



# *Sacred Depths* Certification

## Introduction and Energetics of the Coaching Relationship 1

00:16

Hello, everybody, welcome. Well. We'll take a few minutes and wait for everyone to get here. Hi, Amy. Hi, Emily. Hi, Kim. Hi, Maria. Hi, Chan. Hi, SC it's so good to see everyone. Hi, Sophie Jean. Hi, Simone. Hi, Veronica. Oh, you made it Carmen. I wasn't sure if you'd be here today. Hey, Kendra. I'm Michael in. Hi, Sarah. Hi, Aiyana. Who else can I say hi to Hi, Isa. So glad you're here. Hi, Wendy. It's great to see you tech. Not just hear your voice. Nice to meet Sidsel Hi, Tina. Hey, Runa. I promise I won't say hi to everybody every time but I'm just so excited. I can go into this time. Hi, AJ. Hi, Kelly. Hi, Elaine. There's Maya. Hi, Maya. It's great to see you. Hi, Marianne. Hi, Anna. You know, we've been waiting a long time and I'm so glad you're here. Hi, Barbara. Hi, Angela. Hi, Jackie. Carla's here. Hi, Carla. Brenda's here. Hi, Brenda. Hi, Greg Mays here. i Hi, Laura. Hi, Altagracia. I'm so excited to see all of you. Hi, Rachel. And I'm so excited to get started. So we still have some more people joining us. But we've got a lot to do today. So I'm gonna jump right in. Get my notes up here. So let's get started by getting grounded and really bringing ourselves fully present to our time together today. So I invite you wherever you are, to either close your eyes or if that's not comfortable for you just close the shades on your eyes. Go inwards metaphorically and give yourself the gift of bringing all of you here present. Feeling your seat beneath you. Sensing into the ground beneath that give yourself permission to settle in. Knowing that you can show up fully finding your breathtaking pleasure in the breath watching your inhale and your exhale and with each breath, call all the parts of yourself back home

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with each breath connect more deeply to your body to this sacred gift that has been with you since before you were born. to your body, which holds so much wisdom and knowing. And then I invite you to place a hand on your heart and to connect in with your heart with Your love with your desire with your passion with all that you hold in your heart

05:54

and I invite you to honor your heart to honor it for all that it holds.

06:09

For all that you've been through and honor yourself for showing up. Together, we'll take a nice deep breath in. Exhale everything out with a sigh and then allow your eyes to flutter open, bringing yourself fully here

06:50

Well, welcome everybody. For those of you that don't know me yet, though, I think all of you do in one way or another. I am Joanna Lindenbaum. And I'm just thrilled that you're here for Sacred depths. I've been waiting for you and for the start of our training. And I'm just so excited. And I hope that you are too. Before we jump in, I want to acknowledge that we're coming together during we can call it interesting times, right? There's so much that is happening that has been happening. There's so much that we've been holding individually and as a people. And what I want you to know is that wherever you are, is exactly where you need to be, wherever you are, is exactly where you need to be. This is a space where we unlearn the myth of perfection. This is a space where we work to accept all of who we are and our full experience the full spectrum of it. And this is a space where we get to show up exactly as we are and receive exactly what we need from the moment. So it's okay, if you are feeling fear, it's okay if this happens to not be a good week, or good month, you know, we're all holding a lot and it is all welcome here. One of the biggest reasons and even with all of that I am so excited. And one of the biggest reasons why I'm so excited to be here is because each one of you, each one of you that have raised your hands to be in this room are incredible. I am honestly truly honored to be here with each of you and to hold space for you. And I'm excited for you all to get to know each other. We are together about to step into a sacred and very important and very vital journey. It's the journey of mastering the art of CO creating not only incredible results with clients, but also beautiful inner shifts and long lasting growth and transformation for your clients. And for yourself. You are going to emerge from our time together the end of these months, highly skilled to navigate pretty much anything that your clients toss your way consciously or not. Their fears their resistances their self sabotage mechanisms, their stalling mechanism mechanisms, their reasons why they can't their obstacles all of it. By the time that we're complete, my intention is that you won't see client fears and obstacles and stuck places. As things to fear for yourself or stay away from or get confused by or frustrated by, you'll actually look forward to clients bringing all of this up. And you'll have a Bring It On attitude about it, because you know what will be waiting for them on the other side of it more satisfaction, more freedom, greater ability to create what they want, you'll know exactly how to hold space and sacred space for your clients. So that they open up quickly so that they trust you deeply. So that they receive the holding and being seen and heard all that they need to transform and grow and take action that's aligned for them. And if you already know how to hold deep and sacred space, you're going to learn how to do it even more deeply. By the time that we're complete, you'll understand client behaviors in ways that you never thought possible. And that understanding will allow you to coach and guide them with incredible success. My intention is that you'll have the confidence to stand fully behind the marketing promises that you make, because you'll literally own inside of you exactly what you need to co create real and big change with your clients. I'm excited

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for you to be able to have all of this, especially during this particular moment in history. We need all of these skills, not only to be highly transformational and supportive, after everything that has happened over these last years, but also so that we can be nourishing and empowering to all of our clients regardless of race, gender, sexual orientation, religion, economic status, etc. So this is about being practitioners who aren't only highly skilled when it comes to transformation. But this is about being practitioners who are in full integrity, as well as who are trauma informed. And as. All of that, understand yourself, your fears, your habits, your own patterns, your energy sourcing your desires, and your obstacles better than you ever have before. You'll notice your own personal growth as we journey through all of this together. And hopefully, you'll notice a lot of deep shifting and transforming. You'll notice yourself bringing a much more powerful and empowered energy to your business and to who you are, as a transformational leader. Everything that you learn in sacred depths will also help you in your personal life, as a team leader, as a partner, as a friend, as a parent, etc, etc. Without even realizing it. Or maybe very consciously you'll begin to use the tools that we learn when you're communicating not just with clients, but with other people in your business and in your life. And that's because really at its core, the skills that we're learning here are about being the most effective and transformation providing communicators that we can be. Also, my intention is that this experience will help you up level your marketing if that is something that you choose to do, it will help you uplevel your sales conversations, your copy your preview presentations, and that's because the better that you are at holding space at reflecting at deep listening, asking breakthrough questions at building vision, strategizing at knowing how to hold people's hands through fear and resistance, well, then the more effective your marketing is. So there's so much to look forward to he And to sink your teeth into. And again, I'm really just so so glad that you're here. We've got a lot of content to cover today. But I do want to take a few minutes to just lay out what the what sacred depths looks like, and how to get the most out of this experience. I think it's helpful to, you know, lay out in the beginning. So, here's the first thing that I want each one of you to know, I am totally 110% here for you. I'm not one of those hands off types of teachers or practitioners, if you're here, I want to know you. I want to support you as much as I can, as much as you'll allow me to, I want to hear your voice, not only have you hear mine, this training is designed and meant to be immersive and interactive. There is so much support available to you throughout this experience if you want it. But you need to take me up on it, you'll get exactly what you need if you show up in the ways that are right for you. And that's different for each one of us. And if you ask questions when you have questions, and if you participate in the ways that are right for you.

16:36

So if you're someone who generally doesn't speak up, or hides or lurks, but you want to speak up, even if you have some fear around it, I want to say this up front, as we start, let this be one of the inner pieces that you really work on and stretch yourself on over these months. Not only will it help you get what you need here in this program, but working on speaking up on not stepping into the background, if that's something that you want to work on, we'll help you even more step into who you are as a leader, both by taking up space to express yourself, as well as working to get what you need, which I think all of us right, we can continue to work on, you know, knowing that we deserve to have our needs met, and to ask for those needs to be met. And also, as I say all of that, well, first, let me say this also, I'm one of those kinds of practitioners that if I don't see you around for a little bit, I get to check up on you. So it's with love and

zero expectations. But I try to make it a little bit hard to hide. I mean, you know, you can still hide if you want to and you're sneaky, you absolutely can but I will check up on you. And the other thing to say is, you know, again, like there's a spectrum of what's right for you. I know that for some of you, you'll get exactly what you need by not raising your hand and by taking it in. This isn't a you need to do this anyone way, do this your way. But don't let it just be a default way. Really think about how can I get my needs met. Here's another note, that's important to say about speaking up. I believe strongly like to the core of my being that a diversity of voices and perspectives is what makes us stronger. It makes us stronger as humans and as practitioners because it helps us practice checking our own stories and our own filters and it helps us open up to new things. It helps us practice seeing the world through other people's eyes and experience. A diversity of voices enhances our ideas and it adds layers it makes everything richer. So all of that being said, I want to acknowledge that I am white, straight, cisgendered able bodied, somewhat neurotypical woman who's come from a somewhat stable family of origin. I also come from a Jewish background, which in my case carries a lot of trauma. And so the way that I see the world is only one way there's only one way of seeing the world. And while I do talk a lot you'll see I have a lot to this program in Teach I am thrilled that this is a space that we're creating together and that it's comprised of different races, different gender identities, different backgrounds, different neurodiversity, I want this to be a space where many experiences and many perspectives are heard and valued. So as I said, your voice, your wisdom, your perspective is a very welcome here and very wanted here. And also, because I am white, straight, cisgendered and able bodied, I need to consistently locate myself in our conversations, as a person that has a lot of proximity to power and privilege. And my commitment to you is that I check my privilege as much as I can.

21:01

As we journey through this really important work together over these months, I'm going to be asking you to a lot of you, I'm going to be asking you to hold a lot of nuance, and a lot of complexity with me. And I might share things that you completely disagree with. And there is space here for that. There is no expectation that you agree with anything that I say, this is a space for you to get curious about your true. That's what I want more than anything. So I want to hear your voice, I want to see you, I want you to feel seen and heard and valued here. Here's another important thing that I want to share as we start. There are incredible new practitioners here are practitioners that are completely new. And there are also incredible and very seasoned practitioners here. This journey is for both and everything in between. And not only will new practitioners learn from seasoned ones in this container, but I promise you, if you are seasoned, you're gonna learn a lot from the new practitioners in this container as well, from their lived experience, from their wisdom, from their questions, and from so much more. So the curriculum in sacred depths is created to meet you exactly where you are on your journey. If you are a beginner or more towards the beginning of the journey, first of all, you are an esteemed member of this community. I honor your life experience, your wisdom, your talents, all of it. And you're going to get everything that you need to know to be an incredible practitioner. And then some, you may not integrate all of the details that you get here right away. And that's normal. And as it should be. Mastery takes time. And there are layers to it. I like to think think of sacred depths is kind of like a time release medicine capsule. You get what you need, you know, as you take it, and then it releases you get more and more overtime. It's kind of like the gift that keeps on giving. If you're a seasoned practitioner, you are also a very

esteemed member of this community, and completely honored here as well. Now, if your seasons listen closely, you're going to hear some things as we go along that you already know. When you do that is not the moment to disconnect. That is the moment to actually listen more deeply. Use it as an opportunity to go deeper to hone your craft even more. Bring all of your experience here but also approach with a beginner's mind. Especially in the first months of the program. When we do a deep dive into the foundational skills, if you're seasoned, don't tune out. There is a ton of gold for you and the gold I'm telling you right now is in the details. In the details. You've got a Virgo here like I am into the details and this is to you your benefit, oftentimes, the difference between a really good practitioner and a spectacular practitioner isn't the amount of tools that you have, although you're going to get plenty here, it's in the details in the nuances in the flourishes of the tools. Okay, so if your season Don't be lazy, good, go and get the details and then put them into practice immediately in your client sessions, you're going to see a difference right away. If you do that. The other thing is that the foundational skills you need them in tip top shape for when we get to the fancier skills in the second part of the program, they are the basis of all of the the fancy, you know, the fancier skills. Okay, a few more things. There may be moments where our journey together feels a little intense. And when I say intense, I don't mean a lot of work. I'm not into overloading you, or me with a lot of work, but you asked to go deep by stepping in, and we will go deep, and that sometimes requires a lot of you, it requires you to do your inner work, which I'll hold space for and lead you through. It requires you to put effort to go deep with your clients or with your practice partners.

