



Sacred Depths Certification

Energetics of the Coaching Relationship 2

0:23

Hello, hello good to see everybody

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give us all another minute

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we're slow coming in today so weird I wonder if there's some

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weird Mercury Retrograde enhancement that I don't know. Joanna when I clicked on the link in the email, it didn't work and I had to go into applied depth to get the correct zoom like so I don't know that the Zoom link isn't working.

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I had the same trouble.

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Okay, let me thanks for letting me know. Let me set x to eight. Okay, just so alternatively, I just discovered that the link is in the calendar invite which is very convenient. Need me to I was like Oh, awesome. Yeah, it's always in there but still okay, hopefully people will make their way we always double check things and I try not to like give, give power away to any Mercury Retrograde things, but I do tell the team like remember to triple check things during those times of the year. Okay, I'm gonna wait another half minute and then we'll get started

3:25

okay

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okay, so welcome, everyone. I'm glad for those of you that are here. I'm glad you're here. Hopefully more of us will join us in the next couple of minutes. I did want to start today, by welcoming some of our sacred we have a couple of sacred depths graduates that, as you all know, are coming to join us for the rest of the program. But I think because of the link problem Oh, no, I do see daddy though. I'm your daddy. I'm so glad you're here. So, maybe in a couple of minutes, I'll I'll swing back around to that again. But for now, and for anybody listening to the recording, I'm just so happy. We have a couple of incredible practitioners who have graduated from Sacred depths who are going to be in advanced staff who are coming back to integrate even more deeply the mastery material and I love that. First of all, wonderful people are gonna get to meet wonderful people in this coming together. You're all incredible. And I love that we'll also have a voices and points of view from practitioners who have learned this before. And kind of that like a couple of months later a year later kind of coming in from that

point of view as well engaging it for all of us in a deeper level. So welcome, welcome, welcome. I'm so glad that you're all here. The other thing I wanted to mention is this week, and next week and the week after, we're not starting at our regular start time. If you're here, you know, that we always had on the calendar for this week, and next week to start earlier. Because our our classes this week, today, we're here for two hours. Next week, we're going to be together for three hours. The class that we have scheduled after that on the 24th I had to change I realized in December, I had a conflict. So that's that's the switch for that. But so next week, just to review again, next week, we'll be together for the resistance archetypes from 230 to 530. Eastern. And then the week after that, we'll be together for the first session of rewiring negative thought patterns. We're going to be here an hour earlier. So it will be two to 330. And then we're off on the 31st I'll be leading the into the depths retreat that some of you, I'll get to be with some of you in person. And and Nikki and Sarah. Yeah, I'm so sorry, that team is on it, but we sent out the wrong link. Okay. Well, today's call is a very juicy one. And it's the second part of coaching energetics or the energetics of coaching. We looked we focused on energetics one in our very, very, very first call in sacred depths that whole first kickoff call. We looked deeply at energetics at the relationship between the practitioner and the coach we looked at energy follows energy, we looked at container you know all of that. And of course, really every single session we've had since then, we have touched on energetics. In one way or another. It runs through every skill that we have learned every skill that we use, when we are working with our clients. And for our session. Today, we're gonna go into some more advanced territory when it comes to the relationship between the practitioner and the client and the energetics and the container, our energetics and then the energetics in the container around that. But before we get there, I'd love for each of you to take a moment and write down since we started sacred depths and I know some of you are coming in new today and so you can say like since you started sacred depths that whenever you started it. What are some things that you've really been noticing and learning about energetics? So just jot down any notes about what have you been learning and noticing about energetics? How has this shifted your coaching sessions or other relationships in your life because of what you're seeing around energetics? What's been feeling important around energetics? Into a little moment of like integration here, before we get into the more advanced pieces, right so what have you been noticing and learning? How has this been shifting your coaching sessions or any other relationships that understanding of energetics? What's been important for you around energetics?

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For those of you that

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are joining welcome, I know that there was an issue with the link. My apologies about that. I'm so glad that you're here. And I just asked everyone to jot down since we started what have you been noticing and learning about energetics so far? How has this shifted your coaching sessions or other relationships in your life? What's important here?

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Like to share, I'd love to hear some shares, what's coming through what are some of the pieces around energetics that have been really important? What have you been learning and noticing? Or seeing? Nina

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yeah, I've noticed my need to be special like this, like this above energy and not the equal playing field that it comes out very often that out of my insecurity out of my not enoughness I want to I want to feel like I am I kind of know it all and to go into the consultant mode or whatever to kind of control and to attach into certain outcomes so that I would feel successful so that I would feel that and that and then kind of just becoming aware of that, and, and not like as soon as I realized it in the coaching sessions, like, Ah, okay,

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there it is.

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I'm just giving it space and acknowledging it, but no, going into the, to the fixing mode are becoming a lot more aware of my, of how it impacts my my relationship, or in my coaching. Yeah,

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beautiful. Thanks for sharing and so many great examples of shifting energetics and aligned energetics as you've been talking, right. So that noticing of when you the equal playing field is not equal. And you're going into over or under, right, and that catching yourself in the moment. And then how that's allowing you not to go into fix it mode. Also, like there's nothing to fix here. That's such a key energetic piece in our sessions. Thanks for sharing. For those of you that are just getting here, again, my apologies on the wrong link. You haven't missed anything at all. We're just kind of like sliding into our discussion of energetics too. And we just started by my asking everybody about what you've been noticing and learning about energetics since we started. Also, a big welcome to those of you I said it in the beginning, but I'll say it again, this is our day where some of our sacred depths graduates who are going to be an advanced are here with us for the second part of the program. And so welcome, welcome to all of you. I'm so happy you're here. I'm so happy for all of you to get to know each other just incredible people all around.

