



Sacred Depths Certification

Introduction and Energetics of Coaching

0:13

Okay, everybody. Give everyone a moment to get here.

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All right. Well, I

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am so excited to be here I've been waiting for this day. And for us to get started. Let me just hold on, it looks like I lost my notes. Hold on, there we go get my notes up here.

1:21

I am so happy to be here. I already know some of you I already knows some of you well, for those of you that I know it's wonderful to see you. And some of you I've only heard of from Caitlin and invol. I shouldn't say only because I've heard a lot about you. If we don't know each other, yeah, I am. So looking forward to getting to know you. You probably all know by now that I'm Joey. And we're this is our first call for Sacred depths. And I want to acknowledge just off the bat, that we're coming together during, we can call it interesting times a lot is in the air, a lot is going on in the world, a lot of just a lot of life with all of the mass, or the transition or the landing or not landing. And I just kind of speak to it. At the get go to say that wherever you are. With world events, or personally, I honor it, it's exactly the right place to be in this moment. This is a space, you'll see where we unlearn the myth of perfection, where we learn to accept all that we are even while we want to move towards change. And this is also a space where we get to get to show up exactly as we are. So I trust that wherever you're at is exactly where you need to be, and that you're going to receive exactly what you need from this moment. So one of the reasons why I'm so excited to be here is because the people that have raised their hands, to be in this room are incredible. I am truly just so honored to be here with you, and to hold space for you. And I'm really excited for this incredible community to come together and for you all to get to know each other as well. There's just so much wisdom and experience and talent in this virtual room. I'm also excited because together we're all about to step into a sacred and very important and very vital journey. And 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. My intention is that you're going to emerge from our time together, highly skilled to navigate pretty much anything that your clients toss your way. Their fears, their resistances their self sabotage mechanisms, the 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, to fear yourself or to stay away from, or see it as something that's gone wrong. But instead, you'll actually look forward to these things. And to all that's waiting on the other side of the obstacles.

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By the time that we're complete, my intention is that you're going to understand client behavior in ways that you never thought possible. And that understanding of human behavior will allow you to coach and guide your clients with even more success. My intention is that you'll have the confidence to stand fully in the work that you're doing to stand fully behind the marketing promises that you make. Because you will literally own inside of you what you need to co create change with your clients. My intention is that as we go deeper and deeper into this experience, your clients and clients to be will feel incredibly connected to you. And in gratitude for the work that you do together. Excited for you to be able to have all of this, especially during this moment in history, we need all of these skills of holding space for other human beings. We've always needed these skills. But I think we especially need these skills now after all that we've been through as a collective, and as a people over these last years. My other hope and intention is that with all of the pieces that you receive, not only will you be highly skilled when it comes to transformation, but you will also know that you are in full integrity as you work with each of your clients. So as if all of that weren't enough, there are also some extra benefits that you're going to experience from unreceived from this journey. First of all, my intention is that you will come to know and understand yourself. Even if you're someone that already I know everybody here already knows and understands themselves so well that my intention is that you're going to come to know and understand yourself, your fears, your habits, your patterns, your energy sourcing your desires, your obstacles, even better than you already do. 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, you'll notice yourself bringing a much more empowered energy to your work and to who you are as a transformational leader. And the kind of even added bonus that I think you'll see is that everything that we look at and learn in sacred deaths will also support you to become an even more aligned, team, leader, partner, friend, parent, et cetera. So much of what we explore and experience and sacred death, you're going to be transferring not just to yourself and not just to your client work, but in to all of the scenarios and all of the relationships that you have because at its core what really good coaching is is really incredible communication and relating skills. My hope, also through this journey for those of you that logged it is that this program will also help you level up your marketing your sales conversations, your copy your preview, presentations, etc. First and foremost, because the better you are at holding space at reflecting at listening, and asking amazing questions at co creating vision, all of that at holding people's hands through fear and resistance, the more you own those skills, the better you become at those things, then that just in and of itself, makes your marketing more effective.

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The other kind of, outgrowth of that is that the more confident you become in your skills, hopefully, the more willing, you're going to be to show up fully in your marketing and in your business. Because of that confidence because of that, knowing that you can stand in the truth of your work. So there's so much here to look forward to, and delight in and to really sink our teeth into, and I am just so so happy that you're here. I want to spend a few minutes before we get into the curriculum for today, and really the meat of today's call, just talking about what the training looks like and how to get the most out of it, I find that it's really helpful to kind of have a lay of the land and understand the structure and how things work so that you can really settle into it and use the program in the ways that are gonna make the most sense for you. And for each of you, it'll be a little different, it won't be the same for everyone. So first of all, here's what I want you to know, I think most importantly, and for those of you that already know me, you already know this, I am completely 110% here for you. I'm not one of those hands off type teachers or practitioners. If you're here, I want to know who you are. I want to support you as much as you will let me I want to hear your voice. Not only have you hear mine, though, I do like to talk a lot. You all know, but I want to hear your voice. There's so much support that is available to you throughout this program, I'm going to share with you piece by piece on that. But you need to take me and my team up on it, you will get exactly what you need. If you show up and do the work and ask the questions that you want to ask and ask for the support that you feel that you need. I've really designed the program and the training to meet you where you're at, but you have to show up for it. So that being said, if you're someone who generally doesn't speak up, or someone who wants to speak up, but you somehow ended up defaulting to the group, I want to just say up front as we start, let that be one of the inner pieces that you work on and stretch yourself on over these months. Not only will it help you get what you need from the material and from the training, but it will help you

step even more into who you are as a leader. Both by taking up the space to express yourself as well as by working to get what you need. And here's another thing that's important to say about speaking up. I believe deeply that a diversity of voices and perspectives is truly truly 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. It helps us practice seeing the work through other people's eyes and experience diversity of voices enhances our ideas. And it adds layers and it adds insights. I think it just makes everything richer. So all that being said I want acknowledge that I am white, straight, cisgendered able bodied, somewhat neurotypical, and also that I've 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.

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And I'm thrilled that in this space that we're creating together, it's comprised of many different experiences different from my own different gender identities, different cultural backgrounds, different races, different places of neuro diversity, I want this to be a space where many different experiences and perspectives are heard. Your voice and your wisdom are very welcome and wanted here. Also, and this is important to say, 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 that as much as I can. And my request for you when you share in the group, or when you share in your partner sessions, if you're going to do partner sessions, or any of the places and spaces in this program, or whether it's in the chat, my request to you is that if you have a privilege, any privilege that you check that as much as you can, as well. Think about what you're saying and how it will land on the hearts of others that maybe have a different experience or background than you do. I make this commitment myself. And I ask that you make this commitment so that we keep our space, as nurturing as we can for everybody. We're all here in this together and learning together how to be better to ourselves and how to be better to everybody around us. As we journey through this important work together over these months, I'm also going to be asking you to hold a lot of nuance, and complexity with me, I may share things that you completely disagree with. And I want you to know that there is space here for that. There's no expectation that you agree with anything that I say this is a space for you to get curious about your true. So again, all of that is to say I want to hear your voice I want to see you and I want you to feel seen and heard and valued here. The other important thing to share is that there are in this circle, incredible new practitioner, and they're also in the circle incredible and very seasoned practitioners. And the sacred depths journey is for both and everything in between. Not only will new practitioners learn from the seasoned practitioners in this container, but I promise you, the seasoned practitioners will learn a lot from the new practitioners in this container. There's so much incredible lived experience and wisdom in this group. So the curriculum is designed to meet you exactly where you're at in terms of your experience. If you are more on the beginner end of things. I want you to know that you are esteemed and such an important part of this community. You're going to get everything that you need to know to be an incredible practitioner and then some you may not integrate everything right away. We do learn a lot and there is a lot to take in there are opportunities in different ways for you to integrate, but I just want you to know off the bat there's a lot and you may not integrate it all right away and that is very normal. Will and as it should be, mastery takes time and there are layers to it. That sacred depths curriculum is kind of like time release caps like medicine capsules where you get what you need initially. And then over time you get more. And over time you get more, it's kind of like a gift that keeps on giving.

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If you are a seasoned practitioner, you are also an esteemed member of this community. And you, you're going to hear some things that you already know. And here's my invitation to you. Don't listen only to the things that you that are new. When you hear something that you already know, listen more deeply. Use it as an opportunity to go deeper into what you already know, to master your craft even more. Bring all of your wisdom and experience as well as your beginner's mind, especially the first few months of the program where we dive deep into the foundational skills, there's going to be if you're experienced, there's going to be pieces there that you

already know. But I'm a details person, also, there's going to be a lot of gold for you in the details in the nuances in the subtleties. So if you commit to going deeper with what you already know, you're gonna receive so much. Okay, let me tell you a little bit about the structure of the program so that you get all the pieces. Today, we have a longer call, it's three hours, but most of our training calls will be 90 minutes, we've got a couple of longer ones throughout, but really most our 90 minutes on the training calls, during those 90 minutes, I'll be sharing a lot of content. But it will also be very interactive, you'll have a lot of opportunity for sharing, for asking questions for getting coached. If you can make the training calls live, I highly, highly, highly recommend that you make them live. That being said, sometimes you can't or sometimes folks get nervous if there's a bunch that you can't make live. And I'll just tell you right now, I'm probably the only person here that is gonna make all of the calls live. And that's okay. If you can make them live, you will get that opportunity to interact and ask the questions and be part of the live container, which I think is so helpful. As part of our training calls, you'll get homework sheets, you'll get resource sheets, we've got kind of a whole manual that goes with sacred depths that you'll get piece by piece week by week. I'm not into giving extra homework or busy work or anything like that. Most weeks, the homework really shouldn't take more than 30 minutes or so. And the idea, the home worksheets, the ideas there for you to go deeper for you to integrate all that we're learning. Over the years, I've also added resource sheets, which basically have a lot of the class notes, I found that that's really helpful for folks. We will do our very, very, very best and almost always drop the resource sheets in your member center before each session. I know that for some of you, it's really helpful to have those sheets and those notes as we go along and move through our live classes. You'll also get transcripts of each of our classes. So depending on your learning style, there's lots of different options for you and tools for you to use. In addition to our training calls, we'll also have some practice group practicum calls together. That's where we get to practice, the new skills that we learn. Those are really some of my most favorite classes. I do very little talking and you all get to really work The new muscles that you're learning and we really get to isolate the skills and you get feedback from me on those skills, and those are really fun calls. Over this next week, you'll receive an email or to inviting you to opt in to have a practice partner in the program.