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I always say like I can't do surface, not even at parties, it doesn't, it doesn't make me good parties. That's their intimate, I can't do it there. And I can't do it here. So we're gonna go deep now. And also to say, for those of you that were part of client transformation, that was Uber intense, we're not going to have that every session here, because that's not sustainable, and not helpful for the journey. Art of client transformations super sexy, and we'll have moments like that. Here, we're getting down to the real work. Okay. There are a couple of components to the program, I just want to share what they are, most of our live calls are going to be training calls. Usually they're 90 minutes long. On occasion, like today, there'll be a little bit longer. There is a lot of content in the training calls. I talk a lot, you sharing a lot. But it's also going to be interactive, you'll be I'll be asking you questions, we'll be doing journaling and other exercises, they'll always be time for q&a. And I'll stay on extra if we need extra q&a time as well. I'm also known to add extra q&a calls if I feel like they're needed. And so we'll see how that goes. If you can make the training calls live, awesome. I highly recommend it. But if you can't, no worries, the recordings will be there for you within 24 hours, sometimes sooner. For each of our calls, you'll get homework sheets and resource sheets. And the purpose of those are to go deeper with the work that we're doing to go deeper with the practices in general shouldn't take you more than 30 minutes or so to do them. Over the last year, we used to just have worksheets, and over the last year I've added resource sheets as well. I find that they are have been really helpful to have those notes. And especially because of neuro diversity, I know that it's helpful to have those written notes so I'm they will almost always be in your member center before each class if you want them to follow along with our classes. What else did I want to say about that? Let me know what else you need in order to learn the best ways that you can. I'm always open for suggestions and always learning more about how people the best ways for people to learn.

Some of our live calls will be practicums and that's where we get to practice skills that we learn together as a group. It's kind of like going to the gym and building the muscle on the skill that we just learned. Those are some of my favorite classes. I talk a lot less, you talk a lot more, you'll get feedback from me as we practice. If you want, there's the option to also have a practice partner throughout the program. It's required for certification if you want to get certified. I'll talk about that in a moment. Some people love to have a practice partner, other people are busy, and they don't want to practice partner. I highly suggest it but it's up to you and I trust you know what's best for you. Practice is a big part of mastery. And the way we kind of roll with the practice partners, and I'll explain more, I'm just kind of sharing briefly right now you'll get more information on it is that you'll have an assignment each week to work. So it's a very, it's a specific and focused skill that you're working on in practice each week.

31:10

I usually recommend have your partner calls be 60 to 75 minutes, and not every week, unless you want, you need 18 of them for certification. But have them be 60 to 75 minutes, so that each person will have opportunity to practice and you can also then have reflections on the skills that you practiced. We will do our best if you opt in that in say that you want to partner we will do our best to match you by timezone like your availability will ask you some questions about that. And loosely around how seasoned you are. As a practitioner. I have seen many matches of new and seasoned practitioners that work out incredibly. But generally we try to match newer people with newer people and more seasoned people with more seasoned people. For now, and I'll share more on it as we go along. It's like we step into the practice partners with just ideal hopes and visions, and most of the time it works out. And then sometimes we need to change practice partners. And that is okay, as well. And we will help you do that. And I recommend practicing with lots of different people anyway, it's just helpful. So we're gonna send out check your inboxes, I'll send out an email about partners, if you want to opt in, let us know by next Wednesday, so by February 9. Alright, a couple more just quickie pieces for you to know. Everything I just described is kind of the the heart of the program. But there are also extra optional pieces that are available for you, if you want them and some people love to participate in some of the pieces I'm going to share next. And then for other people, you're busy, it's not your thing. And all as well in good. These are extra integration pieces. So we have an in a few weeks I'll you'll have opportunity to opt in if you want to, we have the opportunity to meet with a small cohort of four or five people every other week, those cohort group so it's twice a month, generally, you'll be with the same group throughout a four or five people. We meet on Wednesdays invol on my team facilitates that session. And what it is is an opportunity to take everything that we've learned in the two weeks prior and training calls and go deeper and integrate. So we have a series of discussion questions that you get each week you go into breakout group with your cohort. And they're really it's it's kind of thought provoking questions to go deeper with the material that we've learned to help you integrate to help you think about it differently. You know, one learning tool is when we speak our ideas or when we speak what we're learning or when we speak what we observe. We integrate it more deeply. So it's an opportunity to do that. And to go deeper into the discussion In a few weeks, I'll share more about that. And we'll have opportunity to start that. And there's a Facebook group, which many of you are already in and have been posting your intros. And it's been wonderful to read them. I'm I will check the Facebook group every weekday, usually weekends, too, every now and again. Some cohorts put a lot of energy into the Facebook group and use



it a lot. Other cohorts, not so much. It's there for you, it's there for you to ask questions in between our sessions. It's there for you to connect with each other. Every now and again, I'll add little resources in there or tidbits or check in or, you know, ask questions. I know some of you are not on Facebook, and I honor that as well. If I put any critical information into the Facebook groups, if sometimes I'll do a Facebook Live in there a video or share a resource, we're going to drop that in your member center too, just in case Facebook isn't your thing.

36:12

We've monthly q&a calls. Again, totally optional. Those are 90 minutes. And those are not just our group, it's a couple of different groups that I lead, we all come together. They're pretty amazing. The first 30 minutes of the call we blueprint. So you you create your business plan for the month, or whatever plan you want to be planning for the month, we do a blueprinting process where you can lay out your goals for the month, your action steps, etc. And then we've got an hour of just open q&a, you can ask me questions on anything, you can bring client case studies to the q&a calls, you can bring your own blocks to the q&a calls, you can bring business questions, marketing questions, sales calls, questions, whatever you need. On those calls, I do laser coaching, it goes pretty quick, there's a lot of learning that happens, you can stay for the whole call, you can drop in and ask your question and go, whatever works for you. I like to include those because even though sacred depths isn't a business coaching program, I do want you to have resources to move forward in your business. So you also have tons of business, building recordings as bonuses in your member center to listen to and work through with worksheets at your leisure. And then any ways that I can help and support there for you. There is opportunity to be certified. I don't want to give you that information now cuz I think I've given you enough information. But towards the end of this month, I'll share more about it. And you know how to opt in and all of that. Just the important thing to know for now is that if you think you might want certification, the coaching part, you need to do opt into the coaching partners. All right, that was a lot I gonna pause for now. I look at the chat. I feel like there's questions. And also if you want to ask a question, you can raise your hand too. Are the q&a calls recorded? They are recorded and they'll be dropped in your member center within the day, the time of the Wednesday cohort calls with involved that is a great question. And I don't I don't know offhand but we'll let you within the next week or two. We'll give you all of that information there Wednesday, afternoons Eastern time. They might be to Eastern but I don't know offhand. Any other cues for now? Are there checklists? Tell me what you mean by checklists. And Jackie, you can just take yourself off mute.

39:27

Okay, I wasn't sure if chat or unmute, but just not that I necessarily need a checklist. Just I love that you were talking about like, no diversity and learning styles and things and sometimes checklists can be really helpful just to kind of stay on track and like to have a visual cue of like, you know, if you're going to so many calls, or I don't know all the things like

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checklists that you did this call and you did the this training. I love that idea. We don't have that but we'll add it I went to Great idea. Just give me a few weeks on it. But we'll get that out there

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Angela's asking for the certification, the practice partners need to be from this course. Or can you practice skills with. So actually both, you'll need 18 sessions with someone who's specifically learning the sacred depth skills. Because I want you to practice the skills, the way that we learn them here and have reflection time on them. And then another requirement is 18 sessions with either a client or a volunteer. And that can be for someone outside of this course. Oh, and AJ is saying 2pm. Eastern for those cohort calls. Thanks, AJ Annalise? Not quite sure about the oh, I can't hear you fully. For some reason. You me? Now I can. Yeah.

41:10

Perfect. I was saying I'm a bit confused about the, like the practice with the partner for the purpose of their certification requirement. You mentioned you can practice someone else, but you have to do 10 hours with someone from Sacred depth. Can you please repeat that?

41:28

Absolutely. And also, you'll get all of this written as well. And there are other certification requirements that I'm not going to go over today, because this is enough information for housekeeping information right now. If you want the certification, you need a teen coaching partner sessions with some one from want someone or or someone's more than one person from this group. And we will partner if you want a partner, you'll opt in. We will partner with you, your partner you up with someone but you also I mean, all all the time, people are also in the Facebook group asking does anybody want you know, extra sessions I want to practice with someone else. And we're also starting Well, you know, not gonna confuse you 18 sessions and with someone that will partner you up with or with others from the group.

42:31

Okay, perfect. And also, when the resources come out, are they just in a booklet or like they are disjointed?

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There one by one? So you'll see the call, like today's call? And then I think we have like three or four handouts that are each, you have to click on each for the call. Good questions, thank you. Kelly's saying, This isn't about the program as much but zoom etiquette, if we need to move around, would you rather? Such a great question. You know, here's the thing, especially these days, with so much going on, and like just flexibility when someone in one of my other groups said the other day flexibility is the name of the game. And I think that's just true. So I would love for you to be on camera. If you can be on camera, I understand that sometimes things happen or on a particular day, our nervous systems can't take it or whatever it is. So if you can't be off camera, and if you need to come on and off. I think that's really okay. I think that's really okay. It doesn't distract me. So thanks for asking.