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Heather Yeah, I think

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you know, when it comes to the energetics,

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I have really like,

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been conscious of the energy I bring into the session. And then I've also been more attuned to the energy that my clients are also feeling. So like, especially in this situation, working with incarcerated women, like if, if they come into our coaching session, and they're just razzled I might, you know, take the first few minutes to, you know, just lower that energy or you know, Just get them to a place where their energy is open to hearing whatever we are going to process during the coaching session. Also, I think, you know, understanding that, you know, we we are all energy and energy does have some natural laws. So understanding, you know, helping clients understand that, if their focus, if they're focusing their energy into one particular area, it means it's not focused in another area. So like, as they move their energy and direct it into one direction, also be aware of where you're taking that energy away from.

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I love that I love that a lot of the pieces that you're talking about, are speaking to the importance not just of our energetics of practitioners, but that part of our work is to support our clients to understand where their energy is at, and how that energy impacts them, and how to make choices in how what energy they want to show up with and where they want to put it. Absolutely. Thank you, Lauren.

16:22

Hi. So I

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had an experience where I had a retreat plan for the end of December, and there was just so much that I was holding in November and December that was just far beyond what I was able to hold at that point. And I needed

to postpone it. And so I was able to do that in a way where I didn't make myself less than I wasn't like overly apologetic I, you know, I

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acknowledged what was going on, I acknowledge feelings of disappointment and how people rearrange their schedules. But I didn't. I wasn't overly apologetic about it. And I was actually able to use it as a learning experience for people because the retreat was all about burnout. And so it was part of like how burnout showed up for me again, even when I least expected it because all this stuff was going on. And so it felt like it really supportive for folks. I love that I love how you are able to be aware and make decisions based on having the most aligned energetics and then use that as a teaching tool for your people. And you didn't mention this piece, but like guessing and you can tell me if I'm right, it feels like you were able to do it in an empowered way where you didn't feel shame around, oh, I have to make this decision because I'm not right. But it was like a really empowered play.

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Absolutely. And also so that I could show up powerfully for them. When I do show up. I don't want to show up half assed, I want to show up with everything that I have. And so I was able to share that piece

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to do so glad really anybody can see in the chat. Nikki saying I work with corporates and teams and I really have noticed in more detail the energetics of teams Yes. And connections and how it works and how it impacts when the energetics and containers aren't maintained. So true. I'm so glad that you're seeing that even more Nikki. She's saying even in my aqua aerobics class, I noticed the energetics of the instructor and how the classes felt different I know and once you key into it, you just like you see it everywhere. It's so true. Sara's saying our discussion of energetics has really encouraged me to pause and allow space to bring energetics into my coaching sessions in a full throated way beautiful I used to attune to the energetics, but fear that I couldn't bring them up unless they were bashing me on that. But now I use the word in my sessions and my clients seem open to allowing the discussion into the sessions. One of your clients has started to talk about energetics with her daughter. Oh chills I love that that ripple of fact Yeah, as Julie saying I've been noticing and loving, feeling more confident and secure showing up for client calls and enroll enrollment calls to yes better energetics are more aligned energetics and enrolled enrollment calls with less of a sense of needing to feel like I need to prove anything by fixing yes but rather than simply holding space with love. And curiosity really helps to level the playing field and allow clients to feel safe to go deeper. Beautiful powerline has learned when I freak out, break out Yes, energy follows energy. Melanie is saying facilitator friend says quote, the energy you bring to an interaction is that energy you get and love. Beautiful Lada sharing I became attune to my energy and realized how depleted I had been for a long time. So I allowed myself Yes. Bench to this thing, it's helped a ton with parenting agree. I, when I remember it, which is not always in my parenting, it really helps to shift the relationship and the interaction and be supportive of me and my kids.

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Okay, good.

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So

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we already knew energetics so important. And whether it's for a 10 minute laser session, or an ongoing coaching, you know, with a client for years and years and years, the relationship between you and your client is the basis of everything. That relationship is the most foundational piece if left unguided why what happens in

the coaching container or relationship is a microcosm of what happens out of the coaching container in the real world. I'm gonna say that statement again, and then I'll explain what it means and actually I'll put it into the chat

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if left unguided, what happens in the coaching container, is a microcosm of what happens outside of the coaching container in the real world. So what I mean by this is, if left unguided by us, the practitioner, if a client is unsure of herself out in the world, she is going to show up unsure of herself, in the coaching and in the coaching relationship. If left unguided by us, if a client tends to anger at people easily, in the real world, she may tend to get angry at us very easily. If left unguided, a client out in the world tends to compare themselves with other people and like really block themselves because of that comparison. That client may be more likely to compare themselves with your other clients thinking better than worse than and that be a block in the coaching. And out in the world, the client tends to have unrealistic expectations of themselves. That might show up in a coaching container. Maybe thinking that you have unrealistic expectations of them. They're harder on themselves out there, if left on guided, they'll feel like there's something about the container that is being hard on them or they'll be hard on themselves and the container on and on and on and on. In other words, there's a good chance that at some point in the coaching relationship, more than one point usually, your client will unconsciously bring their own family and social dynamics and patterns into the relationship with you. Helpful dynamics as well as maybe not so helpful dynamics for them. So, the more conscious your client can be of the family dynamics or projections that they bring to their release. kinship with you, and the more conscious that you can be of them, then the more together the two of you can use it for your clients growth and transformation, instead of those unconscious dynamics working against the both of you in a coaching container. That makes sense so far, I'm gonna give a lot more examples in a moment. In some ways, you can think you can think of it this way. One of the important components of energetics that you as the practitioner want to be aware of is the client, projecting parent or mother or father or brother or sister or teacher, or authority figure, et cetera, on to you. Now, there is nothing wrong, nothing has gone wrong. I don't want to say if this happens, I'm going to say when this happens, because it likely will, so long as you know how to navigate it. So it doesn't mean that you've done anything wrong as the coach, if this happens, it's natural for this to happen. Sometimes even more so natural, if the container that you've created with your client is an especially safe space for them. If there is that sense of comfort, it's easy to kind of like default into old relationship dynamics. A lot of people see this in their romantic relationships, right, you get really comfortable in like a primary romantic relationship, and then all of a sudden, it's like you're in a relationship with your father,

