

# Transcript of Coaching Session

Overall, the process went well and I enjoyed seeing the shift happen. Here is a sample of the coaching session:

## **Step 1: Naming the Turbulence**

Coach: Sounds like you are struggling with whether you should go to Mexico over Spring Break.

## **Step 2: Coach Explores It**

Coach: What is behind the struggle to decide?

Client: My family is adamantly opposed to it and believes it is too dangerous to go into Mexico right now.

Coach: What do you believe?

Client: We have all the right precautions in place and have talked to several contacts regarding the safety of it and believe it is safe to go to our destination.

Coach: Then what is bothering you?

## **Step 3: The Client Experiences it**

Client: I want my parents to support me and my husband is angry at them for sabotaging our trip.

Coach: Why do you think they are opposed to the trip?

Client: My husband says they are trying to ruin our vacation for us.

Coach: Might there be another reason?

Client: Well, I believe they just love me and are concerned about me.

Coach: Yes, family can be very sensitive to unnecessary risk when it comes to their kids. They will usually vote for the safe decision.

## **Step 4: A Shift Happens, and the Client Integrates It**

Client: Yes, that's a good point. We need to remember that. I know they just love me and want to see me safe and are probably just worried about me taking what they feel is an unnecessary risk.

Coach: Do you think you can still go and release them from supporting you?

Client: Yes, I realize that all they want is for us to be safe. I guess I can see it from their point of view.

## **Step 5: Movement Happens**

Coach: How do you want to communicate this to them?

Client: Mom, Dad, I know you are worried and I appreciate your concern for us, but we have thought this through and are going to continue with our travel plans. I can understand your worry, but it would mean a lot to feel your trust and support.

Coach: Great! What was significant about this conversation?

Client: That my parents aren't out to sabotage my travel plans and I can release them from supporting me the way I want all the time.