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Having a practice partner is not required. It's just for some people, it's not for them, but I do highly suggest it. Because practice is a big part of mastery practices, activating kind of that body level, to bring all that your learning kind of deeper in. After each of our calls, you'll get specific assignments on what to do in your partner session I'll you'll get lots of instructions and how to set up the partner sessions, etc. If you're planning on going for certification, the partner practice is also one of the requirements for certification. But if you're not going for certification, and you want a partner, you can still opt in to that. So you'll get some emails this week asking you if you want a partner asking you to opt in, we'll ask you a couple of questions about your skill, and also your availability, and then I'm going to do my best to match you up based on skill and availability. Much of the time it's a it's a match made in heaven. Every now and again, it's not life is messy. And so I always say like you don't need to love your coaching partner. But it does. But what you do need is for it to be an effective container for you to continue to go deeper with the skills if it really just isn't, we've got instructions and ways to support you with that as well. So you'll have a week to decide if you want to opt in. For a practice partner, you'll get all of that information over email. In a couple of weeks, you'll also have opportunity if you want to opt in. And this is another just optional extra thing we provide in the program if you want it to opt into small group cohorts. So these small group cohorts meet every other week about and involved who some of you know facilitates those sessions, you'll have a group of three or four ish people that you meet with every other week with specific discussion questions related to what we're learning what we've learned over those last two weeks, to go deeper into the material to embody the material to integrate the material. Neuroscience has shown that when we discuss what we're learning, we integrate it more deeply. And we learn it better. Cup couple other things I want to just mention, we have monthly q&a calls. That's not just our group, but it's kind of a bunch of different groups that I lead that come together every month for 90 minutes. And those call those calls are on Mondays. And you can bring forward any question that you have for me on anything, including your business to those calls, there's plenty of time for q&a on our training calls. And in our Facebook group. If you're on Facebook, you can always

ask questions there. But I also just have dedicated time once a month, we spend the first 30 minutes of that call, creating a blueprint for the month the business blueprint for the month or personal blueprint for the month. And then we spend the last 60 minutes you bringing forward anything that you need by way of client case studies. inner work that you want to be coached on marketing questions, business questions, etc. You also have tons of bonus trainings that you'll that you have access to in your member center to go deeper with business pieces if you want to. There's a lot of content in there, paste yourself but it's really really good stuff and worksheets that go along with it. There are some also requirements for certification. I'm not going to go into them today. In a couple of weeks. I'll share with you more about certification. I don't want to overload you with information but you'll have plenty of time to opt in if you want to be certified. And I'll give you all that information as we go along. But let me pause here for now. Any questions on how the program works

30:09

now okay

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all right so with all of that let me ask you some questions Why are you here so what what is the reason or reasons or sacred purpose that you're here? Why Why have you said yes to this experience? Take a moment and jot down some thoughts on that for yourself

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why are you here

31:07

and Gaya I'll answer your question in a minute

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and once you've got it, please share in the chat

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so Carly Jo is saying you're ready to take your coaching abilities to the next lever level to increase your customer success rate. I love that. John is saying For more in depth coach training to gain more confidence and to get past personal blocks. Yes. Heather sing to increase my skills to serve the women I work with while they're incarcerated so that when they leave they have transformed themselves. Yes, beautiful. Andrea saying to complete and shed an old identity as coach and birth a new one? Yes. And you saying to dig deeper to find inspiration to discover a new path and support your purpose? Yes, to support yourself as you step into new beingness. Love all of these so much. Carmen is saying precisely what you mentioned earlier with everything that's going on in the last few years. The need for integration to process heal and mindset upgrade. Yes. Yes, and that it's relevant for your growth as a woman and a facilitator. Natalie seems to be a more powerful transformational coach and practitioner so that the outcomes my clients get far exceed their expectations. Yes. And create a great vehicle for a referral business. Yes. Nick is saying to have a better framework and more techniques to support your clients beautiful. I'm not going to read through all of these I know that would take a lot of time but I will read through all of them later. I promise.

34:16

Okay, Gaya had a question just about logistics that I want to make sure I answer before we say Don't forget about it. Let me just get back to it. So guy is asking is the partner for the duration of the course. The hope is yes, whatever partner coaching partner you receive, you'll work with them for the full course that being said, at some point in the training, I will invite folks to connect with other people in the in the program to coach as well. It's great to get experience coaching, lots of different people. So the The intention is that you'll stay with your

partner for the duration of the course every now and again, that doesn't quite work out. And then to also get other experience if you want it

35:17
okay.

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So I love all of these sacred purposes, and reasons for being here, they're so beautiful. And here's, here's what I want to share next. Over the next months, you're going to have learned a lot about resistance. And you're going to know the ins and outs and have so many tools and I know so many of you already do. And the reason why we learned about resistance in sacred depths is because when our clients or human beings, our clients ourselves are ready to grow, there's a good chance that they're also going to resist that growth. Because growth is a symptom of fear. And fear is usually part of the natural human process of growth. I share all of that with you, right now to say that, hopefully, you're each really, really excited to be here and really excited about why you're here and all of the reasons that you just identified and all of the sacred purposes and there's probably also some resistance to just want to name that out that at the outset, there can be excitement and it can be meant to be and there can also be some resistance. And you know, that can show up of you know, do I really have the time for this? Oh my god, it's the summer I wish I was outside instead. Maybe I don't really need this. This is too advanced. For me. This is too basic for me, this is too simple for me, what if this works for everybody else, but it doesn't work for me. Or whatever, whatever it is, right? And so I just want to name it and call it out is completely normal from the get go. When resistance becomes I don't want to call it a problem when it becomes unhelpful is when it becomes unhelpful, right? When when you have the resistance and then you end up taking actions to sabotage yourself like not showing up not doing the homework, not really paying attention, etc. So I just call it out all out right now to say it's normal. If you're experiencing some resistance, you're in the right place, it's still meant to be and to invite you to bring awareness to it today and as we go along so that you can call yourself back in. So let me ask you, what's your brand of resistance as we're getting started, name it for yourself? What is it for you just name it. Be with it. See it for what it is? What's your brand of resistance? How is it showing up for you? And if there isn't any resistance right now that's fine, too by the way, but fitness is for most people there are

38:56

Yeah, currently Joe is saying No at all being disconnected typically manifests as procrastination or confusion. Victim bailing out self doubt Jennifer's saying yeah, yeah, some of you have been in. Navigate the Navigating client resistance course so you're already calling out your resistance archetypes to Natalie's saying the judge the knower being getting distracted Kelsey is saying Jennifer says is saying shows up for you is self sabotage but you're not feeling that right now. Awesome. For Andrea can be overwhelmed. Yeah. For Doris sting stopped small and invisible. For Lauren, the victim and the confused one. Yeah. So we don't want to hate on our resistance or judge it. We just want to name it and know it and be aware of it. For now So knowing why you're here and your sacred purpose, and then also being aware of your resistance and how it shows up taking all of that awareness into consideration. Let me ask you, what is it that you want to commit to, for this experience? What is your commitment, so commitment can be inner or outer or both. So example of outer commitment is, you know, you want to commit to showing up live for the classes, or you want to commit to putting aside 45 minutes every week, to do the homework as much as you can. Inner commitment might be an energy that you want to bring to this experience, you want to show up with confidence, maybe you want to show up with a beginner's mind, maybe for you an inner commitment is to show up with a sense of humor, and lightness. So what is it that you really want to commit to having all of the awareness that you have about yourself? And why you're here? Seeing some beautiful commitments in the chat

42:05
on the house.

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So my invitation to you is to not let your commitment gathered dust in your notebook, to not let it be just another question that you answered or something that you wrote down. My invitation to you is to make your commitment, a living, breathing tool for yourself to keep on coming back to, especially when you notice that you've gone into resistance. My invitation is for you to take your commitment seriously, for you. And for all the reasons that brought you here. All right. I'm gonna pause here. All of that was by way of introduction. We're gonna jump into our curriculum for today in a few minutes, which is the energetics of being a coach and a practitioner. I'm really excited to jump into that with all of you. But before I do, I've been talking a lot. And I would love I've heard your voices in the chat, but I'd love to hear a couple of your voice voices. What is it that you're seeing receiving so far? Just from our introduction into our work together, what wants to be shared or expressed? Who's going to be our

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first chair of the program. Don't be shy

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on a mica and let me know if I'm saying your name the right way.

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Yeah, sure did, actually. Thanks to Anna. Thanks. It's so nice to be here. And I am really grateful that they and I am here and that you share the outlines of the program. I'm a feeling person. So I feel a lot of great people in the call right now. So I'm very we've gone firms to me that I'm in the right place right now. So thanks for having me.

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I'm so glad you're here. Thanks for being here. And yes, there's incredible people in this circle Carmen your cat spoke for.