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or whatever it is.

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So nothing has gone wrong, if there's probably some things have gone, right, honestly, if it happens, but it's about how you as the practitioner, let this play out how you navigate it, because it can either have the potential to eat away at the coaching relationship and undermine the progress. Or if you as the practitioner can leverage it, it can actually become like pure gold for your client.

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So let me pause there. What is coming together so far? What's feeling important here? What are you seeing? Heather, um,

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when it comes to like, the patterns, you know, helping them helping clients to become aware of those patterns. And, you know, it's kind of like that definition of insanity, doing the same thing over and over again, but expecting a different outcome. So if you can help the client see their patterns, then it can be that, like you said

that that leverage point to break out of that pattern to get that transformational goal. So they have different outcomes.

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Yes, absolutely. And we'll definitely talk more about that a little later in the call. That creating awareness piece is always so valuable and so useful supporting a client just to see what's happening, good involved.

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It really shows the

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just how much

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of like foundation this is for anything else that we want to create. And I just want to give an example that I was talking with Joanna yesterday about a client and you know, these patterns that might be self sabotage, but so much of it is the fundamental and the frame for all of it is how she's showing up in her life. The self sabotage piece, which you know, we'll all get to is kind of like a more refined but the basics is around these these energetics. In the things that she is playing out with me in the container.

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Yeah, yeah, absolutely. And I know that, you know, we spoke about it, you're doing so good work around creating awareness around that. But just that it's like that thing that is a block to her. In her everyday life is showing up as the block in the coaching. Good. Kelly, is in the chat saying I'm feeling into a dynamic and my group program with one of the participants. Yeah, it comes up in groups for sure. And Kelly, we're going to look today, specifically at one on one, but a lot of it can be applied to group pieces as well. Okay.

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So I want to repeat

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something I said before, let it land again. What happens in the coaching container is a microcosm of what happens out of the container if left unguided, right. So if this is true, then what is also true is that if you as the practitioner, navigate things in aligned ways, the coaching relationship can become a transformative opportunity for clients around their family dynamics and other relationships. If it is true that, by default, what happens out there comes in here, then what is also true is if held with care and mastery, what happens in here can then be applied out there. So I always say it's like, when we're coaching clients, there's always they're always goals. And there's like, there's two levels of what's happening in any coaching session. One is we're working on the goals, and we're strategizing. And we're looking at the fears. And we're looking at the blocks, it's kind of like the content of the session that's supporting the client to their goals. But there's always another thread happening in a session, another layer, and that's the relationship, the energy in the container, and the relationship with the client. And that can be just as powerful in teaching new ways, like to support getting to goals, and then helping with so many other things in life.

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That makes sense.

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Okay, so I'm going to give you some examples of projections or dynamics that a client could be bringing into the container. This is not an exhaustive list, there are so many, but just to kind of I already mentioned a few and I

want to kind of mention a few more. So a client can be and, you know, sometimes I just want to say, as human beings, we're really sneaky, right? Like we can, we may have practitioners, we may not see this right away that this is what's showing up for the client or what the client is showing up with, right? We really want to be using our listening skills. But sometimes a client can be showing up with you're going to judge me, you I am worried that you coach are going to judge me right if they feel that in the outside world that people are always judging them. They may be coming in with that. They may be coming in with view practitioner, don't love me, right or don't love me as much as her whoever the hardest, or the day is right? If that is how they often feel in their family relationships or other relationships in their lives. Here's another one that can these can all be tricky. Here's another one that can be especially tricky. You coach are making me do this. You're making me take these action steps you're making me show up for these sessions, right even though you as a coach, right like, but if they feel that in their lives, they may be bringing that in. Or you're going to punish me in some way if I don't get it right

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for you Coach don't approve of me.

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Or you're gonna betray me, you won't really be there for me, if I need you, or you're inadequate, when it comes to being there, for me, this is this is one of mine, I just gonna like out myself, because it is actually true in my family of origin that there was a lot of inadequacy in being there. For me, I really have to watch myself when I'm working with practitioners, or even in my relationship with John to not go into the place of like, nobody can help me, nobody is ever going to be adequate enough to really be there. For me. You don't really have my best interest in mind. If it's playing out out there, it might be playing out in the container. You need to save me you coach need to save me, or I need to save you. Right? That could be

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you're trying to control me,