43:59

Can I clarify really quickly? Yeah, you're like, if I'm moving around and stretching and doing yoga, I don't want to be distracting you.

44:06

Oh, yeah. Yeah, I'd say if you're doing yoga, you can. I'm glad you're doing what you need to do to take care of yourself.

44:17

Everything great question Rhonda. Everything is going to be posted in the member center. So there's a tab for training calls. In the member center, there's a tab for q&a calls in the member center. All our whole schedule is in the member center. And we're also we're working on a in case the member center is mystifying to you. The team is working on a little video that we'll share with you to just kind of take you through the member center. The sessions are the coaching sessions, with partners usually 60 to 75 minutes so that each person can have at least 25 minutes to coach. And then for certification, I'll go over, you know the other things for certification another time.

45:11

All right.

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If there are any other questions, ask them in the Facebook group or email us. And questions are always welcome. So one more piece before we get into our content for the day and ask you a question and give you a moment to write on it a couple of questions, actually. Why are you here? Why are you here? What's the reason or the sacred purpose that you're here? What do you really want from this experience for your work with clients for your business for yourself?

47:14

Give you another moment with that. So, whatever you just wrote down whatever the answer is to why you're here, whatever that sacred reason, or that sacred purposes, I want to just invite you to take a moment to honor it. Just really honor it. You're here not just because but you're here for a really important reason.

48:21

And here's the other thing. Even though you're here for a really important and sacred reason. And even though hopefully you're very, very, very excited to be here, you may also have resistance to being here. And that is normal. And that is as it often is. And that is more than okay. In a few short months, you will have learned a cartload and more about human resistance. You're going to know all the ins and outs and have so many tools. And the reason why we learn in sacred depth about resistance is because when a human being is ready to grow, there's usually a pretty big chance that their ego is also going to be in resistance in one way or another no matter how much they desire that growth no matter what their sacred reason or sacred wires, right. And that's just because when there's a growth opportunity, there's

also fear, human human condition. So I just name it as we start to normalize it and so that it doesn't stand in your way of getting what you want here. It doesn't stand in your way of Your sacred reason and your sacred purpose here. So resistance here can show up in a lot of different ways, but I just want to name some of the most common. Maybe this is rolling around in your head right now. What was I thinking? I really want this but this is too expensive. This is this is too much of an investment. Or maybe your resistance right now is I gonna have time for this? I don't know. Or this is too advanced for me. Or this is too simple for me. I'm way too advanced for this. Or what if it won't work for me? Maybe your resistance shows up as being judgmental. I don't like the way that Joanna talks or judging somebody else, right. So what's your brand? Those are just some examples. But what's your brand of resistance right now? Let's just name it and be with it so that it doesn't have to bite us in the touch. Just know that it's normal? Yeah, around the same time is saying procrastination and self doubt. Not going to be good at this. Michael is saying fear. I'll be disappointed. Florida saying how multitask. We've got more time. Yes. Carmen is saying my resistance is fear of looking like a terrible coach in front of the group. Making things too complicated. Not good enough. Just another training, I'll forget about worried that it might work for me. Yeah, our resistance is alive and well. Right. So again, normal, this doesn't mean that you're not going to get exactly what you want, and what you need here. It just means that you're on the edge of a growth opportunity. So some of you have already started to answer I can see in the chat. My next question take a moment the answer to this may not be apparent right away. But take a moment with that journal with it for a moment. What's the fear? That's right behind your resistance? What's the actual fear? So in other words, when you tune into why you're here right what you wrote down earlier that sacred why for as excited as you are about that why what is the fear that you have about that why? What's the fear Yeah.

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Fear that I can't do it or won't take the necessary steps. Fear that I'm not really meant to do this, that I will offer value that it will take too long. So based on whatever fear is coming up for you. What is it that you want to commit to here? Maybe it's a belief that you want to commit to maybe it's an action that you want to commit to? What is it that you want to commit to so that you can really get what you need?

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And I'd love some of you're starting to share your commitment in the chat I'd love for you all to share your commitment in the chat I love these these are great

57:17

All right. So

57:20

whatever your commitment is, take a moment and commit. Maybe for you it's closing your eyes, putting a hand on your heart, or putting a hand on the piece of paper where you wrote the commitment and taking it in whatever it is for you commit and may it be so? All right. All of that was by way of introduction, we are ready to actually jump into our content for the day, which is the energetics of being a transformational practitioner. Just so you know, in case you're wondering, we'll take a break in about

30 minutes for 510 minutes for a bathroom and all of that but we'll go till 1230 Eastern. So before we dive into all of the skills that we're going to be learning here, it's really important to cultivate what I call the energetics of being a practitioner. And over the course of our time together in many different ways, we're gonna be weaving this thread of energetics through every technique that we look at every skill that we look at. We'll also have two calls fully devoted to energetics. And this is one of those calls. So what are what are the powerful energetics of being a transformational practitioner? So what I'm talking about here is literally the foundation of all of your coaching, mentoring, teaching, consulting, advising, healing, whatever it is, the powerful energetics of being a transformational practitioner are about you, the practitioner, setting the stage to have the most transformative and successful client release. Ships possible. The energetics are about you, as the practitioner, truly understanding and embodying that a strong relationship with your client is the basis of all that you do together. Because if the relationship isn't strong, it doesn't matter how amazing your questions are, or how great your strategizing skills are, they're going to fall flat. So here's what I want you to know off the bat about this, whatever your expertise is, whether it's helping your clients build their business, or become healthier, or find a romantic relationship, or move forward in a new career, whatever your expertise is. And no matter how smart and effective the nuts and bolts information that you have to share his nuts and bolts information, or how to information cannot ultimately on its own, help people achieve their goals, or transform themselves and their lives. All of the content, and how to use and nuts and bolts are useful and wonderful and so, so important. But that's not what changes people. That's not what transforms people, at least not in the way that you think it does. What changes people is the relationship or what we call in sacred depths, the container, the container that you deliver your how tos and

1:02:12

what supports your clients to change is your energy and your presence, your energy and how you direct energy in coaching sessions in the container. As well as your interactions in between sessions, that's bar none. How you show up, is at the heart of it all. It's what supports your clients to change. It's what helps you co create change with them. And then all of your amazing content, wisdom information that works to support all that's being shifted and transformed through your presence. And energy follows energy, you're gonna hear me saying that a lot. Energy follows energy. So when you aren't embodying the energetics of a transformational practitioner, your client literally feels it consciously or not. It doesn't matter how well you know your expertise. When your energetics are off, there is something off in the container. It may be harder for clients to really take in the information that's coming through or harder to execute strategy or action steps. Or maybe it becomes harder for them to trust you or trust themselves and the work that you're doing together. Or harder for clients to feel motivated or stay motivated or harder to work through the inevitable obstacles that come up during any growth process or goal reaching journey. Energy follows energy. If you come to the coaching relationship with confidence in yourself. Your client is more likely to have confidence in you and the work that you're doing together. Energy follows energy. If you come to the relationship with confidence that your client can succeed, your client is more likely to have the confidence that they can succeed. If you come to the relationship with unconditional love and acceptance for your clients imperfections, then your client is more likely to be able to have more love and acceptance of their own imperfections. If you come to the relationship, not freaking out when there are obstacles, but instead trusting that obstacles can be worked through, your

client will be more patient with their own obstacles, and be more able to work through them with your support. So for any of you that have ever been around little children, you might know exactly what I'm talking about, right? If something happens, I have seen this with my kids so much, you know, if something happens, and they come upon an obstacle, and they get upset, when I'm with them, how I respond to that obstacle, is really important. If I freak out if I go into emergency mode, if I don't trust that it can be worked through. My kid is less likely to feel that as well. Not to say that our adult clients are like children, but all of us are a little bit like children. Right? Or here's another way to think about it. Have you ever walked into a room, and you could just feel that the energy is off there just something it we feel this right. And actually, even last night, I was I was reading, I'm so bad at science, but I was reading something about quantum physics. And it was saying that our each of our atoms, each of our particles have a relationship to all of the particles next to us, right, which have a relationship to all of the particles next to that energy. And then we go with that flow energy follows energy. So all of this is why we're looking together at energetics first, and how to create a powerful relationship with our clients. First, before we go into any of the other skills or tools, we don't want to overlook this piece because I really believe this so deeply. If the energetics are off, none of the rest of it really matters. We want this. And by the way, no, no myth of perfection here too, right? So the energetics have to be perfect, right? But we want to always be thinking about it and working on it. So how would you describe energy follows energy? In your own words? I'd love to hear one or two of your voices. You've only heard my actual almost only my voice so far. Definitely share in the chat. But I'd love for someone to raise their hand in your own words. How would you describe energy follows energy? mirror neuron neurons Rachel is saying. Who wants to share? Michael interesting permission, Lara same resonance. Veronica? Hi,

1:08:51

thanks for the invitation to jump in. I think about how that we are hardwired as as social animals for belonging. And that that hard wiring is so deep. And like Rachel mentioned mirror neurons and achievement, that that's what I think of an energy follows energy is that we are literally copying and always scanning for how people are being and what will be the way in and what's going to make the most sense for us in that group. So that we do all end up thinking up either whether it's positive or whether it's less constructive.

1:09:32

Beautiful, I love how you articulated that and how it has so much to do with belonging. Thanks so much for Annika. Who else I'd love to hear one more. One more voice to voice share. How do you understand energy follows energy? Ain't there? Yeah, go ahead.

1:09:54

I was thinking about what you were saying about quantum physics and how we all have an energetic field. And when people or groups get together all of the fields, blend and in a one on one or group coaching experience where somebody has some rank, their field is a little bit dominant, they're kind of hosting the experience. So what we bring really affect somebody of a lower rank position in this kind of educational or coaching experience. So yeah, we're our energetics are kind of more important than where the clients energetics are. And that way of us hosting the experience.

1:10:32

Yeah, beautifully said. And I'm glad that you're bringing this piece up. Because actually, as we're going to be looking at and a little in a little bit, a big part of energetics is that we want to be on equal footing with our clients. And a big part of being in integrity as practitioners is understanding that there can be a power differential there. And so it's so important, as you're saying, like for us to check that and for us to be conscious of our energy. Tina.

1:11:11

Hi, can you hear me? Yeah, okay. Well, I was thinking in terms of working with clients, and as a former body worker, I used to go with their breathing, if their muscles were really tight, I would go with their breath, because they were in such resistance, they weren't ready for me to go in and help them relieve them of that I had to meet them where they were at energetically. And I would do that through their breath. And it's the same concept of what you just said, actually, to be on equal footing to start on equal footing. So I think of energetics of where are they right now. And I meeting them where they're at. So that energetically there can be a good flow from there.