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Um, I found that specially would have served me my resistance that there is none. I'm super, super excited and grateful to be here. So much that I'm scared. And it's, it's it's like that. That's scary. That gets confused with anticipation and excitement. That is like a bundle of everything together. Yeah, I'm. So I'm just cool. With everything? Yes.

46:22

First of all, it's so great to hear your voice. It's been a while. I'm so glad that you're here. And that's also why threw it in there. It's there's nothing wrong if you're not feeling resistance. What are you scared of Carmen?

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There have

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been so many huge changes and adjustments in the last few years that I am transforming and becoming a new person and a new practitioner. And it feels like this shoe, sir, very, very, very big to feel. And I'm just scared of not allowing myself to be seen in the way that I need to be seen to really expand into who I am.

47:32

I want to first honor all of the changes and the shifts that are happening. And I think what I'm hearing and you can tell me if I'm getting it right, Carmine is a deep commitment on your part, to be present for those changes and to show up in those new ways. Am I hearing that correctly?

48:01

That is precisely it and finding that voice there. You feel like like everything is upgrading? And I'm not. I'm not filling the gaps yet. Yeah. And and yes, yes. It's, it's, I'm committed to showing up. I'm committed to showing up fully in my whole cell. Yeah. And represent.

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So my invitation to use to keep on coming back to that commitment to presence, and to showing up as your whole self even when it gets scary. Come back to that desire and that feeling. Yeah.

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Thank you.

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Carly, Joe, and let me know if it's Carly or Carly Joe.

49:03

Yeah, you can call me Carly. I think, um, and I say thank you to, to both. Um, Nick, Nick, as well. Sorry, I want to go. And Carmen thank you both for sharing. Um, yeah, I am mostly I raised my hand because my No at all often says, Oh, you don't even need to like participate because you're fine. And so I'm here I am present. I will be trying to participate and show up and ask questions. And so yeah, I just wanted to like kind of set that pattern from the start.

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I love it and I love that you kind of outed yourself. So, you know, we all know, to and big, big kudos for that. I know what it's like to To be like, I already know it, I don't need to show up, I don't need to raise my hand. So I'm so glad that you're just starting off with that presence and that intention. Thank you. Thank you, Laurie.

50:16

Hi, um, you know, I think as you were going through all of the introduction stuff, I became more and more aware of the fact that I'm here for me. I mean, yes, ultimately, clients, but I'm here for me, because I can't take them anywhere that I'm not willing to go. And that I haven't been. And so I really appreciate that focus. That's really what I need right now. The last couple of weeks, I've been going through this, it just seems like this preparation time for something's about to change. And so I've been really super excited to dive in and get started with the with the group. So thank you very much.

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Oh, you're so welcome. And thank you. And I love that you're bringing this into the conversation as well. And really seeing this is for you. And of course, all excellent coaching starts with us, which is a lot of what we're going to be looking at today. And continue to come back to thank you, Giuliana.

51:18

Hi, I was I raised my hand when Carly spoke because I feel like I'm kind of on the other end of just beginning. And so I want to show up with that balance of all of the experience that I have. And I'm actually kind of sick of myself in the sense of I'm ready to take all of that inner work and help other people kind of get, you know, really open up and find their path because I've carved out this unique nomadic journey kind of living out on the edge, and I'm ready to connect with all of you because I'm out on my own in places I've never been, and hopefully I will be running into where some of you all are. And also just excited to harness the tools and the accountability to actually like, Finally after I'm not even going to put a negative on it, but just like, you know, get out there so I could start sharing this experience with other amazing women.

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Yes, yes. 100%. I feel that excitement. And Jennifer, and then we're gonna dive in to energetics. Jennifer, okay.

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I almost did not, did not raise my hand. But I'm just so moved by the introduction. And by all the people that are in this together. I came from a coaching background, where I felt like I didn't quite fit the formulaic coaching and marketing and I felt like I failed at it because it just wasn't my style and I wasn't getting the results in the money line. Therefore I was not a good coach. And to hear you say that you're there for us. 100% and that you want us to be seen. And to be heard. That just means so much to me. I'm getting emotional again, but I just appreciate it so much. Thank you. Thank you.

53:34

Thank you. I'm so glad you're here and I was so glad you raised your hand okay, so we're gonna start to dive into energetics. If you're like me, I know you probably want to know if we're going to take a bathroom break at all three hours. So I just want to tell you yes, we will at about 430. Eastern, we'll take a short break. So before we dive into skills like listening skills, questioning skills, creating awareness skills before we get into any of the fancier, befriend your fear. You know, we'll have self sabotage before all of that. It's important first to look at and explore and more deeply cultivate what I call the energetics of being a coach or a practitioner. Everything today's call is dedicated. The curriculum is dedicated to energetics but as you'll see, every week, we're going to be threading different pieces of energetics through our work. So what are the energetics of being a coach or a practitioner Well, what I'm talking about here is literally the fount I think is the foundation of all of your coaching, mentoring, teaching, consulting, et cetera, whatever it is that you do. Powerful energetics are about you, the practitioner, setting the stage, to have the most transformative and successful client relationships 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 of the work that you do together. Because if your relationship isn't strong, it doesn't matter how wonderful your questioning skills are, or your strategizing skills are, they won't be as activating as they can be, they won't be as effective as they can be. So first thing about this off the bat, whatever your expertise is, whether it's helping your clients market, or helping your clients become healthy, healthier, or helping them find a romantic relationship, or move forward in a new career, or feel more confident, what ever your expertise is. And no matter how effective the information that you have to share is ultimately that expertise and that information on its own. Is not what changes your clients lives. That's not what transforms people, at least not in the way that you might think that it does. What changes clients is the relationship, what we might call the container with our clients, the container that you deliver strategies, questions, how tos. And what changes people is your presence, your energy, your energy, and how you direct energy in your coaching sessions, as well as in your interactions in between your sessions. That energy is bar none, how you show up is at the heart of all of it. That's what co creates change with clients. And then your amazing expertise, your how to choose your content, that all works to support all that's being shifted and transformed through your presence through the container through the relationship with the client through those energetics.

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Energy follows energy, you're going to hear me say that a lot over these months. Energy follows energy. So whatever energy you're embodying you, your client literally feels it, they might be conscious of it, they might be not, but your client will feel it. If there's something off in your energetics, your client will likely feel it. And if there is something off, you might see that it's then harder for clients to take in information that you're sharing or it's harder for them to answer questions or it's harder for them to execute strategies or to feel motivated. Whatever it is, energy follows energy. So if you come to the coaching relationship with confidence in yourself your client is more likely to have confidence in you. Energy follows energy. If you come to the coaching relationship with confidence Ensure that your client can succeed, your client is more likely to then have the confidence that she can succeed. If you come to the relationship with unconditional love and acceptance of your clients of their imperfections, energy follows energy, your client will feel it and your client will be more likely to have love and

acceptance of her own or 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 energy follows energy, your client will feel more confident that obstacles can be worked through, and that they can get through with your support.

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So

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I'm sure and think about this for yourself. Probably all of us have experienced this before you, if you walk into a room, and the energy is off, you can feel it. Right even sometimes without a word being said. That energy that we bring to the coaching room is so important. And so that's why we're looking at energetics first, and we're looking at how to create that powerful coaching relationship first, before we go into all of the other skills or tools because if you overlook this piece, the rest of it, it's like not You're not building on the strongest foundation that you can. And by the way, just I should say it right now, no myth of perfection here like this, we're not talking about perfect energetics or you need to get this all perfect. Before you can coach or work with clients. We're all in process. I'm teaching this and have been teaching this for a long time. And I am still in process with my own energetics and working on them. But we want to be aware of this and working on this from the get go. We want this foundation. First. It's vital, because it really allows us to look at and course correct any misaligned any of our misaligned inner dynamics, fears, perspectives, beliefs, even before we get to what are we actually asking our clients or saying to our clients, working on inner dynamics helps us to be more clean, more grounded much more in our zone of genius leadership, and to really direct the client work in ways that are going to be the best outcome for all. All right. So let's pause here. And let me ask you, based on everything that we're looking at so far, how would you describe energetics or energy follows energy? In your own words? How would you describe energetics or energy follows energy in your own words based on what's coming together for you so far? Currently saying energetics I have to do my own inner work before any of the outer work I support my clients with will holy work. That's beautiful. I love that.

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Who else

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energetics are energy follows energy. What does that mean for you? Melody is saying the energy you bring to an interaction is the energy that you're going to get back. Beautiful love that Angie is saying, the way I show up is going to be very determinative determinative of how my client experiences that container beautiful. Who else what else is coming together for you? What are you seeing here that's feeling important. Everything is energy and what you give you receive and vice versa. Yes, energy is vital. It is a vital and alive thing and can be felt right away. Yeah. Lauren saying who I'm being matters? Yes Natalie saying my vibe and presence my level of confidence in my abilities and the confidence I see in my clients my belief in their brilliance. Yes. Kelsey saying in a way I as the practitioner lead by example. These are all beautiful. I love these.

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Yes.

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Lisa saying the energetics of marketing is real to Absolutely. Julie's saying in order to be an effective practitioner, I have to first take responsibility for my own energy. Yes, we are interconnected. These are all beautiful. Anyone want to share a voice to voice on this? What's coming together for you? What you're seeing what's feeling important, so far? Heather, and then Natalie.

1:06:33

Thank you. For me, thinking about energy follows energy. Like, as a coach, we have to carry like aligned energy. You can't carry contradicting energy, because that puts you in a bind where you can't resist the flow.