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you're gonna get angry at me. You don't really see me or understand me, this is another one of mine. Because not having been seen as a child, right? Like, whenever I work with a practitioner, I always at first, like I have to remind myself like, that person is going to be able to get me and see me, in my complexity and in my brilliance and in all of my stuff. I'm gonna get through a couple more, and then I'll I'll answer questions. Um, you don't really believe in me, you coach like you, I'm paying you. So you're, that's why you're here. But like, you don't really believe in me. And what I want. You don't think I'm good enough? Maybe it's you're not paying enough attention to me. Maybe it's you coach are better than me, right? They're bringing in an unequal playing field. Here's another one, you're gonna think I'm too much, you're gonna think I'm too annoying, you're gonna think I'm too whatever, right? So if we feel out, they're like, we're too much. You don't really like me again, like you're here because I pay you but like, you probably don't like me as a human being windy. Hey,

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so I just want to know your thoughts on this, I have a client. And I think that this really fits into what we're talking about, um, she has a perception within her family that everybody is very academic except for her. However, she is incredibly emotionally intelligent, and does not feel like her family values that about her at all. And we were in session. And I just remember at one point, because we're spinning our wheels spinning our wheels. And at one point, I just and it kind of took me off guard at first that it came out of my mouth and I stopped for a second was like shit, was that okay? But her reaction was very sweet. And it really worked out. But at one point I just said, listen to me. I am not those people that have that perception of you. Whether that's real or not, like, I believe in you. I believe in your inner wisdom, I believe in your wisdom, wisdom, like, I am not those people. And we ended up having a really interesting conversation after that. And I'm just like, it kind of freaked me out.

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She seemed to appreciate it. So I'm just kind of wanting to check in with you. I mean, that is one back to our creating awareness module. That is one way of creating awareness directly. Right and like in a laser focused way, if you sense the client can receive it in that way. And that's the best way for them to receive it to just reflect right the truth now that as we learn and create awareness, you know, like client can have whatever they feel about that or say or whatever, but like, um, but yes, that is a very and we'll look more at different strategies of how to handle this and now It is one of the ways of just directly saying it right. So I think this is something I have in my notes to share later. But I'll share now like, what? On more not often, but probably twice in my coaching career, I have had situations where I've literally looked at my client and said to them, I am not your mother, I am not judging you, in that way, right, like, point blank. That's for that particular client. In that moment, that was exact, the exact awareness, the way to create that awareness was exactly what was needed for them. So kudos to you for sensing that. And for having a strong enough container that you can show up that way. Yeah, nice. Thank you. Okay. Beautiful. So Jessica is asking in the chat, how would we know if these things show up? Since they probably wouldn't say it out loud? Such a great question. So a couple of things to think about, number one, what are some of the you know, and some of this is about listening subtly? What are some of the things that the client has mentioned, how they relate to other people in their lives, right and taking note of that, and tracking that. Because then you'll be able to, to sit and sit more, if it is coming up in the container with you. And listening just to subtlety use like little phrases, or all of it goes back to our listening skills, right little phrases a client might use, like, maybe they are about to share their big vision. But before they do, they just they've put like a pre qualifier in there, right. So like, don't think I'm thinking too much of myself by having this grand vision, right? Or just little little tosses like that, like little pre qualifiers onto things, or I didn't do the action steps. Don't be angry at me, right? Just like, like, just lit little tosses in that way. Sometimes it's about us listening energetically. And it's not the words, but it's like, we get this energy, right energy is energy is energy. I feel like she's projecting onto me that she wants me to save her right, or whatever it is. So we want to be listening in all the different ways that we listen. Julie sings is also affirming as it's so relevant to what was just coming forward in a call with a client yesterday. Yeah. Good. Good. invol. You know, I've,

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I think one of the things that I'm seeing is that I was working with people for a long time. And so this developed, like, kind of over time, and I've tried to pre frame some of this. And I don't know if it depends on the person or where my energetics were where I tried to pre frame like, not, you know, you might have projections, but just speaking to just pre framing resistance in general. So I'm curious, and maybe it's too soon in the class, like, are some ideas around pre framing it? Like in initial session, not pre framing? You know, your family stuff might come up? Like, but the

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Yeah, I don't know.

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Yeah, like that, or you know, that it's a safe space. I mean, it's these are all things that are said. And it's better when they're, you know, experience, but I think it can help.

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Yeah, for sure. I mean, I think in some of the strategies, we look at labor honest, answer some things right now. And then in some of the strategies we look at later, you'll see even more, but in terms of pre framing, a couple of things. So first of all, you can in a welcome packet, question, for example, say something like what are some of the relationship patterns or relationship dynamics that often show up in your life that you guess might have the tendency to show up in our relationship, right, so you could ask, like, we like create that awareness beforehand, or a question like that. But then I think the other pre framing piece, it goes back to all of our container setting,

how are we bringing love into the content we're going to talk much more about About like details of this today, but how are we bringing love into the container? How are we letting our client know that we trust them? Right? That we admire them? That we see them as an equal? What are the what are the energetics that we're establishing is an important piece of that? Beserker.

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Okay, what's coming up for me and I'm, I almost know for sure you're going to be addressing this in just a moment. But there's a couple things. One is, I want to repeat what I heard you said, if the energetics in the container are left unguided. And what that means is, we're not paying attention to them. Right? Then there's a dynamic that can happen where the microcosm can happen, what's happening in the relationship will show up in the container. And there could be projections, and then all of a sudden, we're playing in a drama field, versus really focusing and using that as an opportunity to help somebody transform their relationship with us with the outside by transforming it inside of the container. I love that. And I totally Yes, I resonate with that. And one thing I have seen over and over with some coaches, that's been very interesting. And I'm wanting to bring this in, because I feel like you're gonna say this, but I also want to have a distinction around it. As I've seen this happen, like in say, when I'm observing coaches in group containers. And I've heard them say, which I think this is great, but it feels almost like a go to, it's the only thing they know what to say. And it's where else does this show up in your life? Versus them already knowing that it's a dynamic, or can you and I'm saying and it's, it can almost create, like, especially if you're doing group work, like a triggered response to protect oneself? Where else does this show up? And you also just want to say if you can speak to them?

