

Yeah, absolutely. Agree it it, there were a couple of times where I, and we can look at it where there, it may have been like a little less leading would have been helpful, but for the most part, it was the kind of leading that was allowing for clients full agency and full wisdom, but moving it forward and moving it forward and moving it forward. Yeah.

57:51

times with that. Oh, she's answering rather than asking, but a lot of is also able to really go with it. And that worked for so it was like Well,

58:01

yeah, and then add whatever needed to be added. Yeah. Yeah. Yeah. So a great example of that was when Brenda was asking, what are the needs that are going to be met by each of these choices? Right. And first, just to say, that was a great introduction in terms of questioning skills, a great introduction of a concept that the client didn't say themselves, you know, this need this need this need this need? The practitioner introduced it, that was really valuable, right? And then what Brenda did to what Aiyana speaking about, hey, let's take a look or would it be helpful for she asked the client, would it be helpful for us to take a look at what needs are met by both? And it

was such a great moment because I thought then the next question was gonna be like, okay, in Florida, so what need is met by the first choice? But that's not what Brenda? did. She said, Okay, I think what I'm hearing is this, for the first choice, the needs that are being met are bla bla, bla bla, bla, bla, bla, am I getting that right? And what else and it was just a beautiful way of like, lasering into what she already heard, and then still opening up and asking the question. Good. Who else? Anyone else want to share anything that struck you in terms of what was working really well? Or what you know, it it?

59:24

Let's share something on that part right there. Yeah, it was, I mean, for me, initially, there was the thought when, when a Grenda started saying the needs like, Oh, she didn't ask the question, but then there was like almost a relief in my body of like, Oh, if I were the client, it would be I would feel not as in the spotlight or something like that. If if she's sharing it first and then given the opening to All right, and and what else? So I thought it worked really well.

59:58

Yeah, absolutely. They absolutely it was a great moment of creating awareness by reflecting and using some of the clients words, and then also using some new words as well. And then seeing if that worked for the client. Good. Michael and saying in the chat that you'd like how at the end, Brenda said, thank your higher self for guiding you. Oh, yes. I'll pull out a couple of other pieces. I loved the moment when Brenda created awareness around the fact that there were different that the grant was a pro for your heart. And that the choir was a pro for your income. It was, it was a nice moment of like, okay, there's the it's not just different needs here. But one is about heart. And one is about more of a logistical piece. And I think that that opened up, then that needs conversation in order to go deeper. That was really nicely done. And I'm just trying to see if I've got anything else here that hasn't been mentioned. I think that's it. Okay, Brenda, back to you. Where are ya? I'm here. So far?

1:01:43

No, it's kind of nice to hear the different comments. I'm glad you start with what they liked first.

1:01:51

I hope you're taking in how masterful this session was. Can you hear me rose for a sec. I said, I hope you're taking in how masterful this session was? Are you able to take some of that in?

1:02:08

Um, yeah. And I was really proud that I got done early, because I didn't know how long it would take. And then when she was like, like, this one's heavier, and it was like, obvious, I thought, Oh, I guess we're done. She figured it

1:02:25

out. We're gonna talk a little bit. I've got some thoughts on that. We're going to talk a little bit on that.

1:02:32

I didn't know how to close that up.

1:02:37

It was it was great. And also where we're gonna move next is like, we're moving from like, already strength. And then what more right, yeah, so if there was one thing that if you could go back and do differently, one thing, what would it be?

1:02:56

I don't know. But I know that was clunky at the end. And I'm not sure how to fix it. So I can't wait to hear your suggestions. And the other parts felt pretty okay to me. But the end, I was like, Oh, this one's heavier. She's done. Okay, what do I do?

1:03:22

Yeah, I you still it was still great. Like, she's still you went on and you got it? And yeah, I'm gonna hold my suggestions. Because I know there are lots of awesome suggestions in that group is route as well. So who wants to share either to what Brenda saying or anything that if you were the practitioner, either what is something that you might have done differently? Or if you have a question for Brenda around any choices that she made now is a good moment for that as well. Who'd like to share? Barbara, did you want to share or?

1:04:02

Yes, please. I, I just was like, Whoa, this is so on target. I didn't speak to it. Because my headphones put anyway, I just was so impressed. I don't want to start with that. I went my filter came in really strong was I would have to do a pros and cons personally. So I felt like the needs for the pros, but what would be the downside of choosing each of them. So that was like, That's my filter. And it might not be blood us, you know, but like, like, my big question was, what would happen if you didn't have the immediate financial benefit of restarting the choir, you know, and some people be like, Okay, I use my savings and other people like, I don't know, I might get evicted. Right. So I would have to know that and it does seem to be a concern of Latos but it was just like, This is my filter. I totally would be thinking this pros and cons frame Mark.