1:12:00

Yeah, beautifully said. Beautifully said. And it's a little bit related to what Lara saying in the chat, nervous system co regulation in the best coaching containers when we as practitioners are conscious of our energy and the energy that we're bringing. One of the beautiful outcomes is that nervous system co regulation. Beautiful, these are thank you so much and great stuff in the chat too. Like attracts like, Can you feel my vibe? Nature's always seeking balance? Maria's saying My grandmother always used to say that the smile you're sending out will most probably return. Yeah, great definitions of energy follows energy. Okay, so when you've got those energetics in place, then we're gonna look after a break on how to put them in place. When you've got those energetics in place, you'll discover that the relationships with your clients end up then containing some important dynamics, important dynamic dynamics that you need for supporting your clients to their goals, and to achieve results and to transformation. And so here are eight of those dynamics that are a direct result of bringing those powerful energetics to your client relationships. And really for any relationship. So number one, trust. One when the energetics in the container are aligned, there is mutual trust. You trust your client and your client trusts you such an important piece in order to be able to co create change. Second dynamic that shows up when the energetics are in place. Mutual respect and I'm going to pop these in the chat too. So the first one is mutual tracks. The second one is mutual respect. Mutual respect also so so important in a client relationship in being able to support a client to results, you respect them, they respect you. Next dynamic partnership, when the energetics are in place, then there can be a real partnership that you can really come together with your client to move through obstacles to support your client to move through obstacles, to strategize together to find solutions. If you'll notice, I'm very particular, whenever I talk about creating transformation with clients, I don't say so that you can create transformation with clients, I say so that you co create transformations so that you co create results. It is not the practitioner who is creating the results is that mostly the client, but we're co creating it through a partnership. That makes sense. So they pop that in the chat. So that third dynamic is partnership.

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Here's the another dynamic that ends up being created when the energetics are in place, room for creativity. So in other words, answers that aren't canned new ideas emerging. Maybe you've noticed this before, when you've been coached, or you've been with a practitioner, you've just seen it out in the field, that it's like this, you know, everybody goes through these steps to get to the result. There's not room for creativity there, there's not room for new ideas to emerge, there's not room for tailoring to a client's needs. When the energetics are aligned in a container, new creative ideas are able to emerge. And that's because there is that mutual trust. And there is that mutual respect and you're working in partnership together. Next dynamic, clear and honest communication. If the energetics are off, if you're not trusting your client, if you are feeling less than, you know, whatever it is, it becomes harder to communicate clearly and honestly. But of course, we need that right for supporting our clients to move forward. When energetics are aligned, we also end up believing in our clients vision and what's highest for their client. So I have had practitioners tell me in the past, ones that haven't been through sacred deaths, you know, I don't really believe that my client can achieve what they want to achieve. When energetic when the energetics are aligned and in place, we believe in our client's vision and we believe in what's highest for our clients. If we don't, we don't take that client on as a client where we we can't support them.

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And then when aligned energetics are in place. What ends up happening in the container is also healthy boundaries, number seven, and integrity number eight. So we'll talk a bit about boundaries in today and moving forward. But when our energetics are off, when we don't trust ourselves, when we don't trust our clients, that's when we start over giving a bit. That's when boundaries can break down.

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So which of these eight is really getting your attention? right now and why which of these eight dynamics is really getting your attention?

1:20:16

clear and honest communication room for creativity. Michael insane because you see more than you say, yeah. I'm glad you're noticing that healthy boundaries. Creativity. Yep. Integrity. Yeah. Is there another dynamic that you would add to the list anything else you would add another any other dynamics that are important for a successful client relationship? Barbara saying enthusiasm to work together. Yeah. Annalise? Yeah, I

1:21:16

was reflecting that, although these elements are pretty much present. Still, I have to work deeper on some of these, of course, and that's why I'm here. But sometimes I feel that I still have my client with me when I finish. So I think about them, you know, of course, and, and I just feel like, I need to replenish my energy. So you know, I think about self care. And but I wonder, Am I doing everything right, so that when I'm actually with them, I'm 100%. Present? I'm 100%. Connected? I'm 100%. Not quite under percent,

I'm not perfect. So no, under percent, whatever percent. So how do I, although this is not quite what is present right there, but I bring the best of my energy. Hmm.

1:22:22

Yeah, I love that you're bringing that forward. And one thing that I heard you say when you started talking is that self care is really important. You're speaking of containers, I always think of our bodies, as containers for ourselves, for our own energy are personal containers in a way. And so we want just like we want to care for our, our client containers, we want to care for our containers. And the more that, you know, whatever it is for us to get good rest, turn off technology eat well, nervous system practices. The more we care for our container, then the more our our energetics are aligned to show up and hold space for our client containers. Because and let me know if you haven't anyone, if you haven't experienced this, but do you notice that when you're tired or frayed at the edges, or hungry, like even though you've done the inner work, like you go to your triggers. But when you're grounded and you're grounded in your body, you're in that much more solid place. So I think you're giving yourself your your, your own next steps here is if you know that there's more self care that's needed, start to integrate that in. Yeah, thanks for bringing that. Michael, when

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I started to write something about when you asked what else like this sense that I have this like physical buzzing, humming, I call it unconditional love, it can sometimes come on me in the middle of a client session. And I'm noticing in the chat that there several of us are referring to that sort of mystery. And that, to me, it feels like this, like I'm so connected to like God's Spirit universe. And I sense my place in it. And there's this, like humility of Wow, I'm so blessed to be in this moment with this person right now. And I don't know that there's one word to describe that, but it just seems so big to me that I wanted to honor it and try to speak to it.

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I'm so glad that you're speaking into it. And I hear you that it's like there's not a single word or phrase that can articulate it. As you're talking, it makes me think of two things which won't fully encapsulate, but just to get at it even a little bit more, I once heard the following phrase or sentence that I just thought was so great. Coaching is love in action in a professional setting. coach coaching his love in action in a professional setting, I just, I resonate so deeply with that idea. And then I think another aspect that you're speaking about Michael and tell me how I'm getting this, right. When where our energetics are aligned, and we're holding the container and in the container and really in it with our clients. And that sense of belonging that was brought up earlier. It's like, we're in the energetic zone, we become bigger than just who we are. We're connected. If you want to call it spirit, we're connected to our client and the container is hope holding us. And we can feel like physically that that openness and being in that zone, is that a little bit what you're speaking to. Yeah. Yeah. Beautiful. I love some of these other contributions in the chat. genuine care, compassion and love willingness to be focused and limit distractions. We're going to talk about that, Emily, I'm glad you're bringing that in. Not today. But another day vulnerability. Yeah, yes. Yeah, grounding in space for the mystery. Yeah. Beautiful. Flo? Yes. feeling blessed. Yeah. So I love all of these genuine care. Okay. We're almost at our break. Well, you know



what, I think now is a good time to take our break. So it's 1227. Eastern. Let's take 10 minutes. We've still got a lot to look at today. So we'll take 10 minutes and we'll come back at 1237 Eastern. I'll pop that in the chat. And if you need anything, let me know. I'll hang out for a minute before.

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Going Anybody need anything? All right. I'll see y'all in a little bit. Okay

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those 10 minutes went by quick. So let's keep on going. So, now that we've defined what powerful energetics are, and we've looked at some of the dynamics of a powerful coaching relationship, then the next question is, so how can you actually create that? How do you get there? How can you make that happen? Well, there are some things that you want to have in place. And so we're going to start looking at them today. And then we'll also continue in our next session next week, they'll dovetail into some listening foundations. But as we move into it, here's what I want to say. Everything that I'm going to share with you. Between now and the rest of our time today, is in so many ways, so obvious, especially if you're a human being who is, you know, helps others who is interested in helping others who is self aware, who knows about human behavior, and all of you are that person. So, some of the things that I'm going to share soon as I say it, you're probably gonna say to yourself in your mind, like duh, of course. But even though it's obvious, as soon as you hear it today, the things that I'm going to be sharing with you are things that most practitioners don't automatically think about, or automatically put into place without being taught. It's like, we know it, but we don't always do it until we become fully conscious of it. And so, we're the work that we're doing today and the homework and as we continue, it's so that you are fully conscious of it, even if you're seasoned and I'll share more about this as we go on today. Even though I teach this, I still sometimes have to bring myself back to some of the pieces that we're looking at today. because it can be easy to slip out of them. Alright, so first tool for powerful energetics. I'll pop this in the chat, equalize the playing field. Okay, so what does that mean, equalize the playing field. an equal playing field in the coaching or practice in a relationship with your client means that you as the coach are approaching the relationship with your client, as if you and your client are two equal partners, you see the both of you as wise, you see the both of you as able, you see the both of you as mutually worthy of respect. Now, of course, your client, you have different roles in the relationship. And of course, your client has hired you, because there are some things that you know or have or ways that you can hold that they need to maybe further along on a certain journey, etc. But that being said, there is no person in the relationship that is better than the other. There is no person in the relationship that is more powerful than the other. There is no person in the relationship that has a higher status than the other.

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When you have an equal playing field, that's when that trust that we were talking about earlier gets created. That's where the mutual respect gets created. That's where partnership that we spoke about before can happen open communication on both ends, right? Not just you, but your clients having open communication to you. So this all sounds simple, right? Kind of Da no brainer. But the truth is that many practitioners aren't actually approaching their client relationships with an equal playing field, even if

they think they are. And again, this is a lifelong maintenance thing. I still come back to this for myself. If and I love Amy sing in the chat to monks at the river, that's beautiful. Yes. So if you're not conscious and not aware of it, if you don't actively work on it, and check yourself, it's actually pretty easy to fall into the trap of not totally owning your expertise, not seeing yourself as smart enough or intuitive enough or anything enough. And then when this happens, then maybe you start seeing your client as better than you or too powerful or overpowering. And then maybe you get intimidated by your client. And then you get scared that they're going to judge you or get angry at something that you say or suggest. It's almost as if you forget when you're coming as not equal. It's almost as if you then forget that your client is another human being. And instead you start seeing them as a distanced cold robot, you know that you have to be careful around or you know, and then maybe you start to back away a little bit from speaking the truths as you see them about a client's patterning, or you hold back on an idea that has come up. Or most importantly, simply just don't bring all of yourself forward with love to really create a warm and intimate and trusting relationship. So that's one way of not having an equal playing field, you come to the relationship as less than your client. The other way of not having an equal playing field is when you come to the relationship where somewhere inside of you, you believe that your client isn't as good as you or maybe there's a little assumption inside of you that your client isn't just really in Enough, right? Whatever that means, in some way, not enough to follow through on their commitments or not enough to show up fully, or not enough to really achieve their goals. Now, of course, this doesn't mean that your clients don't have challenges and crosses to bear, they do, as we all do. But that's very different, then believing that your client isn't good enough, or can. So in either scenario, you approaching with yourself as less than or you approaching, assuming your client is less than you're setting yourself up for having a hard time to support your clients in the ways that you want to. Because if either if you're approaching less than, or you're approaching as your client is less than, in some ways, energetically, you're creating a relationship that's about fear, or shame. or limiting beliefs, instead of creating a relationship that's about alignment, and openness, and equal meeting of the minds. And again, even though I taught this forever, every now and again, I will catch myself in this. So for example, about three to three years ago, now I started working with a client with a new client. And she is a corporate coach, and, you know, very experienced corporate coach. And as a corporate coach,