1:07:00

Beautiful. Yeah, I love that. I love that way of seeing that. And, and, as I hear you say that though, the word that I hear is clean, like have it be clean and direct. Thank you, Natalie. Yeah, hi, Joanna,

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and everybody else. Um, this is a big thing. And I absolutely experienced this. It's interesting to me that every client, the container is a little different. Does that make sense?

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Absolutely. To that, though, because I think this it's important. So speak more to what you mean by that every Yeah.

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Because I and it's something I'm learning and evolving into, but like, dependent, so I have the energy I bring when the client has the energy they they bring. And together, it creates a container. And so sometimes I've had clients where all NGSS so aligned, it's just like water just flows, it's always organic, it's awesome. And other times the energies are not as aligned, and there's a little bit of resistance or, or it's just like not aligned. So it's just like different. And I sometimes I'm I'm challenged by the times when if a client's holding back, and I know they're holding back, but I don't know how to get them to see that they're holding back is not serving them. You know what I mean? Like so that it makes me different?

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Yeah, absolutely. We're there. I mean, what I hear you saying, one of the things I hear you saying is that just like your energy follows energy for the client, your clients energy, you follow some of that energy as well. So we're going to learn not today, but we're going to learn how to support clients to see when they're holding back if they're ready to see it. Oh, there's so many things I want to share around what you're saying it's such a it's such a great observation. One thing for now, I'll say is like sometimes when there is that, like, in the energy, sometimes it can be us, right? And so we want to come back and take a look at where are my energetics off where am I not fully accepting this client? Where am I not loving this client? Where am I judging how they're acting? You know, and how is that causing resistance in me? Sometimes it's about supporting the client on their obstacles and their resistance. But I do also want to say because I have experienced this before, and it feels important to say some every now and again. It's because it's not the right energetic match. And that's why For me, I don't take on private clients unless we have a process first and a conversation first where we get to know each other. And that process is a lot about me hearing the content of where they're at and what they want. But it's also about seeing you Does this feel like the right energetic match as well. Now I have to be my energetics have to be really clean during that process. Because if I go into my fear, I don't feel like oh, there's gonna be a hard client, then, you know, that's gonna say to myself, Oh, that means we're not a good energetic match and write and I'll decide that so I have to be clean on what my fear is, versus what is the real intuition around the how the energies are coming together. But I think it's such an important point, and why it is important to really have processes in place before we take on a client so that it is a good match.

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That last point, Joanne is everything. But it may not be the right match and the process and the the understanding who you're meant to work with and who you work well with. Is everything.

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Yeah, absolutely. Just so everyone knows, when you happen to have five hours of extra time to yours. There is a five hour training in your member center on authentic and integrity enrollment conversations, which is really helpful for what Natalie is bringing up and just really helpful for supporting you to have effective enrollment conversations with aligned prospects with lots of scripts and sheets there for you, Caroline.

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Hi. So I guess what's coming up for me is I, I have a little bit of fear. I'm feeling a little bit of resistance on how do I do that? And,

1:12:04

um,

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yeah, I just kind of wanted to share that. That's what's coming up right now.

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Yeah, I'm so glad that you're sharing. So first, just so your intellectual mind knows, we're going to look at some strategies today. And throughout every one of our calls, we're going to continue to look yeah, strategies. Now that we got just that intellectual. So you know, it's the how numbing what what is, what is the fear? Like, what are what are you actually scared of? That's coming up for you.

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There's a lot of I don't know, there's a, you know, based upon my previous certification, yes, come to the session clean. And, you know, without any judgment, and maybe it's the same thing, maybe it's the same thing, I don't know. And, you know, there's, I've got a process that I use, when I feel that judgment come up, when I feel anything come up, I just kind of I know how to push that to the side, or, you know, whenever it's gonna slot it off. I guess what's coming up for me right now is, will I be exhausted? Will I be? Well, I have to put so much out into the session that I won't be able to see clients back to back that I will need to plan for that. That's what's

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okay, I'm so glad we are getting to that. So probably, you know this already, because you have a process. This actually creates more energy. It's not about working harder. It's actually it helps us is work less the right way to say it. But it helps us hold the space from a supported place versus a pushing place because we know we're not coming with all of this stuff of am I good enough? Are they good enough? Is this going to be successful? Is that like, they're upset, you know that that's where that energy is? Okay. This is about actually instead of all of that, allowing yourself to open up and you'll see we'll talk more as we go today. Okay, and and trust. What is there? Okay, that makes sense. Yeah. That's great. Thank you. I'm so glad you're bringing that forward. Alright, so let's keep on going. When you've got these aligned and powerful energetics in place, you'll discover and many of you might already know this for yourself. that that certain dynamics, then get activated with your clients when you've got these aligned energetics in place. And I'm going to name some of the the dynamics that get activated. Number one, mutual trust. You trust your client, your client trusts you. That is a sign of a powerful energetics in the container. Mutual respect. You respect your client, your client respects you, you respect yourself and your client also respects themselves to right. So respect partnership, a sign of powerful energetics aligned energetics is not when there is one leader and one follower. But when there is a partnership when there is a co creation. Another sign of powerful energetics a dynamic is that there's room for creativity room for new ideas room for new answers. So it's not just canned answers that you know from your expertise, but new ideas are emerging through the interaction in the container. clear and honest communication. healthy boundaries integrity which of these dynamics that I just mentioned is getting your attention? And why? I'll put them in the chat. And also, what other dynamics would you want to add to this list?

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Which of these is getting your attention? And why and what else would you want to add to this list? Andrea saying joy and fun. Yes. So glad you're adding that in you in particular, Andrea? Because I know that that is a biggie for you. Break through now Natalie is saying, Jennifer co creation and partnership. Yeah. Yep, the room for new ideas and creativity. And she wants to hear more about the creativity and new ideas emerging. Can you come on voice to voice Sanji?

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Yeah, absolutely. Um, I think all the other ones made a lot of sense to me. I notoriously like one of my shadows is that I don't think of myself as a creative person. And so when I think, okay, so how, how does that show up? Right? You know, I think about, I could imagine when you've created a powerful kind of container with integrity in it, the new ideas, the juices flowing, you know, that sort of thing, but the creativity piece, I'm always like, how do I access that? You know,

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okay, that's, I love that you're bringing this forward. And I love that you're naming that, you know, it's one of your faces. So of course, it's gonna come up. And let me explain a little bit more what I meant by creativity, which may or may not land for you. So we can see. I'll give an example from business coaching, right? So if a business coach comes to the table, and they know that the way to fill a new program is you do this and then you do this, and then you do this, and then you do this. There's no room for creativity in there. And if the energetics in that container, are i the coach and the expert and I know best and you client are not as trustworthy, then there's never going to be creativity in that five step process for filling the program. Now there's nothing wrong for that coach to say again, my experience here some things that I've seen, it's whenever it's appropriate, but if there's if there's no kind of outcrops and new ideas are twists or takes on those ideas coming forward. And it's always exactly what the coach says from their experience, then energetics are off. Yeah. Does that land for you?

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No, it does. And that's the very reason that I chose this program over others is because I didn't want a rubric for working with my clients. And so it sounds like I'm in the right place. I'm glad.

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Okay, what's going on in the chat here?

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All right. Okay. So

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Well, before we move on, you know, there's a lot of great shares in the chat. But does anybody else want to share or ask a question voice to voice on the dynamics, when the energetics are aligned, anything that you want to share that's coming together for you. Anything that you want to add? Carmen?

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It was a big thank you. It was a big realization that with a lot of people, as my clients I have showed up from the beginning, knowing that they don't want to do this. And therefore, like, in a lot of cases, they don't want to do it. But for medical reasons, they have to do it, and learn to manage the stress more naturally, et cetera, et cetera. But just the thought of this person doesn't want to do it right away, discredit the whole interaction that we can have together, and makes up making it very annoying for this person to actually be passionate about their health, about their well being and about whatever tools are break to offer.

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Yes, Carmen, I'm so happy that this awareness is coming through for you, this feels so, so important, because if you are approaching so many of those interactions, and those new interactions of just This is annoying, because the person doesn't want to be here. That's, that's you their energy follows energy, there are things that are going to result from that. So based on what is coming through, and based on what you're seeing, what is a more helpful energetic to bring to the container, even when you sense that someone is there for medical reasons and not because it was their idea in the first place to be there. What's a what's a better energetic or belief there that could be helpful

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with feels in alignment is to embody that anyone can breathe, and anyone can learn to suit their systems. That they can that they don't have to. They don't have to be where I think they need to be in order to receive what I'm offering in a beneficial way for them. I love that I can allow them to be them and still trust that they will receive the tools and my offering in an honorable way

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as such a beautiful reframe. If you didn't, if you weren't writing down as you were talking carbon, jot down some notes or come back to the recording on what you just said. And my invitation for you is to play with that over this next week to really come back to all that you just said as you step into each of your clients sessions and bring those energetics into the session. Yeah, thank you. Heather. Re

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Badgerys really stuck out to me.

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Particularly in my situation there. I wear multiple hats. You know, so I might be a coach and one conversation I might be a super supervisor and another conversation and I might be a friend in another conversation. So like Just trying to clean up my energy so that I'm in alignment with whatever role I happened to be in, in in that particular time.

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Yeah,

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yeah, absolutely. And is it different roles with the same people or different roles? Different people? Both? Okay. Okay, um, I'll get to why I'm asking that in a second. So I love this awareness, this feels like such an important awareness and to bring that clean energy to whatever it is. And a good question to also ask yourself is, what is the, you know, to be aware of like, what is the role here? And then what is the energy required for the role in this situation? So to bring that intentionality even more forward, and then what I'll also just toss this may or may not be appropriate, but for the folks that you're wearing different hats with, in different moments or different conversations, it could be helpful to have a conversation about that. So that there is clarity in the container around how you're showing up when

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have a conversation with the client, or whoever the other person is?