1:05:01

So, yeah, so in some ways, yes, it's a filter, because you Yes. And also, I think it's valid for all of like all of our learning, there was the financial piece that vada mentioned a number of times in the beginning. And it seemed that the, like, the feeling that she had towards the end, the feeling that she had in her heart for the grant was enough to carry her. But it did feel like there's still that unresolved piece around the income that they could have made some headway on, as well. Good, thank you, Kelly.

1:05:47

Yeah, um, there were just a couple of things in these are really specific, but as Lada was mentioning the many things that she's done and created, I kept wanting to pause and celebrate her, and kind of be like, You are effing amazing. And, and, like, draw out more of that capacity in her to have her answer some of her own questions, because she is clearly a powerful creator. And is has just put so much into the world. And it's almost like, oh, like, going back to this dance idea of like, what do you want to dance with now? Like, there's so much creative possibility there. And then this other one is just like a teeny tiny piece. But and I can't remember what it was a blood of said, I would think it was like the third thing she said she created and I was kind of like, jaw drop again. And in Brenda, you said, I wouldn't or let's, let's not look at that. Because you said that when last or something along those. I don't think that's exactly your words. But my thought was, oh, she said that when last? I wonder, I just got curious, like, Why did it come out last? Is there something special about it? Or is it the one kind of stuck in the shadows that actually wants to be seen? So that was what came up for me? So rather than assuming it was spoken last, that we should leave it for last? Or leave it out? Actually, I think I would have explored a little bit more there. But again, amazing and powerful. These are just like teeny tiny things that I'm printing.

1:07:24

Yes. Yeah, absolutely. These aren't we're like nitpicky because that's why we're here. Excellent session that got the client exactly what she needed. But I do want to let's take a look at the two pieces that you're sharing, because they're both important. So the second one first about the online library. I think the I wrote down some of the words that Brenda said, she said, Well, it didn't make it to the list. So we won't even look at that. And that also, I had that same kind of response in that moment of what just because it didn't make it to the list initially, it's making its way now is we're in this held container, it is worth being part of the exploration cannot take care of

the income piece alongside with you. Like it brought up a lot of questions and kind of possibilities in my mind as well. So absolutely. And I know there's also like a time thing, Brenda, you know, like a nervous thing and are wanting to stay focused that we all are always navigating as practitioners and so I want to acknowledge that and it like an easy thing to see it fit could need to be eliminated or not could have been Do you want to you just a quick question yes or no question or like, do you want to keep that in the mix as we continue this exploration? Because if it was really just a castaway, then Florida could have been living in whatever it is. The pausing to acknowledge and celebrate. Yes, so Latos us so accomplished and has done so much. And I would say throughout I made notes I may have paused on both acknowledgments as well as big truths that came throughout the pacing of the entire session was pretty consistent. It was the same pace throughout. And it was also the same Brenda like you were using the same energy threw out with the exercise this the the hand exercise it was a little bit of a different energy and pacing, but it was generally the same pacing on a cognitive level throughout, which again worked really well, the client got to exactly where they needed to go. But I think part of what you're saying Kelly is something that I noticed too, like if it were me, I would have paused certain moments, also to separate for lack of a better word to separate the sacred from the mundane. So, for example, when Vlada mentioned, giving herself full permission not to worry about the ensemble, like to me that that was when she mentioned her courage, that was a moment to bring it to the emotional level to really feel that, to have that be a heightened moment of honoring. When she was speaking as part of all of that, like this, how she always puts herself expression aside, to let that land more in a different energy and in a different way and acknowledge that.

1:11:03

Cecil Hi. So thank you for the session to both of you. Like what I noticed from the beginning was the that ladder would like to gain clarity. And I remember in the resistance session, we learn that to gain clarity often has to do with the resistance. That's actually something I yeah, I understood. So what I was, I was thinking throughout was what is holding you back, like from making this decision that seems like you have already made that you want to go with your heart. And what came up at the end, the community versus own desire just seemed so like Ballard in terms of the fear that is behind stepping up as a different kind of leader perhaps within that community. And also knowing that art sphere that that is a bit like a family. So the sense of choosing yourself can have these deeper underlying perhaps family patterns in terms of losing belonging if you choose authenticity. So I was sensing something along those lines towards the end that could be quite perhaps, perhaps them and interesting that that could have been something that might Yeah, have cleared the path.