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she, you know, just to put it simply, she was charging a lot more than I was charging, because corporate coaches can do that. And we had a, we had a great sales process, and she was really excited to start working with me. And of course, I'd worked with corporate coaches before, but she was really at the top of her game, she, we were working together to help build her business. But anyway, our first session was good, but it wasn't a home run. And, you know, I like to have home runs. And I was reflecting after that first session, like what was going on, you know, did we not have chemistry? And I said, That's not right. Because we, you know, we did have chemistry, you know, this, that and the other thing I was looking at, and then finally, I realized I was a little intimidated by her, you know, I was thinking, I wonder what she's thinking about me because I don't charge as much as she does, right. And so because of that I was asking great questions in the session, all the things and it was a good session. But I wasn't fully there with all of my energetics equal playing field with her in that way that Michael Lind described earlier where it's just like, open, you know, like feeling all of the connection, right, because I was feeling less than there wasn't

an equal playing field. Thankfully, I caught myself in it, did my work around it and you know, off it, I was able to bring the aligned energetics after that. But again, just as an example, right, and that it is a me, it is a consistent maintenance thing. Okay, so here are some clues that the playing field with your client may not be equal, or equalized, whatever the right grammar is there. Here are some clues. If you notice that you are feeling overly nervous or inadequate before, during, or after your client interactions now. I all like I felt nervous before we started today. It was a new group I like it to be human is to feel nervous. Sometimes I'm not talking about just the nervousness that's about excitement and anticipation, really talking more like anxiety, right? That kind of obsessive thinking and worrying. So that's one clue that the playing field may not be equal for you. Another clue is if you're not being totally on honest in your communications with your client. If you're not loving Lee calling them out on things that you know, they would want to be called out on. If you're not going in certain directions or following certain intuitive threads, chances are playing field isn't equal. Here's another clue. If you notice that when you're with your client, you're focusing a lot more on your own needs, your own concerns and your own fears instead of on them, right? So if you're focusing a lot on the will I be good enough? Will she be happy with the work we do together? What if they don't like me? It's not about you, it's about your client. So if you notice that chances are there's some equalizing that can be done. Sometimes, if you feel drained by the relationship, it can be a sign that the playing field isn't equal. If you feel drained by the relationship, there's something either physically or energetically that you're over giving in one way or another. And over giving is a sign that either you're not trusting yourself or not trusting your client.

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If you notice that you're pretty consistently concerned that your client won't succeed. That's another sign playing field may not be equal.

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And just a side note, we'll look at this a bit more. On another call, but feels important to mention now, when we're taking over responsibility for our client. In the moment, we may think that we're doing a service for the client, we're helping them now. But the truth is, when we take over responsibility for others, we're doing them a disservice, we're robbing them of the opportunity to take responsibility for themselves and be empowered in that.

1:52:40

Yeah, and David, thanks for answering Michael, in this question. It was if you're pretty consistently fearing that your client will succeed. Alright, so then the next question is, can I give an example of which of the over giving Annalise the over responsibility? Just let me know. Yeah, yeah. Yeah. So for example, if you are, let's say your sessions are 45 minutes long, and you're consistently going over time, but not in a way where you feel joyful, you're going over time, because you're like, what if the client didn't get what they need, or I need to give them this extra time, or else they won't feel like it was good enough, or they're not going to really succeed? If I don't give them this extra time. And that's draining you. That's, that's a sign that you're either not trusting yourself or not trusting your client. That makes sense. So that's one, one example of over responsibility.

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I'm not quite sure John, though, I understood the difference between responsibility and being drained. They seem Ah,

1:54:04

so when sometimes I'll go over, we're using this example. Some my sessions are generally 45 minutes. And sometimes I'll go over in a session because there's something that we didn't complete. If I have an if I have the time, I'll go over a couple of minutes. If I as the practitioner have made the decision to go over time, but it's coming from an equal playing field. It's not because I'm not good enough or they're not good enough. That doesn't drain me like that feels that feels good to give that. But if I go over time, and the reason I've gone over time, is because I don't feel good enough or I feel like they're not good enough or they're the you know, then those 510 minutes feel very different to me, and they drain me and then if I do that consistently It's even more draining. Does that make sense?

1:55:06

Yeah, but I from this, I understand that basically been drained and take responsibility for the client. They're sort of like quite interlinked.

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Yeah. Yeah. Does that resonate for you? Yeah. Yeah. Okay, good.

1:55:27

Okay.

1:55:30

Yeah, Simone is saying, I can see how I was often swinging, but between the I'm not enough, and they're not enough, and that's exhausting. Davis saying, I feel like I'm charging so much that I have to make it worth their money, but then I resent it later. Yeah, these are both really good examples of what we're talking about. Now jollies saying I get carried away and sometimes can't stop sharing and are talking that's different, right? That may not be draining that may not be over responsibility that might be the you know, coming from that place. Now. We're gonna get to this later. But I'll just say this. Now, if you're going to go, just using this example, if you're going to go over time in a session, always ask the client first, if it's okay, and if they have the time, or else you're puncturing the container. We'll get more into this. But and that's it's a way of being trauma informed as well. Sometimes, when there's been trauma in a client's life, they don't know how to say no, even if what is being given to them as a gift, like extra time. So if I feel like we need a couple extra minutes, I'll always say to a client, you know, I have a couple extra minutes and I'm happy to wrap this up. Do you have an extra five or 10? So giving them the option to choose there? Okay. All right. Let me pause here for a moment. I'd love to hear voice to voice from one or two of you. What are you seeing so far? What are you taking so far from everything that we're looking at? That feels important to you? Sophie? And is it Sophie Jane or just Sophie?

1:57:35

I mean, I yeah, I just go by Sophie. Okay, that was a numerologist told me once that Sophie Jane had a much better future. So I keep I leave the data in this trust piece and equalizing the field feels really like, really at the crux of something for me. And because I was working with a lot of people who at the start of their business journey, I trusted their capacity to do the work. But sometimes I felt like they had unrealistic expectations, kind of from the Instagram culture, of how quickly they could grow and make money. And so I didn't necessarily trust that. And that that was the edge and I believed in their calling, but not not necessarily those expectations. Do you know, I mean?

1:58:27

Yeah, 100%, I'm so glad you're bringing this up. And we'll also we're gonna get deep into it, but for envisioning, but for now, I'll say this. It is true that the transformational and the coaching industries have led many people to think that they can be superstars overnight, or get healthy overnight, or find the relationships of their dream overnight or manifest. I don't whatever it is, overnight. And as I'm sure you know, and a lot of people here know that has done that has been such a disservice. And I'll also go so far as to say it has actually done real damage to a lot of people. Because change sometimes takes time, results sometimes take time. But that's different than not believing in a client. So for me for now, I'll mention a few things and I'll mention more as we go along. There are a couple of ways that I address it. So number one, I do always believe it I have to make sure I believe in my client's vision and that they can maybe not tomorrow, but that they can achieve it. So I need to check myself for that. But that being said, I, often in sales conversations with a client will say to them, if you're looking for the practitioner who's gonna launch you to the moon and back in a day, I'm not that person, I believe fully that you can achieve XYZ, you know, whatever the XYZ is. And, and what I have seen is that this is what it takes to get there. And I named the inner pieces and the outer pieces, based on what they've shared with me where they're at, right and what they need. I named those pieces and I say, this is the work that we'll do together over time. I always hold open the possibility for miracles, because I don't want to shut that off for myself or my clients. But I'm very clear from the get go about what I think we can achieve in six months, or what I think we can achieve in a year. And then choosing to work with me like that's already part of the understanding between us. And I'll, I'll share I think that has people want to work with me even more, because it's this like, sigh of relief of like, thank goodness, I could stop the insanity. Right. So anyway, I'm so glad that you brought this up. It's such a rich conversation, and we'll continue to come back. But hopefully is that

2:01:37

helpful? All right. Yeah. Thanks. Yeah, I

2:01:41

think you jolly.

2:01:48

I'm so sorry. I'm late. But this has been awesome to hear. Yeah, I'm so happy I could make it. Um, I was thinking, I joined just as me typed in that beautiful image of the two monks at the river. And I was just wondering if you could give me some feedback on something that I find myself saying to clients over and

over again, which is, I know, I'm not telling you anything new. I'm not telling you anything that you don't already know. But sometimes we need to hear it from outside of ourselves. And sometimes you need to hear it from someone else to remember, is that okay to say?

2:02:35

Why wouldn't it be okay to say,

2:02:37

I think I'm just getting super concerned, because, you know, I want to stress the idea of being trauma informed. In my practice, and I want to make sure you again, it's that whole idea that, you know, the difference between consulting and coaching, if you will, I'm just trying to make sure that I'm not. Yeah, we're stepping. Yeah,

2:03:04

absolutely. So the question that you're asking is, relates a lot to creating awareness skills, and reflecting skills. So there's lots of flourishes and nuances, we're gonna work and ways to create awareness for a client, we'll get to all of that. But what I'll say for now, is this. Just because a client says something, or might know something, doesn't mean that they really know it, or that they're embodying it? Yeah. And so when we hear something that a client knows, and then we reflect it back to them, part of the work that we're doing there is supporting them to take it more deeply to embody it.

2:04:04

That makes so much sense. Yeah. Yeah. Thank you.