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Exactly. might be appropriate might not but something to think about.

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That makes sense. So like you actually say, like, I'm speaking to as your friend right now, or how would you like me to respond as your supervisor? Yes, go.

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Thanks. Yeah. Good. I need a

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Hi. So my question is about partnership and co creation, because I hope that you can hear me well, I'm not used to them, okay. Because I have trouble sometimes in coaching relationships that I bring, I love partnership, and I love co creation, but then I have trouble with the money part. Because I feel like sometimes it feels like we are friends or teammates. And I feel like I'm teaching. I'm learning so much from them. And I feel like I shouldn't be paid for this when I'm receiving so much from my client, and it feels like this long coffee, feel it and the relationship goes away from coaching relationship to more of a friendship, but I love I love the way we work as a coach and a client. So I hope I hope it's I hope you can understand what I mean. I'm sorry, I'm a bit nervous. I'm not used to be on a COVID So many people

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I'm so glad that you raised your hand even with feeling nervous. And yeah, I think I think I'm understanding I want to reflect back what I'm hearing so you can tell me how I'm getting it right I might not be but what I think I'm hearing is that what oftentimes happens for you is that you receive also so much from the interaction with your clients that because you're also receiving you go into a belief in your head that says because I'm receiving that I shouldn't be paid for that.

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Yes What's that

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it's nice to hear what's inside me or reflected back to me from the outside. Yeah, yeah.

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So as you hear that reflection and you see it in this way.

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What is

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more helpful perspective or belief when it comes to receiving from our clients?

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Okay, I have one but I'm not sure. I really believe it. That it is safe to get paid for receiving.

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Oh yeah. Yeah.

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So more than okay that you don't believe it's a new idea that's emerging. I want to also point out, well, I'll get there in a second. So awesome that this is coming through. And so my invitation for you this week is to play with that journal on that belief, see what more wants to come through on it. And if it's helpful, as you're with playing with it this week and experimenting with it and journaling with it, I want to remind you that receiving isn't mutually exclusive. Just because you're receiving and isn't receiving as well. Yes. Beautiful. Thank you.

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Thank you.

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And I will share with everyone that I receive deeply from every single one of my client interactions I've already received deeply from the time that we've been together today. So far, I think that's one of the perks of doing this incredible work that we do that we we do also get to receive and get paid for it.

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Thank you.

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Thank you, I think there's a good moment for us to take a break. Let's take 15 minutes and come back at 445. Eastern, my invitation to you is to not only check email or social media during those 15 minutes, but to actually walk away from the computer, take a stretch, take care of your body. And then we'll come back and go deeper and I'll hang out for a minute or two, if anybody needs anything right now. Or else we'll all come back together at 445.

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All right.

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Okay, so we're gonna keep on going. And we're gonna spend the rest of our time together today. Looking at some different tools and perspectives that can really be supportive when it comes to creating aligned, energetics. Probably everything that I'm going to share today is in some ways, very obvious. So because especially because everybody here is already just so self aware, and y'all know a lot about human behavior. Also, you wouldn't even be called to be here in the first place. And also because I tend to attract smarty pants, people work with me. My guess is that again, what a lot of what I'm going to share. Next is going to be obvious. It's your as you hear it, you're gonna be like, of course. But even though it's obvious, the things that I'm going to be sharing today are things that most practitioners even if they know, they don't always remember, or remember to put in place, or Remember to pause to create space and then reorient with these things and tools. And so if what I am going to be sharing with you the rest of the day to day, it's yeah, I already know it. My invitation for you is to take it in deeper and to find the pieces that you know, you could work on even more that you could commit to even more, say I'm speaking directly to you. And it's not just good. All right. So one perspective that can really help with aligned energetics and that we really want to keep in mind is that we want to come with an equal playing field. We want to come to our interactions With our clients within equal playing field, that means that you as the practitioner are approaching the relationship, as if you and your client are equal partners, you are both wise, you see the both of you as able. Now, of course, you and your client have different roles in the relationship. And you may have certain information or expertise that your client wants and needs. But that being said, there's 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 this relationship that has a higher status than the other. Again, I know this is so obvious, but it's so easy to forget. So sounds like a no brainer, right? equal playing field, no one has a higher status, etc. But oftentimes, practitioners don't approach their client relationships with this energetic or this perspective of an equal playing field, even if they think they are. And again, I'll just share for myself because no myth of perfection, I sometimes catch myself and redirect in that as well.

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So one way of not having an equal playing field is that you as the practitioner come to the relationship, one way of not having an equal playing field is that you as the practitioner come to the relationship as less than your

client, you come as less than your client, that's one way of it being an equal. Not owning your expertise, not seeing yourself as smart enough or intuitive enough, or anything enough. The other way of not having an equal playing field is when you come to the relationship somewhere inside of yourself believing that your client isn't as good as you, maybe there's a little assumption inside of you that your client isn't really enough in some way, not enough to follow through on the commitments that they made or not enough to really achieve their goals. Now, of course, this doesn't mean that your client doesn't have challenges to get there. But that's very different than believing that the client can or isn't good enough. So in either scenario, you're approaching, either with yourself as less than or approaching, or assuming your client is less than, then you're setting yourself up for having a harder time to be able to support and help in the ways that you want to because your inner in a way that's energetically creating a relationship that's about hierarchy. Or it's energetically creating relationship that's about fear, or about shame, instead of alignment, and openness and an equal meeting.

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So how do you equal the playing field? How do you come with that perspective?

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Well,

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lots of different ways and we'll look at lots of different ways over the course of this training. But for today, I want to offer a couple of things. So the first is coming in with a belief of me My clients are whole and complete, exactly as they are really remembering my clients are whole and complete exactly as they are. And what I mean by Holan, complete exactly as they are. And if those words don't work for you, or don't resonate, you can shift them for yourself. What I mean, at the core of that is that there is no need to fix your client in any way. They already have the resources that they need, exactly as they are. And when I say they already have the resources that they need exactly as they are, they may not have information or they may need help, but they have the resources to get that with your support. So part of this, my clients are whole and complete exactly as they are, again, it helps us not come into the situation with the perspective that anything needs to be fixed here or that anything is broken. Here. There things that might want to be expanded, that might want to be improved upon that might want to be shifted or changed. But that's different than it needs to be fixed, or it's broken.

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When we come with a perspective of my clients are whole and complete exactly as they are and this idea that we're not there to fix them, then it opens up the space for us to love our clients and love all of their parts, to accept them. And to really come with a sense of how what a valuable human being your client is.

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Sidenote on this, I really believe that aside from helping our clients reach the goals that they hire us for some of the greatest gifts that they can receive from the work with

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us

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is about how they feel in the relationship. When we bring in energy to a client of knowing how valuable they are, simply because they are you for most people, we don't receive that in many other areas of our lives. When we bring an energy of unconditional love or respect or acceptance, again, we don't we're not conditioned. In that way, it is just such a huge gift. Alright, so let's take a closer look at the facts. Think for a moment about your current client relationships if you're working with clients, and if you're not working with clients, you can look at any of the relationships in your life with friends, certain family members, colleagues, kids, etc. What are the

places in your relationships that you're making the client or whoever the other person is less than that you are not seeing them as whole and complete? Just take a moment and jot down some thoughts on that for yourself and get as specific as you can. Where have you been feeling that your clients or relationship with anyone in your life that that other person is less than holding complete? And again, holding complete doesn't mean that they don't have challenges. But there's a difference between a client having a challenge or a learning curve versus a client being detrimentally flawed or not good enough.

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And by the way, if you're finding places which I hope you are where you Not seeing your clients as whole and complete no judgement at all it is normal to do this, which is exactly why we're looking at this.

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Andrew is saying when clients don't show up to a session, Natalie's asking, Is this something like they aren't confident or they have self esteem issues? It's such a good question Natalie. So you know, there's a difference, that can be a fact, right? The client isn't yet confident, or the client, it would be helpful for the client to work on self esteem issues. There's a difference between that. And it's a detrimental flaw that the client isn't confident right now. Or they'll never be able to build the confidence

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whatever you're identifying whatever the places are, where your needs are taking a perspective of the other person, the client or the other person is less than or not whole and complete. how is this impacting the relationship? How is your perspective? There? They're less than whole and complete in whatever ways you just identified? How is that impacting the relationship?

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There's some really great shares in the chat. I'd love to hear some voice to voice what are you seeing so far? What's feeling important here about seeing your clients as whole and complete? What's coming together?
Jennifer,

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this is funny, I just had a client come through on Messenger like, what

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are we supposed to be doing? Again, I don't even know where to start at. I

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felt myself like. So I feel frustrated and I don't want to see her. And in that way, I know that she has a lot going on. But and maybe because I'm such like a roll follower, like, you know, I kind of check all the, you know, dot all the I's and T's. So yeah, I find some frustration in that. And I don't want her to feel that don't want that to come across that way. But that it's also like, Okay, we this was the assignment. That's what we've talked about for the third time. And so it's a little frustrating. Yeah, absolutely.

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So based on what you're sharing, you know, as we get deeper into the program, we'll also look at how to create more awareness for that client, because obviously, there's something going on there. And that being said, based on what you're seeing what's a better perspective, or way or more helpful way that you model approach this client, I think by exactly what

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you said, like she is whole and complete and that there's nothing that I need to fix, I can really just maybe help her redirect or just focus on one thing to not feel so overwhelmed. So I kind of want to take away all of this chaos that's around her and just say, okay, that's okay. Focus on this one thing, and like, let everything else fall away.