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Yeah, yeah. I love that you're bringing it up. And I do, like you're saying, I mean, I think that there is value in it. And we'll look at how to create awareness of, you know, how it's showing up. And I think in certain moments asking the question of where else does this show up in your life? Is is a great question. You know, if, for that, who in that moment? And yes, what you're saying is true. You always want to coach the web based on the who, for a certain who, in that moment, asking the question in that way, may not be the best way to ask the question, right? So it might be instead, like naming what you're seeing in the dynamic between the two of you. And then you're back to all of our creating awareness skills, right, and then asking, Does that resonate? And then from there saying something like, you know, I'm wondering, and, and maybe then like, speaking from your heart, I know that that is not my intention, right for you to be scared of me judging you. And it might be that I'm bringing some of that. So I don't want to say that I'm not, but I don't see that. I'm just wondering if you've seen this in other places for yourself.

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That, that's really good. That's really good. I love that. And as you're speaking what's what's what's like, triggering to me, or I'm not triggering in a negative way, like bringing forth like falling pulling for is this question to ask you is the other dynamic I've seen, and I've also experienced in my own coaching, when I was just doing intuitive coaching only is that I would follow the streams, but they wouldn't really be focused around something just because I could see a pop up. And I'm wondering, do you find that like, I want to do this in a very powerful, dynamic way in in conjunction to what they're working towards. Right? Does that make sense? So if it just shows up in the container, and you're aware of it, but you're working on, you know, like, their vision is it always does it always seem like that it is connected to like, say you're helping them with their vision. And this shows up over and over? Is it like a pattern that shows up in a coaching session? Or is it one time? Do you hear what I'm saying?

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Because yeah, I mean, it's correct, right? Like sometimes I if I'm hearing you correctly, it's a good question. If I'm hearing you correctly, then the responses. Either can happen, like it might be something that is really holding the client back from the goal, or it might just be something that you notice, but either way, we always want to keep the cleanest container that we can And then also the most empowering container that we can. And so it either

way, I think it's worth addressing in one way or another. But it doesn't have to be, you'll see when we get to strategy, like, sometimes it has to be like a whole, we're addressing this and we're looking, we're going deep. And then other times it has, it can be done in like a different, light hearted, quick way, just so that the client knows that you're there with them, and you are seeing them and in the highest of all ways, or whatever it is. So does that answer your question? Yeah, absolutely.

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It's totally because I found that earlier, in my coaching, I was going deep all the time, to where we never really got to the the result getting because the container was always about it was always

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about that, right? No, and there are moments for that. And then there are moments where it's just about like quick reinforcing or the energetic that you want. And I'm going to well, we'll look at all those those strategy pieces. Good, I can feel like all of us are wanting to get into strategy. And I still want us to hang out in the like understanding and the introspection and like some of the more of the foundational pieces here. So I'm gonna we're gonna go into some journaling, I promise this is why the this call is two hours because it's it is so juicy and I promise we'll get to the strategy, but I want to first like hang out more in the exploration. And so I've got some questions for all of you. What are some of the unhelpful dynamics or patterns that you have had with your parent or parents if you've had or primary caretaker? So what are some of the unhelpful dynamics and patterns and it might be some of the you know, I listed a whole bunch earlier it might be some of those or something else, but what are some of the not so helpful dynamics or patterns that you've had with your parents or primary caretaker that in the chat

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and if it's helpful if you've had two parents to look at one and look at the other I recommend doing that give you a couple of minutes.

54:23

Same question but with siblings or standings, you know, close cousins or if you've had that or anything like that. So what are some of the unhelpful dynamics or patterns that you've had with sisters, brothers, siblings or kind of, you know, stand ins Maybe you always felt the felt like there was a cousin that was always favored by the grandparents when all the cousins and the grandkids were together because they were so awesome and you felt less than or something else. Maybe you were always your brother's savior

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in one way or another Sarah saying it's?

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All right, same question, but this time with teachers and authority figures, what are some of the unhelpful dynamics or patterns that you've had with teachers or authority figures? Was there a teacher in your life that just really gave you a hard time even when you tried your best? Maybe it's with like authority and you know, in general, like feeling beat up by patriarchy, forced to do things? What are some of the unhelpful dynamics and patterns that you've had with teachers or authority figures?

59:01

All right, one more question, and then we'll have some shares. We'll look at it from practitioner point of view in a few minutes. But first, I want to ask you when you've been a client, either a coaching client or any kind of client, with a doctor, hairdresser, yoga teacher, whatever it is, when you've been a client, how have you brought family dynamics patterns or projections into the relationship? So when you've been a client, or right and maybe

brought it in with me, what have you projected onto me and our relationship? So when you've been a client, how have you brought family dynamics patterns or projections into the relationship

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Asking these questions for your own awareness and also to help us spot it in your clients more

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I'd love to hear some shares what's coming through so far? What are you seeing? What's feeling important?

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Who wants to share Carmen

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with your baby, there is so much. But the first thing that popped up for me was having a super strong codependence with my mom, when it came to decision making, we will always check in with each other. And it's been a very long process with plenty of universal signs to disengage from that, too, and not not only to learn to process, the internal conversation on my own without putting my mom's voice into that internal conversation, but also not dumping it in someone else. And I think that last part lands on the other question.