2:04:13

Okay, so then how do you equalize the playing field? Well, lots of different ways. But there's two ways that I want to really hone in on

2:04:31

for right now. The first is to really embody the following belief. And like I said earlier, obvious, but I want us to take this in deeply. My clients are whole and complete. Exactly. as they are popped out in the chat. My clients are whole and complete exactly as they are. There is no need to fix your clients in any way. Yes, you may have suggestions or tools or questions or ways of supporting them through obstacles. Yes. But first things first, it's your job to give unconditional love, respect, acceptance, and really know that your client is already whole is already complete. There is nothing that is missing from them. They have everything they need already inside of them to achieve the goals that they've hired you to help them with. You may have pieces of information or ways for them to access those resources. Yes. But they already have it they and they're not broken so let's take a closer so allayed is asking in the chat, what if we don't believe that about ourselves? Yeah, so that's that's the other piece here we're we're getting there lien is hard to hold this belief about others, if we don't also hold it about ourselves, they they really go together, right? You are whole and complete exactly as you are and I am whole and complete exactly as I am. Now, how do we get to that place, we're gonna look at some pieces today. And like I said, this is

work going to come to these things throughout the program. It takes work, it takes inner work and looking at fears and all of that, but just this deeper consciousness that we're bringing it to it today, you will start to see a difference. Okay, so our clients are whole and complete exactly as they are. So think about if you've got clients think about your current client relationships. And if you don't have clients, right now, you can look at any relationship in your life with friends, family members, colleagues, kids, whoever. What are the places in the relationship? So whether the client or someone else in your life, that you're making the client less than jot some things down? What are the judgments or assumptions that you're making about the client and get as specific as possible here? Where have you been feeling maybe without even noticing until this moment, that your clients are less than whole and complete? And again, this doesn't mean that they don't have challenges. Of course they do. That's why they've hired you. But that's different than not being whole and complete or being detrimentally flawed, or he'll never be able to XYZ. And, you know, just full transparency, I wouldn't want to normalize this.

2:09:03

I do this with my kids. Right? I don't always trust that my kids are whole and complete, exactly as they are. I sometimes do this with clients, right? Like I do, I definitely sometimes do this with my husband. So it's not normalizing. It's okay. But we do want to see it and work on it. So Emily, the question that I'm asking is take a look at your client relationships. Where are the places that you're not seeing your clients as whole and complete? You can think about specific clients or where the places that you are making a client less than you.

2:09:54

Simone is asking can be incomplete include having this a great question. Um, yeah, so they may not have all the skills, but they're still holding complete, right? Like, I don't have all the skills, you don't have all the skills, but exactly, they're fully they're growing into they're fully resourced. They have the resources, they have access to the resources. Brenda's asking what if the person is bipolar? So there are doubts about them being whole and complete? Brenda? That's such a great question. So, there's a couple of pieces to that. So first of all, you know, as coaches, we need to know what's in our scope, and what's not in our scope. And so if I'm working with a client, that is bipolar, but they have not also worked with someone, a therapist or someone else, that there's, it's within their scope to specifically treat that, then that client may or may not be the right client for me, depending on where they're at. I wouldn't say that they're not whole and complete. But it does become a little bit of a scope thing. It doesn't mean that we can't work, you know, with all clients, but it's about where, where they're at in their journey. And what other support are they getting? Or have they received?

2:11:48

Angela's asking a great question. If a client isn't ready, if a client isn't ready, then you either need to shift the scope of what you're working with them on so that you can support them to achieve results. Or we're not. So again, I would still call that person whole and complete. But we don't want to work with someone, if we don't feel that they're ready, or if they don't feel that they're ready. Now that's different, by the way, then they need to do some inner work first with us. Right? They may not be ready for action that that that's that's a different story.



2:12:51

So there's some other questions. How about someone like an elderly person with a stroke? Such a great question. So again, when we're working, and tell me if this makes sense, because there's, there's a lot of questions around this. So I want to make sure that I'm making sense. If you're working with someone that is elderly, that has had a stroke, or you know, any situation, there may be real physical limitations to them achieving a particular goal, right? Like it may actually be out of your mom's ability to I don't know, run a marathon or, you know, whatever it is. In that case, you wouldn't work with that client towards that goal. But what for whatever goals you are working on with your client, it's important that you believe that they have the resources for it, right, that they are whole and complete. in that endeavor. Let me know if that makes sense. I want to make sure that I'm being clear. Yeah. Okay, Barbara.

2:14:18

Hi. I just wondered if you could give a definition to what you mean by when you say whole and complete. Yeah. And my point in the chat was, you know, I see myself and others as full and complete at a soul level. But I'm not necessarily you know, in this very moment of my life. So yeah, is my life is Barbara in this lifetime. So if you could clarify that that would be helpful.

2:14:47

Yeah. So they they have all the resources that they need, either inside of them or they have the ability to get them from Apple. outside of them, in order to create what they want or to create, you know, achieve what they've hired you for that they are not broken, there is not anything to fix, and that they have access to inner pieces that they need to create what they want. That makes sense?

2:15:33

Well, it makes sense, I guess, my thinking about that is, then this kind of going back to what you said earlier that you weren't, would not work with somebody who had unrealistic goals. You know, like, you know, hey, I'm going to make a million bucks in the next three months, but I haven't earned anything in the last year. Era, like, I'm just, you know, making it very outrageous. But, you know, it kind of doesn't speak to like, access to resources, I think. Okay. And you kind of, you know, talked about this with privilege earlier, I think, well, you know, there are lots of people who don't necessarily have a lot of access to resources. You know, so again, their, you know, their idea of what they want to achieve. May, you know, not too harsh on, it may not be realistic, at least within the timeframe, they think that's going to happen, you know, and so like, like, if if somebody is working on just themselves, and you know, just this is I want to feel confident, I want to feel brave, I want to feel strong, that yeah, achievable. I want to have this external result. But here are the lived experiences and limitations that I'm working with, XYZ, whatever they might be for somebody. I think that's where you're no, you're, you're saying, Okay, I'm not going to work with that person who I don't believe has that capacity to achieve that goal within the time frame, they think it's gonna happen. You know, what I'm saying? And I think you right, so a coach? Well, I

2:17:21

think it's more I would, I would share, you know, if we work together, I'm not sure. I'm not 100% sure that if we work together, that in those three months, this could happen. My sense is in the three months, this and this, and this could happen. And of course, you know, open to much more, but I want to be clear, before we step into this together, that these are the these are the expectations, or these are, this is kind of how I said what I sense we can achieve together. I like to be really honest about that, while checking my own filters to make sure I'm not bringing limiting beliefs to it. But so that I don't set the client up for not, you know, failure, or whatever you want to call it. Before we're at the gate, if I'm not seeing that with my support, it's possible for them in that amount of time.

2:18:24

Mm hmm. Yeah. And I think having, like more experience as a coach will really help to inform that like that, that seems very murky to me for, for myself about predicting what outcomes, I could feel confident somebody could achieve within, you know, X timeframe.

2:18:46

Agreed. It's like, you get more and more clear that the more you do it, the more you get to know your ideal client and you know, the different pathways that it takes. I don't want it to, I don't want it to like scare you to work with people at all, like know that you're holding complete their whole incomplete and it is also just perfectly acceptable to say like, oh, that sounds great. These are the based on what you're sharing. These are the things I sense we need to work on to get to that goal. And my guess is that in three months, we might be here six, you know, like, so it doesn't have to, like, it's not about definite, but it's just about being open and clear. These these are the pieces that we would need to work on. This is my sense of how long sometimes it takes longer. Sometimes it takes shorter, and that happens to me often too. Like I think we can achieve something in this amount of time, but we get three quarters of the way there or we get, you know, way past that mark. So it's not about being perfect. It's just about kind of being as clear as you can about expectations.

2:20:08

Is that helpful? Yes, thank you.

2:20:11

Yeah, you're welcome. Great question. All right, Isa sang in the chat. I'm a new coach. But in, in relation to relationships, and the few clients I've had, this is where I get tripped up, when they don't show up physically and emotionally when they are resistant to reframing their story. Oh, don't feel judgmental, for listing this. What you're talking about? ESA, a lot of seasoned coaches have that, were they there, they meet a lot of resistance with their clients. And that's why we're going to look a lot at fear and resistance in this program. Thank you, Joanna.

2:21:00

I just want to say yeah, it was really it was really playing with my mind, because that is one of the biggest blocks why I haven't really gone into coaching. And I was having a conversation and she mentioned, she

was just like, Well, why do you need to be meshed with your clients? And I'm like, What do you mean? But um, yeah, I'm so I'm so happy to be here.

2:21:24

Thank you. This is just today has been like wow. Oh, you're

2:21:28

so welcome. I'm so happy that you're here. All right, I see there's a lot in the chat. I'm not gonna because we've still got a bit to do today. I'm not going to read every piece but if you have a question we'll have time for q&a and definitely flag it up for me and I will read everything in the chat afterwards

2:22:01

so wherever whatever you answered to that last question that I asked which is where are the places in your client relationships that or relationships with others that you're making the client less than you or others less than you? How is that impacting the relationship how does that impact the relationship or the work with the client?

2:23:14

In is saying it keeps us both stuck, can end up making the client feel ashamed after saying Mariana saying it brings the energy of ego and judgment into the relationship creates tension. Smaller potential for work together. Blocks to grow, talking down to a client Yep, distance. I feel frustrated and it makes us both feel stuck. Fewer clients that I can imagine working with lack of trust, it reinforces perfectionism. I go into advice giving self doubt try to save the client give up frustration holding back an imbalance in the process of healing. Yeah. So patronizing. Yes. Taking too much responsibility. get resentful. Yeah. So hopefully, you're seeing or seeing again, if this is something that you have thought about in the past, the importance of really approaching your clients as whole and complete. So just the knowing and the awareness alone helps. But there are other things that I want to invite you to do for now and over this week that will help you go deeper on this. So the first is I want to invite you to do one or two, journaling little journaling sessions, starting with the prompt of my clients are whole and complete exactly as they are. And by the way, this will be in your homework sheets, it'll all be laid out for you, I want you to spend some time journaling, kind of defending this statement, my clients are whole and complete, exactly as they are giving reasons why free, you know, just free flow writing on it. So we can groove the neural pathways a bit more, if you write on it once, it's great if you can write on it a couple of times, even better.

2:26:12

Another kind of quickie tool, which is say about this tool. It's a great bandaid if you need it before going into a session. But it won't always stick. But it will probably last you for the session, which is in my book, you know, good enough tool sometimes. So if you're about to go into a session with a client, if you have the time, take a moment and just scan, you know, give yourself a couple of minutes before and scan, like where are the places that I'm not fully trusting this client, or where are the places that I'm not seeing this client as a whole and complete. And you can list it out, list out right out that assumption. So for example,

he'll never be able to stick to a food plan for more than two days. Or she's so committed to being a victim that she'll never take actions towards her success, right? Just name it for yourself. That's number one. And then from there, write out a reframe of the assumption. Write out a reframe of the assumptions. So for example, in the case of he'll never be able to stick to a food plan. Maybe the reframe is it's challenging for Jack to stick to a food plan. But they asked for support for a reason. And with intention. And I know that Jack really wants the service. And so with tools, with going, looking at their fears with food planning, I trust that Jack will eventually be able to do this. Or here's another example of a reframe. Rita does have the tendency to fall into the victimized parts of herself. But she's incredibly smart and self aware. And I know she wants to change her habits

2:29:01

so just reframing and reminding ourselves like naming what's going on for us and then reorienting reframing before a session or in between sessions or whatever it is. It can support us to shift how we're approaching our clients right and to see them as more able more resourced, more whole and complete. Annalise Annelise

2:29:34

now this is a bit of a newer question from me. I have done psychoanalysis in therapy for a couple of years. And I have noticed and and I don't know if it's my therapist, that sometimes there is a bit of patronizing from her. Like you're a court I'm a terrorist.