1:12:41

Yeah, yeah, beautifully said. And, and there were some potent as you just mentioned, there's some potent things that flautas said at the end that either could have been further exploration as you're saying around family dynamics, et cetera for that time or for the next time. And even even without that, more moments for pausing and taking in the enormity of what of what Florida was saying the community will still be there for me even if I take time for me what a huge break through in awareness there. Florida right huge because it means so much it has so like you're saying Cecil it has so many ramifications that aren't just about the choir and the community. Good good Florida anything you want to say about that that is

1:14:06

so so scary. It's really It means it's so in you. You really named it that that's the that's the that's the basic fear. Yeah, I'm I'm really grateful for the clarity that I got through the session with Brenda It was really amazing. I got I got some of the next steps already lining up in my head. But that is the face that is the really deep underlying underlying fear of dying and dying.

1:14:51

That I mean really alone but

1:15:00



Working in the fish store that my mom predicted I want all of that. Yeah, so if I choose if I choose if I choose to fulfill my own thing, yeah. So, yeah, yeah. Good. Good. You

1:15:26

are in terms of the ending. So you know, you asked about that, Brenda? Anything it be? Oh Ha, yeah, go ahead.

1:15:37

It seems a bit. Sorry, come on camera, it seems a bit trivial after the but huge breakthrough that you're just talking about. But to me what I pulled out at the very beginning was the the time the perception of time, and having time for one or having time for both? And what is the you know, maybe a resistance or a tendency or a feeling around that?

1:16:12

Yeah, absolutely. Absolutely. And, and, and this might just be to deepen that this might just be to my ears. But what I actually heard Lada ask in the first place is not should I choose one or the other? But actually, the first intention was, do I only need to choose one? Or can I do both? And that that kind of got swept away a little bit? And I think it's related to this time piece that you're talking about, there may have been a possibly a valuable exploration there just first even get that first question answered. Good. Okay, so in terms of the what, what happens after she like, you know, she did the exercise with the hands and she felt, Okay, this one is the heavier one. Let's, let's go back to there for a moment and kind of just break that down a little bit more. So first of all, it was such a beautiful exercise, I just, I loved it Renda, when, when you invited her into it, I guess so good. And a lot of got there on her own with very little instruction. And what I also just want to say for all of our learning is that not all clients are going to be able to get there as quickly and efficiently as blada did. And what can really help with that is to take just a little bit more time in putting your hands out, coming into your body, you know, just get to give that a little bit more space to become fully present for the client to become fully present in that moment, so that they can start to feel. And a lot of felt right away. One was heavier. There was something I was gonna say there. She but for another client, there may need to be some more questions asked on the two. As a side note, when Florida said, this one is heavier, there was a little bit that was a moment where I felt like there was maybe a little bit of leading because Brenda, you said well does heavier mean, this whatever x was, I don't remember does heavier mean y in in that moment, I would have asked him What do you mean by heavier because you were just giving her a binary choice there. It turned out it was something else, it still worked, it totally worked. But once the one it was clear that the one was heavier, what would have helped you any wrapped beautifully anyway, but I think what could have helped was to continue to stay with it, to feel into it. And that's a moment where I may have wrapped around to the income piece and to ask like the heart of this bigger need or even her higher wisdom as you were talking to her like so what is it that I need to know about the income piece if I move forward with this? Or what is it that I need to know about the choir if I move forward with the grant, all of that ended up coming through anyway, but it may have led to some other places as well. And then just like even once you just get to the this is heavier even just to ask again like so. So what else is important to know about this? Right? What else does this need, really want you to know about the whole situation. So those are ways that you can rap a little more. And then the only other thing I would say is I might have spent a minute or two pinning down a couple of like, like some more focused strategizing at the end. So okay, with all of this awareness, instead of after that exercise, wrapping the whole session of well, okay, what are your takeaways from this session? I might have asked, What are your takeaways from that process? You still got there anyway, because a lot of got to the beautiful places about the community and all of that. But then I might have still strategized on. Okay, so what are your next steps here when it comes to the grant.

1:21:04

But such a beautiful, powerful again, these are all little nitpicky Virgo could have done this could have done that, but didn't need it, because the client got to where she needed to go is just for all of our learning.

1:21:24

Nothing All right.

1:21:25

Oh, Brenda, were you saying something?

1:21:27

I just said, thank you the remembering to ask, What else is important about this? And what are your next steps? That those are two things I want to remember to get? Keep it? smoother, more unified at the end?

1:21:44

Yeah, yeah. And it's easy. It's so easy to do that at the end. Go ahead. All right, in our couple of minutes left, I'd love to hear from you. What are you taking overall from our session today?

1:21:59

What are you taking from our session?