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Exactly. I was gonna say that. Absolutely. Yeah. I mean, it's such a biggie for so many reasons, you know, and of course, makes sense to like, cling on to that and bring that into other relationships. But I'm so glad you're aware. And watching that. So important.

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Yeah. And the other one that struggle really hard to in relationship to siblings. Because I was the favorite. And there was a constant jealousy battle battle with my sister are normalized sister ones. Yeah, yes.

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Yes. Those, those can be so strong. And then they can show up in other containers. Yeah. Good. Thank you for sharing. Angie.

1:03:04

So I

1:03:06

am seeing a real thread throughout all of those in terms of myself and expecting like perfectionism and the fear of failure, which when I think that about how that is showing up for me today as I am stepping more into a practitioner role, like the imposter syndrome and not being able to be perfect and not being able to be the one who can meet my client where they need to be met. And do I have what it takes and all of that, and just that all of that doubt and self questioning? I'm like, Yeah, I mean, this has happened any time in, you know, in my life. And so just really being able to see how that thread for my whole upbringing and life is coming forward. Now, as I tried to step into this new role, and it's coloring how I feel, whether I feel prepared or not to step into it.

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And then just like how that fear keeps me from stepping forward then to actually do and to move forward. So it's really interesting. Yeah, I'm so glad I know. It's not always fun. It's I'm so glad you're seeing it. Right. And so just the awareness alone, huge. I know you have a friend your fear tool.

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Go deeper with that.

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Okay, good. Nikki.

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I noticed I've struggled with health coaches quite

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a lot.

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That sense of you don't understand me. You don't understand the things that are going on around and my health coach last year, don't get me wrong. There was lots of insights that came etc. that drop like thought that sense of feeling actually quite abandoned at quite critical moments where you're suffering from a migraine for three days because of some crazy scheme that you got, like we've decided to do. And I live in London, even though I'm Australian, and she's in Australia, not being able to contact, I felt very abandoned,

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you know? And maybe she didn't really

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understand or I wasn't able to share or didn't feel like I could share. This is where I am right now. Maybe this isn't a great idea.

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Yes, yeah, absolutely. So I'm glad you're sharing that. It's a great example. And it's also like a great example of how we both want to support our clients to be aware of what they're bringing in. But also like, we always want to be checking ourselves as practitioners to make sure like, are we showing in the ways that we have said that we're gonna show up? Yeah.

1:06:12

Yeah. Like, in and my current coach, who's more expensive. If I message and I'm like, last week, I was really triggered off the back of the preferential fears session. And he he was like, great. You know what I know, it's not a normal weekly session. But let's get on a call, because we need to help you right now.

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Right? Yeah. And I mean, that. That's great that he did it. And also just for you, and I want to share it for everyone. It would also be fine. If he didn't have time last week, right. But the responding to that. So we can't really create awareness for a client of like, you're projecting onto me that I'm not there for you. Because at this time, the other thing is we're not actually being there. For them is the point.

1:07:00

Yeah. And I think like, as you say, even if it's just the response of, okay, here's some tools and tips. Let's pick it up in our session that's in its scheduled place. That's fine. It's the response.

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They're responding to it. Absolutely. Good. And Steven, just speaking of which, too, I'm so glad you reached out to your coach Nikki. And I hope you know, you could have reached out to me here. Speaking of energetics, and the container, I hope you know that you could have reached out here as well. I wasn't sure

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to be fair. And so I so Lisa is my coaching buddy. So we did some work with it. I spoke to my healer and had a healing session with him. And I had a session with my coach, it was really triggering.

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So I'm glad that it spurred it feels like it's great that you got support in so many ways. And I'm guessing it spurred a lot of growth. And I do just want to remind you, I'm always here, and if something I purposely am bringing things that are activating for us to write, but also if you need support, I am here for that and want to hear from you. Thank you share. Giuliana. I'm noticing something

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in a new way and how I get stuck in that my family dynamic is kind of like a hot, cold dynamic. You know, I was either an inconvenience, or I was I was overly a focus. You know, it was either like, yeah, just go do it, suck it up, or it's my way or the highway. And so I've watched myself,

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go hot and cold

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in dealing in situations, you know, it's like I'm on, and then I'm off. You know, it's like, I don't really, I'm not comfortable in the middle ground. And I'm seeking permission because on one hand, that's what I was taught to do. But then if somebody gives me that permission, then I rebel and I'm like, don't tell me what to do.

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Right? Yeah, I'm glad that you're that you're seeing that like we want to become more and more conscious of that. And that's all of these are great examples of this might be showing up for a client or client, somewhere out of nowhere snaps like Don't tell me what to do or like, so that's why I love to share these two because it just gives us more insight into human, messy human beings and we are all very messy. Kelsey, and then Florida and then we're gonna keep on going.

1:09:56

I want to thank Nikki because that just that pops with really big one. And for me this thought of like, they're too busy. Like, I totally have it with you, Joanna. Like, I think about all the things that you're doing. And I'm like, no, they're too busy. I'm too needy. I'm not going to ask for what I need. And it really impedes my progress and my and my growth, and it's really making me wonder. Like, I'm sure it's more common than I think it is. And I just wonder how many of my own

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but Yes, exactly, exactly right. And like, this is like another great example, right? Because it didn't matter that at the very first call, I was like, I'm here for all of you. I want to hear from you doesn't matter. At the end of every session. I'm like, keep me posted. Let me know how it's going. In the Facebook, like, Whatever, whatever it is. But it's like if there's this idea that I'm too much, or I'm too needy, and they're too busy. We can, that's what we're projecting in. Right.