1:49:55

Yeah, beautiful. That's great. So my invitation to you is this week like really excited They're a bit like when you notice the frustration, kappa, remember this poverty and then reorient around. There's nothing to fix here their whole complete and then just see how that shifts the energy for you. And in the container. Yeah.

1:50:17

Thank you.

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Thank you, Caroline.

1:50:23

Well, it was very similar to what Jennifer just said. So I have a client I've been working with for actually almost two years now. And she just doesn't show doesn't do the work. But she shows up. So I tried to like talk myself out of it and just say it's, it's almost none of my business, why she continues to hire me. And because she does show up. She just doesn't want to do the work.

1:50:47

Yeah, yeah. So again, it's not that we don't ever take action or create awareness or any of that. And I don't know if you've worked, tried to create some awareness around that for her. And so we'll look at some more strategies too, as we go along. But again, like same thing to you, as I, as I was just saying to Jennifer, what are you seeing here? That's important next step for you and your energetics as client what you said would be helpful. Yeah.

1:51:19

And I guess just a point of clarification question for clarification is I never I think, honestly, my frustration is that I know she can do it. So it's not like I ever believe that she's not whole. Yeah. Maybe I'll make it about myself that I'm not doing something right. Yeah, maybe that's it?

1:51:41

Yeah. Okay, awesome. So that's really important. Glad that's coming through. So that's a place for you to play over this next week or so, with this specific client. And if it comes up with anyone else, is what's happening for you energetically when you know, a client can do something, but they're just not showing up in those ways. What a How are you making it about you? And then how is that impacting

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the FedEx? Yeah. Okay, great. Thank you.

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Good. Thank you, Angie. Yeah, I

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think my focus is I mean, of course, anything that I'm focusing on is probably like something I could chalk up to a judgment of someone else. And I think the focus for me is like, what does that do that into the relationship, whether it's a personal relationship, a client relationship, but what I'm doing when I am making that judgment is I'm creating, like, while I'm here, and they're there, and so we're separate, rather than kind of looking at the the oneness of it all. And anytime we are creating that separation, we can't really meet somebody with

unconditional love, because we are other rising them, you know, and saying that they are not as good as or as evolved as or as whatever, as us. And I think it is interesting, because as I think about my clients, I think I do it less to them than I do it to the people in my life that I have personal relationships with. And it's really interesting how we're willing to extend grace to people who we are not as close to. And so for me, it's it's an examination of of looking more close to home, I think, but certainly, I'm sure I do it with clients as well.

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Yeah, yeah. Such a great share, they want to pull a couple pieces out. So this last piece that you said, Absolutely, I am the same way, my energetics are so much cleaner in my client containers than in some of my other relationships, which I'm always working on. But yeah, sometimes that come for that. Right. And so just like I said, at the very beginning of this call, everything that we're learning throughout this whole program, we the bonuses, we get to apply it to all of our relationships, we've got a lot of some assignments there. But the other thing I wanted to pull out, one of the things that really struck me about what you just said, which I think is so important is that when we aren't approaching within equal playing field, it creates a separation between us and our clients. And goes without saying it's so much harder for to then be productive and nourishing and transformational. Even if we're asking the most brilliant questions in the world, or we have the most brilliant somatic technique in the world. If there is that feeling of a kind of separation, it's just not gonna it's not gonna land in the same way. So I'm so glad you're bringing all of that forward. Who else? Anybody else want to share a voice to voice What's feeling important? Here, what are you seeing? Kim?

1:55:10

On that last note of relationships, I'm when you asked about the places you're making them less than they're not like my ex husband. Totally. There's so much energetics there. And I think there's a lot of protection, protective parts of me going on with that. But this is such a valuable awareness to have to look at how I'm like I may can't a me better than him. And I don't want to have that affect the relationships with the kids and, and myself. So really important stuff.

1:55:50

Yeah, I'm so glad that's coming through. And we can have an equal playing field and still be very clear on the other person's flaws or places, their where their edges are, where they could use some work like those two things can absolutely exist at the same time. Yeah, good.

1:56:13

All right. Let's keep on going.

1:56:23

And some of you have all out. Before we go there, there's another piece I wanted to make sure that I said. So seeing our clients as whole and complete, and not making our clients less than this is important in any relationship. And I also want to point out that, particularly in a coach or practitioner client relationship, there's going to be if you don't approach with a perspective of an equal playing field, there is the potential for power dynamics, unnamed power, dynamics and power over to happen. And for integrity sake for being trauma informed sake, for transformation sake, for humanity sake, we want to be in power with our clients. Okay.

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So, as I was just saying a few minutes ago, Sarah's asking if I can say more about that power with. Yeah. So I don't know. Is it because of culture, patriarchy, I'm not sure where it comes from. But they're baked in. When a client hires a coach, if it's not addressed or not, if we're not intentional about it, it's baked, it can almost almost be baked in that the practitioner, the coach is the leader. And the client is the follower. And so that creates a power dynamic where the coach or the practitioner has more power, because they're the leader, they're the one that knows they're the, you listen to what they say. And unfortunately, we see this in the industry. You know, I'm not

gonna get on my soapbox too much about this, but we just see this industry, you know, just practitioners or leaders, thinking they know best telling their clients what to do, et cetera, et cetera. And so because of that, that that's like baked in, that's just part of the soup that we're in culturally, really sacred depths practitioners, it's we want to be really clear and intentional about the equal playing field so that I don't have power over you. You don't have power over me, but we're coming together and sharing power as partners in this container. Anything else that anybody wants to add to, to this piece? Yeah, Andrea is saying I find there some undoing of the power over dynamic. Yes.

2:00:15

Gaia

2:00:23

either guy

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I'm I was muted. I keep forgetting, I absolutely love this little part right here. It really speaks to me this baked in thing you're talking about and the culture of power over, you know. And it's such a relief to be to hear this, and have this be part of the community. And part of the, the teachings, you know, I'm really grateful and appreciative for that. And because really deep down in my heart, that's, I know, there is not such a thing. But you know, I know that a doctor knows more than me, me. He does. I haven't studied medicine for eight years, but it's my body. And, you know, I have a voice and I have a say, and, and I just think it's the same thing. And I've never done. I'm not a coach in terms of traditionally speaking, but I just love that. This is this is part of what you are part of the foundation. I really appreciate that. It fills my heart. Thank you.

2:01:45

Yeah, thank you for sharing that. And I'm so glad that you're also just bringing awareness that this can happen with any practitioner client relationship, and the importance of it and all of the different applications. I think,

2:02:03

I think it's tricky, though. I think it's, it's a it's a very fine line. But I I love that we, you know, we are I think I really don't we? Oh, anyway, I wrote it down, and that we're doing this together, we're in this together, you know? And, yeah. Yeah, we want to be in power with our clients, not over.

2:02:34

Thank you,

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Juliana,

2:02:39

I just want to say thank you so much for normalizing the dynamic that's kind of built in. Because a funny, funny, but I've been watching a lot of cult documentaries, because I was in a power dynamic and a group in a place where I learned and got so much out of it. But going into creating a relationship with students with clients. It's almost like this unnatural fear of recreating it and doing it. And I tend to kind of put it, I mean, I always put it back on myself first. But I love seeing this as just kind of a built in dynamic in addition to paying attention to any of my unhealed insecurities that can that that are very easy to overcompensate for with a power dynamic. So, yeah, thank you all and that there are tools to not become a cult leader. Yes. Right. Create power with power.

2:03:53

Yes, I'm just gonna say it's so apt that you're bringing that cult metaphor in because unfortunately, in some pockets that can happen, you know, and in the industry. Yeah.

2:04:05

Good. Kelsey.

2:04:09

Yeah, thank you. Um, yeah, I just wanted to share because this is such a huge piece. For me, it's really why I came into this program is to kind of deconstruct this and really be clear about showing up differently and showing up in this aligned place. But one thing that I'm really experiencing in my body is a confrontation is kind of the sense of, you know, I've, I guess a little context is I've been stepped out of my coaching business for about six months, and it just launched last year, so I'm still very new. But one of the reasons I wanted to take a step back was to work on this piece of being really clear about how I'm showing up and if I call myself a coach, how do I then like to kind of remove all that baggage of the power dynamics and the assumptions that can come up, because I think that coaching is a really powerful vehicle for transformation and change. But it's also been used in different ways that I don't necessarily identify with. And when I, you know, if I show up to a potential client, and I say, I'm a coach, and they might potentially have all of this, like, kind of just come across this where there can be certain representations and ideas that someone might have, where then I kind of feel responsible for like, deconstructing all of that before I can just show up as like, hey, you know, this is how I can help you. Does that make sense? And it feels overwhelming, because that is a big thing to feel like I need to cross before I can even just like, put out a piece of content. You know what I mean? Yeah,

2:06:00

yeah, I so hear what you're saying. And I don't think you're alone. In in feeling that way. We'll we'll go step by step with lots of tool word I can't give you like the magic bullet. But, but I have a thought for what might be next possible valuable next step for you. You may have already done this, but tell me if this lands. Writing a manifesto for yourself around what coaching is.

2:06:45

Yeah, that sounds like a great assignment for me. I will take that, because I haven't done that. And that sounds like what I'm getting from that invitation is to unpack this for myself and really create that platform to stand on. This is this is what I'm doing out here. Yes.

2:07:04

Awesome. Get in sometimes for me, I get clear on what something is by also asking what it isn't. So you could even start with like two columns on that, if that's helpful, and then develop the ideas from there. I'm really excited to see what you've come up with. And what comes through that.