2:30:01

It's not an equal playing field.

2:30:04

It's not. And I feel that, I don't know that, you know, because I mentioned I was going to do this and she's like, Oh, because you know, like, you can never take a patient to a level. And maybe if you're so good, you take it to a higher level, I don't know, if you've got this in coaching, you know, and it's, and I just like, you know, I am, I mean, I enjoy it, and she's good. And but I can feel that this sort of like little not being equal, I'm the therapist, and, and sometimes interpreting as well. And, you know, and I, maybe I don't know enough about therapy, because I mentioned it to a friend who is studying. So

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either. So again, like, there's always going to be differences between a practitioner and a client difference is not an equal differences, just different. But no matter what practice, what you practice, whether it's coaching, therapy, massage, real estate, whatever it is, if there is a relationship with the client, you want to equalize the playing field, that is what is going to create the most trust and intimacy. And so like the fact that you're bringing this up, this is actually such a great example of what we're talking about, this is obviously eating at you. And I don't you know, I don't know what work you've done with her. But I can hear there is like a little bit of a lack of trust, maybe, right. So when there's not an equal playing field, that is a great example it eats away at the trust. Hmm.

2:31:44

So if we, for example, are at the receiving part, you know, obviously, I think I want to bring this to the conversation. Yeah.

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Yeah. I would, not in an accusatory way. But like, this is something I'm noticing is impacting me might be my own stuff. But I wanted to bring it forward. Right. And so the fact and here's we'll take this a step further, the fact that you, you're considering taking this to a therapist, actually says that the container is strong enough that you're willing to have that open and honest communication, which again, was one of those dynamics of a strong relationship. So I would encourage you to bring it. Yeah, it's a great example. Thank you. Aiyana.

2:32:36

Yeah, I was gonna say 30 years ago, I went through cancer. And it was a time when they were still had this idea that if you had cancer, there's like a death sentence. And the first couple doctors that I went to treated me like that their attitude was that I wouldn't be around much longer. And that's my thing. And then I decided to go to somebody else. And it was completely different. It was like that I was gonna live and all that. And I was like, that was, you know, and they didn't have actually any different skills than the other people.

2:33:09

But that perspective, made me choose them as a doctor and also changed my perspective.

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So when I say that as being on the receiving end is what an incredible difference it made. And sort of it was just an attitude without words that I could feel.

2:33:26

Yeah, that's such a great example, an example of energy follows energy. Charley.

2:33:36

I had a question earlier, regarding almost the polar opposite of what you're describing in that. Generally, what I find is, I'm the one who has higher expectations of where my clients can go. And they're the ones who are like, No, I can't I can't do that. I'm never gonna get there. I need too much reassurance. I you know, and it's part of my work is helping them redefine their relationships self. But is that something then? Yeah, how would you address that? Yeah,

2:34:12

I mean, so that's gonna sound weird. That's good. That's where we want to be. We're seeing our clients is holding complete. And probably one of the many reasons why they've come to us is like, because they want to believe more in themselves, but they're, they're not there yet. And that's when we use tools like befriend your fear arena, rewiring negative thought patterns, undoing the myth of perfection, like all just

plain old questioning skills, that's that's when we use our skills to support them to get there. But we need to believe it in order to use those skills to get them there.

2:34:52

Yeah, that's great. Thank you, Melissa.

2:34:58

Um, I just want to share Like experience of a dynamic with a coach or healer that has gone wrong, and I have quite a few of these examples. But I'm going to choose one that kind of leads into a question of what we should do or look out for. And in this particular, like, kind of relationship and container with this coach I was working with, is also a healer as well, it started out really well. And something kind of fell apart. As we went on, and I was feeling it, it kind of started with, like, I had a lot going on at the time with family crises. And so I wasn't I wasn't, there was no timeline to where we work together because it was kind of like a package of sessions for when you need but if I wasn't there, maybe writing once a month, I had gaps because of everything that was going on. And then I would write but the the coach themselves would not respond sometimes. For like, I think it was three weeks was the longest like it was a week and, and the email coaching and reflection and in between check in was part of the the work. And then there wasn't even a response, hey, I got your email on baby sick, I'll get back to you. But it was like no response for 10 days. And so it's like, I opened up all this vulnerability, and it spent time writing and everything. And then it's just radio silence for about 10 days. And then he comes he's like, oh, sorry, the baby was sick. And I was kind of busy. And, and that started to crumble. And also, like I would write out this what was on my heart, because it was like really vulnerable time and then ask questions. And then the email would be like one sentence kind of flat response. And you're kind of like, feeling really stupid. And the relationship kind of ended without me even finishing the sessions. And I never had the energy after everything to go back to him to confront and say, Hey, what happened or they're still like, you know, four sessions I paid for her. You know,

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I'm gonna stop you because I can see where this is. I can see where this is going. And I've, I've heard it before. And I'm glad you're bringing it up. So today, as we talk about the container, we're talking about kind of like the inner pieces and of the container, you know, how we feel towards ourselves, our clients. One of the pieces that we're going to look at next week, is the I'll call it more the outer pieces of the container. And the outer pieces in order to have a tight and solid container. Not only do we need these energetics in place that we're talking about today, but we need agreements in place. Agreements, shared agreements are part of what create a solid container. So an example of a shared agreement is when you send me when you client send me an email, I will respond within X amount of time. An example of a shared agreement is when you buy these 12 sessions, we will complete them within X amount of time. shared agreement is when you send an email, if it's something that I feel is appropriate to respond to via email, I will respond. But if it feels important for us to talk about it voice to voice, I'll write you back and let you know let's talk about this in the next session. Right? Those are just some examples. Having those shared agreements and then upholding those shared agreements are vital to a strong container and to all the things we spoke about today, mutual trust, mutual respect, being willing to be in partnership, all

the things so I love that you're bringing this up. You're segwaying in to you know what we're gonna look at the beginning of next week, but these are the outer pieces of the container that are so important. Thank you

2:40:10

all right. So we spoke a bit about our client is whole and complete exactly as they are. And as was already brought up in the chat. So intuitively, we also want to come with a belief of I am whole and complete, exactly as I am. So, again, that doesn't mean that we, as a practitioner, don't have challenges, don't have obstacles, don't have fears, don't have imperfections, it doesn't mean that we have all the information we need for our own goals. I am incredibly imperfect, always working on myself. And also when I show up for a client session, when I show up to teach, I also know that with all of those imperfections, and with all of those crosses to bear, I am also whole and complete exactly as I am, I have the resources that are needed to to hold this space for you, to support you in what you want. And if I don't have all of it, I know that I have the resources to find it, or to get it from somewhere else and bring it in, right. And as was said the to work together usually, if we don't feel totally whole and complete exactly as we are everybody is really just a reflection of us. Right, we want to look at it in a youngin point of view. So when we don't feel whole and complete, we're also more prone to feel that our clients aren't holding complete.

2:42:29

So part of your homework is going to be to name this for yourself and take a look at what where are the places in your client relationships or relationships with anyone else where you're making yourself less than the other, where you are not feeling whole and complete. And again, we've already normalized I just want to normalize it again, this is like all of us, right? And it doesn't mean that we can't be great practitioners. And we don't have to be perfect in this in order to be great practitioners, we need to be working on it, we need to be aware of it, we need to be calling ourselves on it. So again, whole incomplete is that we're not broken, there's nothing inside of us that needs to be fixed. And that as we are we have the resources or have the access to the resources that are needed to be in support of our clients to support our clients to co create what they want. Maria let me know if that doesn't make sense. So I'm going to ask you to do some of the same exercises with I am whole and complete and you'll get a whole homework sheet for this with all of it written out. But first just to name those places. It'll be on the worksheet. And then I want to invite you to journal with starting with the prompt of I am whole and complete exactly as I am defend that statement and then do some reframes as well. So I'm going through that homework quick because they'll it's all written out for you in the resource sheet in the member center. Okay, there are a couple of other pieces that I want us to look at But before we do, I'd love to hear from one of you, what are you hearing? What's coming together what feels important? Who wants to share? Jackie,

2:45:23

raisin, I know I need to share as my heart started pounding. So I think I'm just working on internalizing this whole and complete and you're imperfect concept. And in my own personal, I just want to I felt like I needed to share maybe it's just I practice when I talk out loud, but I'm sure this will help all of us as we're



learning these concepts. But in my own personal study, I have a teacher and a mentor to another way. And he often is teaching this concept that he calls it proving contraries, where it's like these somewhat opposite concepts, and yet they go together. And so his work in the world really is to teach like how these two things mesh together, even though to our mortal Minds, Like, they seem opposite. And that's what just came to me as we were talking about this, right? It's like this whole incomplete version of us is, in my words, my language is the is our soul level, right? And like, when we're connected into that soul level, we do we have all the resources, we have the answers that we need. And yet, oftentimes, that home complete side of us doesn't, hasn't yet fully manifested itself in the physical world yet. And, and that, and I loved how you talked about right? Like this imperfect side of us, like we're always working to build those, the the knowledge, the skills, the resources, the whatever that we feel like we need to build upon. And that's the growth side of us. But the whole and complete side of us is the side that is connected to eternal wisdom, and all the answers and all the resources. And yet they, and I'm not exactly sure how they combine yet. But I I'm going to sit and ponder on that and see what comes up for me so that I can keep learning about that. But I know that they are connected. And for the first time in my whole life, I think as you describe this and have this conversation today, it felt like something clicked into place where they do have a beautifully perfect relationship with one another. They're not opposites, something I've struggled with as an overcoming perfectionist, or it's like a recovering perfectionist. And so it was just I loved how it just kind of clicked into place for me today, and there's still learning to be done. That's what I wanted to share.

2:47:40

I was so so glad to hear it. Thank you for sharing. So happy it clicked into place. And what I want to add to that is that for most of us, the reason why we think imperfection is at odds with whole incomplete is because culture has taught us that. But just because that's a messaging from culture doesn't mean it's a truth with a capital T. And I share this for all of us personally. But I also share this and we'll see this as we go along. I find that one part of my job as a practitioner through lots of parts. But I find that one part of my job as a practitioner is supporting my clients to unlearn the messages that they've learned from society that they just take is truth. In order to do that, we we as practitioners need to question those messages, right.