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So the point for me where it's like, I don't even know what I need, because it's been so like, kind of so held back that like, it takes a little bit of time and work to even get to that.

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Yeah, absolutely. Yeah. Good. So, so good for self awareness. And then so good for like, How can I be listening on this for clients, Lada?

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I'm having so many aha moments, through everybody speaking. It's really great. I wanted to say that when you first ask the question, I would love it like, there must be something but I'm not seeing how is it? How is it that I behave? And so I realized this great combo. So I guess before Angie, it was Carmen, was it coming?

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I didn't catch the new member the order I think Carmen was first.

1:12:10

Somebody who spoke about jealousy and being favored. I didn't realize how much that actually played a role in my life as being the first kid in of many in the bigger family. And so there was jealousy of me for sure. But I always perceived, I started lessening myself. And so in a way it was eventually, it came as this combo off being jealous of others. And also thinking like, Oh, they're not enough. I'm not enough, but they're better than me. And the interesting combo is that I'm trying my best to hide that from everyone, because that's another pattern that is huge for me with my parents. Like, how can I hide that? Oh, it's totally water. What a deadly combo. And then the missing part that the lady was just I'm sorry, I missed your name. LC LC. You? Yes. It's it's actually huge. For me, because both my mother and my father were often away for various reasons. And so I actually am missing in action so many times myself. And when I am a client, or even the coach,

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yes, yeah, yes. Well, so that's, that's good segue into what I wanted to ask everyone next. I'm sure a lot of you have already been thinking about this. I'm gonna ask the question. But before you start answering, I want to share some of my own personal examples. And then I'll give you time to answer so as the coach or the practitioner, what are your checked or unchecked? So maybe you check them, which is great that you have that awareness or unchecked that you're starting to see now, as the coach or the practitioner? What are some of your own checked or unchecked family patterns and dynamics that you're bringing to the client relationship? So I'm going to give you some personal examples. When I first started coaching, like the first two years, I was working with clients, I noticed that in between client sessions, I would start to get I was about to say nervous, but it was more than nervous. I would get like anxiety, like big anxiety. If I didn't hear from a client in between sessions, like if they didn't send me an email to check in or ask a question or let me know how they were doing, I started to go into, oh my god, this is not a good relationship they don't like, like, all of the things, this is not this, the coaching isn't going well, they're not really engaged in the coaching, they're probably not working on their things. And I, when I start, when it finally became enough of a problem, when I started to look at it, I was like, oh, that's because, you know, to this day with my mother, if we are not in constant contact, she either thinks that something terrible has happened to me or tells me that I don't love her and like, I'm not really in the relationship. Right? So I was just bringing that without everyone thinking about it, realizing it, I was just bringing that straight into my client relationships and it was causing me a lot not only like pain and anxiety, but every now and again, I was pretty good at it but still every now and again I would become overbearing in between sessions like hey, you haven't gotten in touch how not like how come like so accusatory I was trying to be casual about it but I know that there was that energy of like you're right. So um I So that's one example of how I was bringing those unchecked family dynamics into the relationship so for you what are what are some of those for you that are showing?

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involves seeing the need to be needed which is kind of funny and not for an empowerment coach yep

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Glad you're seeing that

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who else please share in the chat what's coming through on this one I give you all another example. This is kind of a different kind of one. I once well, I shouldn't say once more than once, when I've gotten when I was first starting out and even it still happens sometimes now and I check myself on it when I get to the end of a cycle with a client and I know that it's we absolutely should continue working our work together isn't done all the things every now and again I'll have this feeling of like what what if they get sick of me like what if it I'm just gonna ruin it if we go not even because the work isn't going to be good enough but like what if they get sick of me right? And this is like a thing that I've had with friendships in earlier in my life like oh my gosh, they get sick me how put the question in chat

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let's see. So Kim is saying needing to be perfect to be loved, which shows up as me taking over responsibility to want to fix the client. Nikki's seeing the need to save people as I am forever saving my brother bailing him out trying to fix everything Yeah. involves saying I read as the oldest and only daughter and an immigrant family I really like telling people what to do. Michelle is saying I see how I use my role professionally to try to heal the family wounds and patterns my now mostly check pattern is to want and need to be the favorite. Yeah, Laurie is saying is the big sister of the family and being expected to take some responsibility for my younger siblings. I now see myself needing to fix my clients and take responsibility for their progress or lack thereof. Yeah. Lisa is checking. You're too much nervous need to overdo and the opposite to throttle yourself back. Yeah. Daddies, I don't bring enough value they don't value me enough. I'm guessing part of that Daddy might be like who I am just authentically isn't value valuable enough to be something more than mica saying feeling not important enough and make myself small with when somebody is very outspoken and bossy. I withdraw mentally. Yeah. Kelly's saying wanting to show up perfectly. And 150% and all the ways and to be the good girl. The one that they can count on the one who never lets them down. Yeah. Yeah, yes. Wanting a need and saying, I need a saying wanting so much to make sure that you're valuable. Yeah. Good.

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being misunderstood, yeah.

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Where just take a moment. And notice where else this plays out in your life? Does it play out in friendship, and romantic partnerships and team relationships on your team if you have a team in communities that you're a part of?