2:07:24

Yeah, me too. Thank you so much. Thank you.

2:07:27

Asthma their asthma?

2:07:43

Can you hear me?

2:07:44

Now? I can. Yeah, talk a little louder.

2:07:47

Okay. Um, like you were saying about creating boundaries, since I'm not a coach yet. But I feel that in my relationship with my husband, husband, I'm facing this. And since we are, you know, culturally, very different people living in Pakistan, I don't know how to, you know, help both of us. In creating, though we we have a lot of understanding and this so much of mutual things that has helped us they have together for many years, but creating this kind of a, you know, I feel at times, not feel, but this is a big issue here facing, I'm facing right now. So hopefully, I don't know how to go about it. My question for you.

2:08:42

That's a big question. You wanna honor you? Just it sounds like and tell me if I'm hearing correctly, what you're saying it feels like already, you are undoing so many cultural messages that aren't so helpful. And so really want?

2:09:02

Oh, yeah, yeah, college.

2:09:04

Yeah. So

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in that relationship, like, you know, like, I'm not a coach yet. So I haven't, I don't have a client where I have to coach. But yes, in my own personal relationship with my husband, I feel a big barrier. There is that which is there.

2:09:24

Yeah. So a good next step is and we're going to get to a little bit more today as well, but to focus on the energetics for you. So where were the places first, were there still some energetics that could shift to be more helpful for you? It might be seeing your husband as more whole and complete. Or it might be we're gonna get to this in a few minutes seeing yourself as more whole and complete or something else But I'd say take one of the pieces that came through today, and go deeper with it journal on it, see what kind of awarenesses and energetic perspectives want to come through. So that sounds like it would be helpful.

2:10:19

Good. So

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actually, just a little brief introduction of myself. I am, I am a Reiki healer. And I've been, you know, like doing this for many years now. In fact, I started learning all these skills, soft skills to help us, you know, go through different phases that we had been through in our life. Things are much better. And we are, you know, it's not that we are just leaving each other. But for the sake of understanding that how this dynamic actually works. It will help me in knowing so much about it. This is what is I'm curious about learning.

2:11:04

Yeah. Yes, beautiful. I'm excited to see what comes through there. Alright, and one more share for now, Kim.

2:11:18

One of the best coaches I ever had, I was really intimidated by her. And I would show up for every session, super anxious, always got all my homework done, because I was intimidated by her. And I would leave the session feeling completely loved and happy. And it was the cycle I went through. So it's interesting, because I don't know if that's a power dynamic thing or not. It's just interesting to notice that that actually really worked for me, I don't know what you would say if that's a power thing or not, or that just like my own.

2:11:55

That's the That's it. I was listening it sounds to me like that was your own internal power dynamics. Not that the coach was bringing any power over. Yeah. And it kind of like you are bringing your own power dynamics. And such a beautiful example actually is energy follows energy. Right? Because her her coming at the power with had you by the end of the call feeling loved and seen. So you know, the only thing I would say is if there was more awareness at the time, you could have worked on that together. But yeah, it's a great example of energy follows energy and the importance of it. Because if you hadn't walked out of each of those sessions, feeling that shift, you may have still gotten your homework done every week and moved forward, but it wouldn't have been. You would have gotten it done, but it wouldn't have been a nourishing experience. Yeah. I wouldn't want to keep going. Yeah, thanks. Thank you. Okay. So as I was just sharing with us SMA the other perspective here, that is also really important and helpful is not only is my client whole and complete exactly as they are. But I am whole and complete, exactly as I am.

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And this is another one of those that even if we know it, you know, it's to keep on coming back because it is easy to forget. And, you know, just kind of a side note. Through the course of sacred depths, we'll look at different ways to body more do work with the fears around these beliefs, et cetera. And that being said, it is very valuable, even just before a session to come to reorient your energy and even if it's just for those next few moments or just for that session itself to remember I am whole and complete exactly as I am. My client is whole and complete exactly as they are. The deeper fears might still need to be worked through but it can still make such a big difference to create that space for yourself and reorient around these energetics. So what are the places for if you're working with clients? Where are the places that you are making yourself less than and not holding complete or If you're not working with clients just an any other relationships, where are the places there where you're making yourself less than or not holding complete? And how is this impacting the relationship? Windy Yes, did you raise your hand I did. So,

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actually, anytime I come in contact with a teacher, a leader, parent, anybody in any kind of like an authority role, I always seek the approval. So, I actually went into this keeping myself in check with you to not put myself into this, I want to be liked, I want to be seen, I want to be, you know, accepted. Yeah,

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yeah, I'm so I'm really glad that that awareness is coming through. And I'm also so glad that you're bringing it forward. It's another great example of how those power dynamics are baked in. And why we want to be so intentional. And even like, you know, our whole introduction today, one of the many reasons why I took the time to say over and over again, I want to hear everybody's voices. What I share isn't the truth with a capital T, this is for you to find your truth. All there are many reasons that I did that. But one of them is exactly for this so that I can at least a little bit like from the get go set those energetics around power. Right. So we really want to be thinking about that with private clients, with groups. How are we doing that? Thanks for bringing that forward.

2:18:11

Yeah. And I really, really appreciated the way you came across. And the fact that you kind of addressed all of this on day one, right, that you are meeting people where they are and that we are all equals. And I just really appreciate your approach with all of that in

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I guess

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it's kind of that you showed up as your authentic self kind of invites the rest of us, myself included to also show up as my authentic whole self. And I just I love that. So thank you.

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Yeah, you're so welcome. And I can feel that you're taking that in deeply also for how you'll move that forward. With your work. I'm so glad to hear it. Thank you,

2:19:00

Andrea.

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I remember, there were so many times when I would have impostor syndrome. And like the Who am I to with clients. But most recently, it came up when I had a difficult relationship with my dad, and he recently passed away. So I really realized that I needed not just time off to handle that for myself and my family but because my energetic was, like colored up by this, these messages that I needed to

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kind of clean.

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I could really feel it like in the session and the best that I knew to do was to just really be transparent about it. It's like yeah, my dad passed and it's not about that, obviously in session. It's not about that but so that you know, like that so that the energetic at least was very transparent and honest. But I'm noticing that this is bringing home noticing my what's going on in my own life. And, and how that gives me ups and downs and my sense of wholeness and completeness for myself as is probably really valuable

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to do. Yeah, yeah, I want to pull out two pieces from what you just shared, the so important. So first, this last piece of it's not a whole incomplete. I think in our relationship with ourselves isn't always it's not a fixed thing. It is, we are always whole incomplete, but how we're orienting to ourselves can shift and change. And just like that awareness alone, can help us align our energetics, at least for our coaching sessions. Because when we create awareness on that for ourselves, we can reorient for those 45 minutes in the way that we need to. So being aware of those those shifts and changes is so huge. The other piece I want to pull out from what you just shared is, sometimes it really is appropriate. And so helpful to let a client know where you're at, right? So we're like, we're never going to show up for a session if we're not able to fully show up for our clients and meet them and all the things. But if we know that our energy is fully there for the client, but that it might feel a little differently than it normally does, being just sharing that can help take out any wonkiness about it. So sometimes, if I'm not feeling well, if I'm sick, or I have a cold or whatever, but I know I can, I'm still fine to do a session I can show up. But I might like sound a little different, or my energy might sound different than usual. I'll say like, just so you know, I have similar to what you just modeled, I have a cold, I am fully here for you. But if you hear something a little, you know, different. That's what that is. And that can just really help to set those energetics for the call. Thanks for sharing all that. Laurie?

2:22:19

Hi, I really appreciate the question of what does it look like when I'm feeling less than whole coming into a session? And I think for me, it brings up this fear of Oh, no, I'm going to be found out. And so then I can get really focused on doo doo doo doo, rather than be and then the session becomes a list of things to do before we meet next week, rather than a connection and inspiration a, I believe in you all because I'm trying to cover myself because I feel like I'm less than. So that really explains how some of the sessions I've been in before. It's like, wow, that just didn't go well went wrong. It's like okay, that's where that came from.

2:23:04

Yeah,

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I'm so glad. I mean, it's not fun to see it. But I'm so glad that you're seeing it because you you can, you can shift that now right. And what you're sharing this like being in doo doo doo mode is a great sign for us to know if our energetics are off. It's one of those right? And so now you know that for yourself. And you can even check in. And I recommend this for everybody before you get on a call with a client, whatever it is, doesn't have to take more than 30 seconds, do an energetic check, see where your beliefs are, see where your energetics are, and reorient and bring that into the session.

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Yeah, thank you.

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So you know, there were some other hands raised in and you took your hands down and I should have said at the beginning. You know, the funny thing with Zoom is it like it puts people in order versus when we're in the room together. Sometimes I go in order sometimes if I haven't heard from someone in a while, I'll call on them first. But I'll always open up at the end for more shares. The other thing I also forgot to mention is I am not great at multitasking. So I always read the full chat afterwards. But if there's something that you put in the chat that you want me to address, definitely raise your hand or raise your hand at the end if I didn't get to it because I'm like fully focusing on the like this part of the screen. The time part of the screen is my new Your hand is still up. I'm gonna come back around for thoughts in the end. There are a couple more pieces I want to get through before we wrap for today.

