

Liz's response to the coaching with Jamie Smart

| Time on Video | Overview of coaching content | Liz's responses |
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| 0-1min | Liz and Jamie settle down to the coaching | I am noticing: nerves and flustered thoughts. Things like "What will he think of me?" "What is safe to talk about without sounding stupid?" "What would be useful?" "Who's going to watch this should I be careful what I say?" |
| 1min – 7.30 | Liz asks about packages. What are they? | <p>This feels like a really useful topic for me. I don't fully understand so it's a great chance to ask questions. JS tells me what packages are. On one level it sounds obvious. I'm relieved that he is doing most of the talking. In traditional coaching he might ask lots of questions about what I think a package is/should be. I actually want to know his take on it. This feels like mentoring and it feels useful/helpful. I'm learning lots.</p> <p>When Jamie talks about my coaching course and how I bought that as a package (and not by the hour) a piece of the jigsaw falls into place and I really see what he means. I get it!</p> |
| 7.30-9.20 | Liz then explains that the 'what to charge' feels like a sticking point. | At this point my feelings and thinking get shaken again. I'm feeling a bit vulnerable. I wonder if I'll look amateurish and stupid for talking about what to charge. Surely, after 10 years of coaching I should know by now! |
| 9.20 - 1020 | Jamie makes the distinction between imaginary & real. | Something starts to fall into place here. I start to see the distinction of 'imaginary' and 'real' I feel like I'm getting somewhere, but I'm not there yet |

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| 1020-1150 | Jamie starts talking about Martians, can you imagine Martians beaming things at you? | I'm thinking, 'What's he talking about Martians for?' This confuses me temporarily – it feels like a set-up, "What's he doing? Am I about to fall into a trap?" |
| 1150-1250 | Jamie uses Martians to point out the distinction between knowing and not knowing | At this point I see something clearly. I see the truth that I don't know. It doesn't feel like the panicky 'don't know' when you're in a class and you're the only one that doesn't understand the teacher. It's a 'not knowing' that is completely honest and OK. I feel huge relief. I don't have to pretend any more. I don't know and it's ok. There's a space that opens up. 'I don't know' feels authentic, real and truthful. |
| 1350-1610 | The conversation becomes more reflective. JS shares more about being tricked by perception | I'm not entirely sure what JS is saying. I'm in a wonderful space. I'm not trying to understand his words. The silence is rich for me. It's not a silence full of busy thinking it's a nourishing silence. Any tension has dissolved. |
| 1610-1640 | JS and Liz stay in the world of 'not knowing' | I feel a deeper truth. Not knowing feels good, there is nothing wrong/bad/stupid here. Not knowing is perfect |
| 1640-1950 | JS talks about the 'softening' and the feeling of connection. He talks of insights and Syd Banks | As I look inside me I realise that a space is opening up. More things are dissolving than I brought to the conversation. I have no idea what they are but I can feel them evaporate. I feel a deep sense of knowing that this is the service I want to provide for my clients. Once again the words that JS utters don't register with my intellect, I just 'feel' something inside. |

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| | | <p>The image that comes to mind is the first light of dawn. Those first warming rays of sun are warming me inside. There is a profound feeling of truth and awe. I feel touched to the core and moved, tears start to well up. It feels very beautiful</p> |
| 1950-end | JS and Liz are moving to the end of the conversation | <p>I am in an extraordinary, warm space of quiet/silence. I know something has shifted and dissolved I have no desire to try and work out what it is. It just is.</p> <p>I look forward to going up onto the moors to walk the dog and chill.</p> |