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Okay, so one of the things you'll see in your homework for this week is I'm going to ask you to pick one of the dynamics that came through today. And I'm gonna give you some different ways to go work with it and go deeper with it really encourage doing the inner work and doing the inner work. I've been doing the inner work. Yes, Sara is saying in the chat. This is so hard to admit. Yes. And I want to remind all of us that this is not to shame ourselves. This is not to judge ourselves. The reason why I even teach this is, you know, not only because I experienced it, because this is like, what it's called to be a human being right. Like, I just want to normalize like, this is what we do. And the more that we can be aware, the more that we work with the dynamics and the fears and the patterns. I don't like again, I don't know that the fear as we looked at in our befriend your fear module. It's not that it goes away, but we become better at relating to it and working with it, right.

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That's what I did. I added it up higher in the chat. And he does realizing how much of your self worth is being. Yeah. Okay.

1:24:03

Okay, so

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what do we do? What do we do when it shows up for a client or in the container? Well, as we've already spoken about, always, awareness is huge. Right? Just first of all US as practitioner being aware that this is playing out for our client, the understanding of human behavior of the of our clients and ours. Like just knowing that and knowing that this is normal, when this shows, right, so basically everything that we've spent the last hour and a half on that alone is going to help so much And with us as practitioners being aware of all of this, and that this is normal, and that this happens, then it can also help us know that 99 If we are ethical and integrity practitioners, that 99% of the time, whatever a client is projecting on to us is actually not about us.

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It's,

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that alone can help so much right? Knowing that it's not about me, except for that 1% of the time, or two or three, or like, whatever it is where it is about me, right? We are not, we are not infallible by far, by any stretch, like infallible features. Sometimes we actually, like as Nicky was saying, sometimes we actually haven't shown up in a way that we've said we weren't going to show up. Or maybe sometimes without realizing it, we did judge a choice that the client made, or write whatever it is. So we do always want to be checking ourselves. But because of everything that we learn here, and sacred depths, and all of the work, I promise you, the vast majority of the time, it's not gonna be about you. And then you just continue to do your work. And really be honest with yourself. Okay, so that awareness for us as practitioners, so important, right, knowing that it's normal, knowing that it's not about us.

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From there,

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we want to create awareness for our client, as we've already looked at today, and there's so many different ways that we can create awareness. So similar to what Wendy brought forward, it can be really direct, if that's appropriate for your client in that moment, right. Other times, we're going to do it in a softer way. Like we learned in our creating awareness module when it comes to reflecting the truth, right. So it might sound something I already language some words when vecka asked before, but I'll just language some others. Now. We might say sometimes we can bring our family or early life patterns into the coaching relationship, it is totally normal to do that. And actually, when we do it, it means that we're safe enough like here in this relationship that we can kind of let some of it hang loose. And so that being said, I'm sensing that sometimes you worry that I don't approve of you and I I mean, tell me if I'm getting this right but I almost feel like you're putting a lot of energy there this worrying that I'm not approving of you, which by the way is so far from the truth. I respect you and admire you so much. And just like in such awe, though I'm wondering if this what I'm sharing resonates for you and if it does what relationship in your life does this remind you and then explore more deeply from there so let me pause here there's more for us to take a look at by way of things to do. But what is feeling important so far? Or what do you have questions on any questions or anything that is clicking that you want to share?

1:29:32

Okay

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creating awareness and then exploring from there might be enough in that moment in that session. It might lead to a friend your fear process. It might lead to A rewiring negative thought pattern process which we'll be learning, very soon might lead to looking at perfectionism, we'll be looking at it right or whatever it is, you have lots and we'll have more like different tools in your toolbox to go to those places, but honestly, like that first step of just naming what you're seeing in the relationship and the container, and look, and you know, with your client, looking together at why that's coming through, reminding your client of where you stand in relationship to them, that oftentimes is more than enough, or at least for that time being more than enough. Now, invol, earlier asked about, preemptively, what can you do? And I named some things around, you know, asking a question. And then I said, it's also like how you set the container. We've looked at a lot of those pieces, but there's another preemptive way that I want to talk about. And that's to preemptively bring corrective dynamics into the container. preem preemptively bring corrective dynamics into the container. One of my many goals or intentions, as a practitioner, is to bring in that energy of ideal mother, ideal father, ideal parent, ideal sister, ideal teacher, ideal leader, as best I can, to the container. That doesn't mean I'm being I'm being mother, father, sister, right? I'm bringing the archetypal energy, the ideal archetypal energy of those to the container. Now, I'm going to describe some of them. And I'll just say, say like, in my description, I'm bringing some traditional gender for like mother and father into it, because that's just like a reference that's helpful for me. But of course, like, there's so much fluidity, and so just like take the pieces that makes sense for you, or look at ideal parent as a whole. But I'm just I'm sharing like, for me how I bring it in. So for me, bringing in the energy of the ideal Mother, I'm nurturing. I'm all accepting, I'm loving. I'm validating, I'm consistent. And then all of this creates a corrective experience for my client. bringing in the energy of the ideal father, I allow for many mistakes to happen, and have that be okay. I motivate in positive ways. I hold structure and boundary in warm ways. I see the highest potential of my clients, I get lovingly confrontational, when necessary, when appropriate. And all of that creates a corrective experience. In my first few years as a practitioner, I was actually too scared to show up as ideal sister because I was still working on an equal playing field and I felt like that gave me less credit to show up as ideal sister it was something that took me a little while to work towards and but now I bring in the energy of ideal sister by not putting myself on a pedestal by holding an energy of there's enough success for everyone for all of us to go around. By creating an environment of full acceptance And by showing my clients that I adore their company, I enjoy spending time with them. And all of that creates a corrective experience.