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A couple of other pieces that I think are helpful To start off with, so we've got the I am holding complete client is whole and complete. Another perspective and energetic that can be really helpful is I'm not perfect, and my clients not perfect. The end we'll do a full session on myth of perfection. But for now, the moment that we go into any interaction with a client, feeling like we need to be perfect. Like we can't mess up, like it all has to flow exactly in a certain way. And every question has to be like the most brilliant, perfect question, like the moment we fall into that thinking is, the moment that our energetics are off is the moment that the field is not equal, is the moment where there is that separation that we were talking about earlier from that just that beat like that heart connection being connected to our clients. So that's another place that we want to just watch for if we're slipping in there. Another related piece, we don't have to have all the answers. And in fact, it's to our client's detriment. If we have all the answers, we're actually not there to have any answers. We're there to hold space, and to use our skills to help our clients find their own answer.

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But I see this can come up a lot for practitioners this becoming less than the end then contributing to the DIS equalizing of the field because we feel like we have to go in knowing everything. Like I was saying earlier, there's all the things that our clients get in terms of they hire us because they want to achieve certain results, and we help them get there. And then there are all the things that our clients get from the relationship, and how we model being comfortable with him our own imperfection. And how we model being comfortable with not having all the answers can be so valuable for our clients. It can be so valuable for that for taking out the shame that they may have around not feeling perfect or not having all the answers. Not to mention it takes so much pressure off of ourselves. So already, I don't know if you have all noticed, but already in this session I've mentioned I've pointed out my imperfections a couple of times and the things that I'm still working on and the places I still need to get to. It's for modeling for you. It's for power with Dynamics, but it's also like to take the pressure off of me.

There's nothing wrong with a client asks a question in a session to say, You know what, I don't know. I don't know what the answer to that is. I don't know, but I'll find out. Or I don't know. But let's look together or what are some other questions that can be asked here? Where are places we can find that answer. I mean, sometimes we just do have the answer and we share it right? Let me pause on that. Anything that anybody wants to add or share or what's coming together for you around you're not perfect. And also not expecting perfection from client to we are all very messy human beings. The more that I I continue to remind myself that we're all messy human beings is when I can have the most love for myself and my client, right. So anything that anybody wants to add on that or you don't need to have all the answers Natalie Hey there, Natalie.

2:30:08

I'm sorry. Because Because I, I, one of my resistance archetypes is a newer when I have a client that comes is looking to me for an answer. I feel this pressure to have the answer. And then I get into this like consulte kind of thing that feels very misaligned. But I can't help myself because I'm trying to the nor in me is trying to relate to the question is posing. And it's like, it's so it's something that I I recognize, but I struggle with it.

2:30:48

Yeah, yeah. Yeah.

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So first of all, it's so great that you recognize it. And I know this one for myself, it it has to do with what Lisa put in the chat. Like for me, sometimes when I'm with people that are more educated than I am, I go into, like, I need to know everything right? I just need to show that I know. Um, so with this awareness, what is a more helpful perspective for you to come back to, in the moments where you feel like I need to show that I know, what's, what's it? What's a belief or a perspective that you want to bring to those situations?

2:31:29

Well, something I'm leaning into. I don't always get here, but something I'm leaning into when that comes up, Giovanna is what you said before, like, what do you think reflecting back to the client? Well, what do you think is the answer or you have the answers within you and not trying to, even though I may have a point of view, I'm not trying to share the like, I have to put my point of view out there. But again, I think it comes back to the container and the client. And with some clients, I'm better at that than others. Yeah, depending on the client in the container.

2:32:04

Yeah, yeah, absolutely. So here's, it's a homework toss for you, if it feels right, pick one of the clients that you don't feel as comfortable on that with. And I want to invite you to write that client a letter that you're not going to send, but you're going to write the letter to that client. And the letters gonna start off with the following sentence. And if this isn't the right sentence, we can tweak it. Dear client, the answers that you have inside of you are more valuable than my point of view. Hmm. And then the invitation is to use that as a jumping point to write more of what wants to come through and all that to that particular client. How does that feel?

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It feels challenging, but good. Awesome. Good. Thank you. I like it.

2:33:03

You're welcome. Julie.

2:33:10

I feel like I'm in this interesting place where two things one, I'm not currently actively coaching clients I'd like to be but I don't have any clients at the moment. And I'm recovering from COVID. And it's just been like a very slow

journey. But what's really come up for me and what I kind of keep coming back to is, since having COVID, I'm feeling this sense of emptiness in a way that feels like a gift. And in many ways, I feel like COVID has been for me a gift because this emptiness also feels like spaciousness, and it feels expansive in the like. Like the not knowing this, like I just feel like I don't know anything about anything. And that feels really freeing. So there's, I just keep noticing myself feeling like I don't know, a little bit of insecure and self doubt around like, when I do have clients can I effectively show up and serve in from this place? Like in a way I feel like it's going to be an asset and then on the other so yeah, there's that I feel like it could be an asset. And then there's just yeah, the part of me that, that feels like I want to feel somehow like more of an authority that from that place I can do instill a sense of confidence and trust in the client that I will bring value. But I love like, I really love what you're saying about, like what you just shared, shared, or offered Natalie, the idea of writing that client of letter, emphasizing that the answers they're looking for are within those sort of like, giving them their power back. And I love how you model that so often in the way that you respond to each of us. Or when I've witnessed to do other, you know, somatic processes with with participants. You just sort of like you so naturally give the client or the person their power back. Well,

2:35:57

thank you, I'm taking that in. And I always like to say whatever we see in others we have inside of ourselves, he's got it, you got it. And I love this piece that's coming up for you, I think you use the word freedom and spaciousness around owning the not knowing. So first, I really want to honor and acknowledge that that's such a, that's a such a beautiful place to be. And, and if it's helpful, it sounds like maybe the next step for you is to start to play with, like the paradox, the putting the duality together, what does it look like? To not know? And also to be a full service and to and to really know, like, what what does that mean? And what does that look like and connecting in with that place inside of you to that feel like it would be valuable to explain? Yeah,

2:37:04

it does. And it feels also just so resonant with the way in which I feel like I am a gifted practitioner in that. How I really most aspire to show up for clients is from this place of like not knowingness, not being an authority, and, and this emptiness so that I can just be fully present in service to the client, and then meeting them where they are responding and reflecting from my intuition.

2:37:43

Yeah. Beautiful, beautiful,

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I'd go deeper with that embody that more be with that more. Nicely done. Thank you.

2:37:57

All right.

2:37:59

So last two perspectives, that I just want to bring into our awareness for today, around all of this. You don't need to be anything but yourself. Again, so obvious. But I see this happening a lot. For practitioners, we think we need to be more this or more that are different than how we are. in whatever ways it is. And I just want to invite you to keep on remembering you don't need to be anything except for yourself, who you are, is more than enough. You know, I like using myself as an example. For a number of years, as I was working through this one, I was like, I need to be more glossy, I need to like put on more makeup and get more dressed up for when I teach and have the glossy materials and all the things which is so perfect for other people and so aligned for other practitioners, like I'm not saying that's good or bad or whatever. But I don't need to be that like for who I attract and the way that I want to work and how I do my work most powerfully, is like I'm not really wearing makeup and I you know, I mean my lighting could be better I'll give. I'll say that. But you know, it doesn't have to be glossy. That's not that

would not be being me. Right? So don't ever feel like you need to be anything except for who you are. And then the last piece I'll toss for today on this and this is another biggie. I think each of these are like going through them quickly. But each of these tosses are big E's. I am not solely responsible for anyone else's growth or results. I am not solely responsible for anyone else's growth or results, the moment we fall into the thinking that is our responsibility for our client to do any thing is the moment that the power dynamics are off, the playing field isn't equal, et cetera, et cetera, et cetera. And I'll going to say something next. And I'll probably say this more than once, through the course of sacred depths. Just because it's so important, one of my very first coaches, she once said this, and it just always stuck with me, she said, I can tell you the name of the river, I can tell you where the river is, I can help you figure out directions to get to the river, I can hold your hand, as you walk to the river. What I cannot do is put you on my shoulders and take you across the river. And to me, that is just so profound and so important for us to remember. And is such a vehicle for us to be able to empower our clients with that understanding and knowing.

2:41:41

Okay,

2:41:42

so I know we've been through a lot today. Thank you so much for your presence and all that you all brought forward, you will have some homework sheets in your member center. Questions for going deeper, you'll have some resource sheets with notes from today. You'll get those emails about opting in for coaching partners, you've got about a week to decide on that. So be on the lookout for those if you haven't already gotten an invitation to join the Facebook group that will be coming your way if you're on Facebook, please join it. I am there pretty much every day I'm there to answer your questions to share to support I'd love for you to introduce yourself in the Facebook group if you're there and I think that's it so before we wrap for today I want to invite everybody to write down what are hopefully you're taking away a lot from our session today. But what are your one or two biggest takeaways from our time together today

2:43:03

what are your one or two biggest takeaways? Please share it in the chat I'll read the chat and I'd love for our last couple of minutes to open up for any last shares takeaways or questions

2:43:24

so anyone want to share voice to voice so

2:43:46

Andrea saying I am hold the whole incomplete piece important yeah Natalie saying confirmation validation and affirmation. Carmen the last part of the story is what I can't do is put you on my shoulders and take you across the river myself truly is taking away that there's no need to be anyone or any way other than exactly who I am

2:44:11

beautiful.

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Carly's taking away that even with my No at all. I can learn something new or go deeper on something I already know. Yeah. How important is to set the right container for each client to follow. Yes, Jen is taking way I'm holding complete and so is the client that hers taking way to equal playing field? Yes, Jennifer asking what is more helpful perspective and so yes. I'm gonna read all of these on my own time. I can't wait to connect again. We are gonna jump into listening skills. We're going to start our listening skills module next week. If there's anything you need before then let me know I'm here. And I'm wishing Your wonderful wonderful rest of your day

2:45:03
bye