1:22:14

Well, I would like to thank everybody, for all their comments. I'm taking to heart the appreciation for things that I did well, and I appreciate the suggestions in the learnings for some of the things I didn't consider to hopefully bring them in next time. And I really appreciated the opportunity to coach and the time crunch was like, oh, part of the reason I threw out what she didn't mention that I don't have time. So I want to that was definitely part of the the throw that away. So, and I can see, and I know I've seen you do coaching, where it seems like, Oh, you're looking at this and that, and it really doesn't take a lot of extra time.

1:23:03

I mean, looking at how much you accomplished in about 2627 minutes. I mean, right, amazing.

1:23:10

So I just want to thank you for letting me be the coach and giving me all this delicious feedback and things to learn. I really, really appreciate it.

1:23:20

So glad. Kelly's saying, I'll take up voice to voice first now.

1:23:30

I think what I'm taking is just you know, emphasizing again, and again that there is no perfect way to do it. And that there are all these little different pieces that you can grab onto and even don't, you could still get there at the end by doing something different. And that just takes the pressure off and just kind of lets you be so much more in the moment. Yeah, yeah. Yes,

1:23:56

it is a creative process. It is a forgiving process. It is a process. All of the above at end exactly what you just said like emphasizing that because I want it to take pressure off. staying present. Again, most important thing and then you draw on the tools. Good. Kelly's saying I'm taking away so much goodness and appreciation for this group. Me too. So appreciate this group for the witnessing for the learning together for the caliber of people in practice here. And for me convening. So glad. st loves the concept of working on your edge. Yeah. As a practitioner in sessions. Absolutely. It's a great practice. Everybody can do that. Ask yourself what's the edge that I'm going to work on as I stepped into this, whatever the next session is right, and in your partner practices So if that's helpful you can ask that of each other first to what's your edge today as a practitioner, what is it that you

really want to be working on? Who else What are you taking from our time together today, let's have one more voice anyone want to share? Kelly,

1:25:29

I'm, this is more general again, but I'm also taking away how powerful it is to learn in group space and how each of us gathered different things based on our experience, or, or some nugget that lands, you know, in some class, and like what Cecil brought out, I was like, Oh, I didn't remember that piece. But now I remember it because she brought it forth. And then Brenda courageously, you know, stepping up to be the coach, and then just being so confident and holding that space, and just seeing all these different ways of doing the work and knowing that we can, like support the world and being well. And, and like doing better things are doing the things that they like dream of doing and being and it's like, so beautiful. There's so many different ways. And I just, I'm really, it's just so moving to see that. And I feel like just the presence of the group, not to mention, like all of the amazing content, but like, just learning from everyone in this space. It's like making me better. And I love that. And I just, yeah, I'm just so appreciative and the content that you are brought and the way you bring it join us. So taking

1:26:42

getting chills as you say that and yeah, we we need spaces, like the spaces like the groups that you're all holding. I mean, the solo work is so important. So important, so important, but there's so much learning and shared wisdom, and normalizing everything that happens in this shared space. Deva.

1:27:08

Yeah, I just wanted to echo that from Kelly, but how far we've all come together on this journey since we started and the confidence and just the shares of everyone bringing so much forward. So it's tremendous. And I was getting sad, like, oh, my gosh, we're, you know, we have a month left and but the celebration of like, how much has been unpacked during this? I'm Yes.

1:27:43

Yeah, absolutely. And like, Mike Glenn was saying at the start, and I was also sick so much, you've you've all integrated so much more than you think you have. I think that's my pinky promise that I can make to you, Tina.

1:28:03

I really love Cecil's insight, to what community what choir, what sense of community the choir gave to Florida. And it made me sit there and think about how our biggest focus is to truly understand what her choices we're going to give her as an end result and help get that from her. So what are these choices give you? And then well, then what's the underlying fear? And then kind of take it from there. Yeah, thank you see, so that was a really amazing insight.

1:28:42

Absolutely, yes. Good.

1:28:45

Anjali.

1:28:48

Okay, hopefully you guys can hear me because I've got my ear pods on. Hopefully it's not breaking up. I just want to take a moment to celebrate Brenda, because I remember when we first started and one of our first exercises was when you Joanna, were just asking questions. It might have been Carla, I can't really remember but, and it was right at the beginning. And Brenda, you wrote in the chat. I didn't get anything. I didn't pick up anything. I didn't you know, you were just like, ah, everybody's like, bringing all these great, you know, observations and insights, and I didn't get anything and yeah, I just want to celebrate you because look at how far you've come.

1:29:35

Um, so it was a beautiful note to end on. Yes, yes. For Brenda, and for all of us. Well, thank you, everyone. I'm sending you all so much love. I know I'm gonna see a lot of you on Thursday at our next steps call. I can't wait to be with you again. And if there's anything you need before then let me know next week we are diving into being in the mystery Another one of my favorite classes sending y'all lots of love