2:48:58

Okay, a couple of other pieces that can really help with equalizing the playing field. We already spoke about you're not perfect, right? And also your clients not perfect. That's as it should be. The other piece, another piece that can really help us is to know that you don't need to have all the answers. I don't have all the answers. There are some times where like a client will ask me a question or an opinion or I don't like I don't know. We can explore this together. Right let's take a look together but I don't I don't No. And if it's like a consulting question, and I don't know, say, I don't know, but I think you can find the answer here or that right? We can refer out or I will try to find that answer. But what I noticed happens for so many practitioners is that when they go in to sessions and working with clients, with this belief that they're either conscious or not conscious of, of, I need to have all the answers like any question that gets asked, I need to be able to feel it. And I like I need to be the expert. And it has to like, you know, in all the things and that is a recipe for mismatched energetics. Because first of all, that's, that's anxiety provoking,

right? Like, you can't be in your full presence in that, like beautiful energy that Michael Lin was talking about earlier. If you're like, I need to know this, and I need to know I need all the things. And then the other reason why it's mismatched, is because I promise you something will come up at some point that you're not gonna have the answer to, and you don't want to get stuck like a deer in headlights, and you don't want to start going into I'm not good enough. And all of that, like, that is just a normal thing. Right? That is your client has not hired you to have all of the answer. And that might sound weird, but I gotta say it again, your client has not hired you to have all of the answers. And in fact, if you have all of the answers, again, you are robbing your client of the opportunity for them to find their own answers.

2:52:08

Okay, the last piece for now, and then we'll do some q&a Is that just one other belief or perspective that really helps with the equal playing field, which is this, I am not solely responsible for any one's growth or results. The moment that you approach your clients and the container, with a belief that you are responsible, and especially solely responsible for their growth, or their results, is the moment that the container is broken. Because then there isn't partnership, then there isn't mutual trust, then there isn't mutual respect, et cetera, et cetera, et cetera. So one thing I heard many, many years ago that I love, I just, I love this. I don't know if it's a metaphor, analogy, whatever it is, but is, and I'll say this, every now and again, I'll say this to a client. But this is more my thought process than actually saying it to a client is like client, I can help you identify the river, I can help you figure out where the river is, I can help you figure out how to get to the river. I can be at the edge of the river with you. I can hold your hand as you walk across the river. But what I cannot do is take you on my shoulders across that river

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for those of us that are naturally helpful and who want everything for our clients, and also who like me to feel like I'm awesome, right? Which by the way, I always feel that's right. We sometimes can fall into the trap of thinking we need to carry our clients on our shoulders across the river. And that is that does not make for a good client container.

2:54:57

Okay, so we have just a few Minutes last couple things and then I'll open up for q&a. So first of all, your member center will have resource sheets with a lot of notes from today and summaries from today. It'll have journaling questions and exercises. It will have if you're working with clients, you know, I want you to go through I think this is in the worksheets, I'll double check. If not, I'll make sure it gets in there. I'll just say it now, if you're working with clients actually want you to go through your client roster client by client, and write out any beliefs or fears that you have about that client or about you in the relationship. Let's just really become aware and name it. Okay, before ques, I want to invite everybody to take a moment and write down hopefully you're taking a lot from our time together today. But what's one of the most important thing or two things that you're taking from our time together today? What are you really taking?

2:56:30

If you want to share it in the chat, I'd love for you to share it in the chat. I am holding complete how I show up to a session is an important part of the session and deserve some moments to prepare. Yes, I love that Michael in set the energy beforehand and prepare yourself and your energy beforehand. Barbara is reconsidering how you view yourself and your clients is whole and complete. I could feel that's a deep inquiry for you, Barbara, I'm so glad not taking over responsibility for your client. energetics are everything honoring the wisdom of both my client and my cell. And you can take the horse to the water, but you can't make sure. Yes. These are beautiful. I'm going to read through all of these when we're complete, but just want to open for any questions. Before we're done today. Any questions? Just raise your hand anyone got anything? Maya? Hi. Hi. Um,

2:58:05

um, a question that popped up for me was or what advice or suggestions my to give to a practitioner who maybe had a client where some of these things that we've just discussed, such as not having an equal playing field, um, you know, maybe some of these things came into play, like focusing too much on your own needs and not really fully believing and all those things, perhaps they did have an effect and maybe it just cost for not a good time spent together, you know, if you will. And I guess like, the question is what, um, yeah, what are you what would you suggest? Or, or have advice for in that sense, I guess in terms of feeling confident enough to go back in mainly.

2:58:59

Yeah, I love that question. And is this like, is it go back in with that same client or just go back in in general with other clients?

2:59:12

I didn't mean it and in general, but it'll be interesting to see specifically what the same, you know, client as well, but in general, yeah.

2:59:20

So okay, so first of all, forgive yourself like Do not beat yourself up, do not, we can be so terrible to ourselves, right? And everything that we look at and everything that we've looked at today. This is not for self flagellation or self judgment. This is like for our awareness so that we can see it and love ourselves and move forward in a different way. So I think that's one of the biggest pieces and being able to then you know, get back if you've felt kind of like the burn of it, but you didn't realize why before and you've been like holding yourself back with clients like to know your whole and complete and imperfect, and maybe that didn't go the way that you would have liked it to. And you're learning, you know, and you're growing, and you can do it differently moving forward. So I would, that's, that's like an inner piece that I would really work with. And it if if you need to write a forgiveness letter to yourself or a part of yourself, or, you know, to do more of the journaling on, I'm holding and complete exactly as I am, or I have, you know, I can show up with incredible energetics for my clients, you do that work, we'll get when as we get more into fear and all of that, you know what we'll get into some of those other crags, but that's a good place to start. And then what I'd say is, you know, in the kind of case study, if you're working currently with a client, and there's still more work to do with them, there's still more sessions.

And you notice this has been happening. clear and honest communication, right? So I would absolutely bring it to a client session and not say, like, oh, I wasn't trusting you enough, or I wasn't feeling good enough, or, you know, whatever. But I would name where I've seen some of the holes in the container. And I would say, like, you know, I've noticed over the last few sessions that I've noticed over the last few sessions that we've been having some miscommunications, right, maybe that's the way it's expressing itself. Or I've noticed over the last few sessions that you're not as excited as you were about the goals are coming to the sessions, right? Maybe that's how it's expressing. So and I always say, I might not be right, so tell me if I'm getting this right or wrong, you know, and ask and then see, if they're like, Yeah, I've noticed that too. Then you might from there, say, Okay, so what's going on there? You know, what are some of the fears, you'd have to say, What's because I've felt blah, blah, blah. But you can say like, what, what are what's going on for you in that? And then you can come together and then see what's appropriate to share or not? What's gonna be most supportive for the client? Is that helpful? Yeah, great question. Awesome. I want to honor that we're at time and also more than happy to take your questions, Simone, so I'm going to take it but of course, people are hopping off if you need to hop off, and I'm gonna hang out and answer this question. Someone

3:02:48

thinks this relates to what you were saying about. And I put this in the chat also, about how there's that we get tripped up thinking that we need to have all the answers. And for me, it's not about I have moments of that, but it's what I see more for myself is that I truly believe that part of my work, like you said, as a coach is to help people unlearn what they what society has taught them. And where I get tripped up, is I feel like, I haven't unlearned everything yet. And what are my blind spots that I'm perpetuating inadvertently, in my conversations with clients, and that's what gets me burnt out, reading, learning, trying to make sure that I'm, I'm becoming aware of my own blind spots. So yeah, I hear you. Right.

3:03:42

No, no, but I'm glad you're naming it and it's important. And I do want me to make some reflections. Yeah, I'll make some we could do some coaching on this. But just because of time, I'm going to make some reflections but maybe I'll leave you with a question to journal on. You're never going to know all the things like you're never going to unlearn like you know, I have so many things to still unlearn and I can promise you and this isn't a bad thing, but you're never gonna unlearn. It is amazing. And I really want to acknowledge and celebrate you that you are continuing to unlearn for yourself and luck and research and find and I am too and just like I want to acknowledge you for that that's you've got a leg up. And I want to invite you to notice the line between it being life giving for you and stealing your energy June right and being cuckoo making for you and stop when you cross that line. And you know, I think what I'll ask you now is, what's the fear? Like wait? Line? What's the fear?

3:05:09

I'm, that's exactly what's what's going on in my mind as you're talking and I know, the fear is related somehow to I'm going to I'm going to harm them. I'm going to cause harm. Yeah, in what I'm doing, if I

don't be aware of everything that could be, quote, unquote, wrong, in what I'm saying, so, yeah, and that's bringing emotion, you know, to me, so it's a deep one for me.

3:05:37

I hear you, I hear you. So if we had all the time in the world, we would do it, but find your fear, and all that. But for now, I'm so glad that that's coming up. And by the way, whenever I speak to practitioners, and they have a fear that they're going to harm others. We want to work on that. But to me, like, there's, there's positive and it to like, it says, you're a practitioner that really cares. And is in integrity, you know, so I want to honor you for that. We want to express it in a different way. But I want to honor you for that. I'm going to ask you one more question. And then I'm going to give you a homework assignment. Okay. If you had a client that was a parent, and they said to you, you know, I'm just so scared that I'm going to harm my kid because I don't know everything. And I haven't unlearned everything, what is the truth that you would reflect to that parent?

3:06:49

So that's for me to journal on.

3:06:51

No, that's what I'm asking you to write.

3:06:55

Honestly, when I would say like, and I've talked about this with friends, it's like you're going to like, but it's not. It's not you harming it's not an intentional, you harming but there's, we all make mistakes, and they have impacts. And it's part of the person's growth. To work with that. I'm talking about the child. Right. You know, there's, so I get attention. My guess behind it. Yeah. Oh,

3:07:27

so I get chills when you say that. Can you apply that to the client?

3:07:32

Coach? relationship? Yeah. Yeah.

3:07:37

Okay. Okay, beautiful. So I want you to continue to work on that and think about applying it. And then if it makes sense for you. This is forming in my mind. And maybe you can clarify, I want you to make two lists. I like making lists. And like list one is harming your client, like what it looks like, when you harm your client. List two is what happens when you haven't unlearned all the messages, but you're aware that you haven't unlearned the messages, and you approach the container exactly in the way that you just described? Like, what's the what happens then? What's the impact then? So that your mind can start to Yeah, distinguish between the two? Does that feel like it would be helpful?

3:08:33

Oh, very, very, because this has been a biggie for me, like from the beginning. So that yeah, I will definitely do that. Okay, awesome. Thank you, Joanna. Appreciate that.

3:08:44

So welcome. So for those of you that are still hanging on, thank you for hanging on a few extra minutes. I just thank you all for your presence and for being here and for being you and I am so so excited that we got started. I can't wait to continue. I'm here if there's anything that you need. Have a wonderful week. Bye. Thank you