Module #2 – Peer Call

Lisa: Hello everyone. Welcome to module two, and this is our peer coaching call. I'm Lisa Murrell along with Schelli Whitehouse, and we have Peg, we have Melba, we have Matty and we have Tara with us, our current students. Melba of course is a graduate and we are very grateful for her as an intern as well.

Today, what we're going to be doing is just a little bit of review on the co-active coaching model which we did in our first content call, and we'll talk a little bit about the levels of listening. Also we're going to give everyone a chance to co-create the relationship through setting the foundation, that's what we did in module one. We are also going to focus a bit on curiosity, listening, and intuition. If you will remember that these are the contexts of coaching in the co-active coaching model. There was curiosity, listening, intuition, self-management, deepening the learning and forwarding the action. We're going to take a look, a little bit more, in our coaching demos and practice of curiosity, listening, intuition.

Those of you on the call, of course, all of you are involved with horses, and you know that we're talking about intuition. However, we know that working with horses really does sharpen that aspect of ourselves and our way of being with each other and the world. We're beginning to practice that aspect of coaching, of coaching from that place, that connection that we experience with the horses. Let's leave it at that, and then we'll see what it feels like to play around with this in practice. We have to jump in there and do that. We can't just listen to Schelli and I all the time. Again I'll be asking the students if they have questions as well, and they might be some of your questions. For those of you who are listening in the home study program, any questions that you have of course you can post them on the Facebook group.

All right, if we're going to do just a bit of review, let's ask the students here on the call. What did you take away about the co-active coaching model and the cornerstones so far from our module 1 or from the content call of module 2? Anyone? I'll open the line. For those of you at home, think about it. What is it that you remember from what you've learned or heard so far? Anything come up for you?

Matty: Hi it's Matty.

Lisa: Hi, Maddie.
Maddie: I think that one of the things that really resonated and stayed with me from our last call was creating, what co-active coaching, what I got from it, was creating that sacred space for you and the person that you're working with. In doing that, and creating that space and creating that foundation, it then allows that person to open up, to share their thoughts and feelings and allows then the relationship to grow from there and to move in whatever direction it needs to move in. It starts with creating that foundation and that sacred space and that container where that person can come and know that they can say anything and it's going to be okay.

Lisa: That's very well put, very well put. What I hear is a lot of creating and intimacy, which is part of setting that foundation. Wonderful. What you just said is probably one of the most important things of the entire coaching relationship and that's why, we don't have to worry about all these things, oh, "What about the right question or am I going to hear the right thing?" No, Maddie's very, very right. Just creating that foundation, that sacred space, trust, intimacy, so you can become very present to what wants to happen. Again, for those of you on the call, as well as the home study group, think about the last time you were with your horse or with a horse. You had to co-create that relationship together. You had to see where they were, they had to see where you were, if you really wanted the relationship to go forward.

Think about a round pen experience. You had to develop that trust with each other. We'd play with boundaries. Those of you who are from [Epona 00:04:36] we played with the energy work. We played with all kinds of different things to show that we recognize and we respected the boundaries and the space of each other, which is part of co-creating the relationship, and part of creating that sacred space. People feel like they can say whatever they want and it's okay, as Maddie said, when they know that you can sense what their space is, you can sense-, they have boundaries and that it's okay that you can sense it. You respect it. Then they can feel safe. Then they can feel like, "Ah, I can say whatever we need to say here." Excellent, thank you so much Maddie for giving us that moment of clarity. Did anybody else have anything that you remember in particular? That includes of course you Schelli, that you feel is something that sticks with you when you think about that first part that we've learned so far.

Peg: Something jogged my memory from years ago, like 35, 40 years ago as I was reflecting on the last conversation about the thing I was mostly left with, and I found myself mulling over or you can say mining, I've heard that term somewhere. There was a lot in there, and I was just holding it up and listening. It was about what Maddie was saying, but the point of this is the listening, not the questioning. What was jogged into my memory was something from feminist days of long ago. I don't have any idea now who coined the phrase, "Hearing each other into speech." As I'm listening, someone else can, if I'm listening in an
open way, that in itself draws people out. Maybe in a way that ... Just as long as people feel welcome they often will take the space, move into the space. I loved thinking about, from the last conversation, about that can be my focus, listening for that. Listening for openness among us, among us. Among me, the horse, the clients, whoever is in there. It's listening for an openness. That would include all kinds of trust and boundaries. It felt like to me it includes everything. If I'm listening with my eyes out of focus or with not-, yeah to beyond words.

Lisa: That is just wonderful to hear that. Listening to speak. That really brings the whole listening thing to another dimension. Thank you for saying that Peg. Actually that gives me an opportunity to bring up the four levels of listening. In co-active coaching, they talk about, in the book, they speak about the first level of listening, which is just a physical level, you hear what's happening. On the second level, you begin to think, "Now, I'm listening and I'm hearing, so there's some interpretation going on, there's more of a connected listening." This is where coaching actually begins, is level 2. If you're listening on level 1, just okay you're hearing but maybe you're thinking about what you're going to say next or you're just not really listening to speak as Peg was just saying, then that's not a place where coaching is possible. Coaching is possible and begins in level 2.

Now in level 3 listening, which they describe in co-active coaching, they're really talking about taking into consideration more than just the words. Listening to, what is the body language? Listening to, what's going on around them? Listening to, what's beyond words as Peg was saying. That's a very powerful way of listening, is that level 3 listening. As a result of working with the horses, I have decided, I put in here a level 4 listening because I feel like being with the horses has taught me how to listen at yet a different level which is more than just from the body language, more than just what's behind the words. It's really coaching from, and listening from that space that happens when the two of you connect.

Again, I'm going to ask you to draw your attention to the last time you were in the round pen. If you connected or joined up or whatever word and phases that all of you use, there was you, and there was the horse and there was this thing that happened between you. That was that connection. That was again, and we talked about this last time, inter-subjectivity. The ability to exist in two subjective states simultaneously. That mean you're in a space, the horse is in a space, and you know you where each other is. Your feeling each other on such another ... almost like a third space. That's that inter-subjectivity. That's where that level four listening takes place. Being able to be there is one thing. Being able to coach from there is yet another skill set. That's something that we're going to be working on. I love what you're all saying about setting the foundation, being able to ... and what Peg said, listening, listening is what it's all about. I completely and totally agree, so thank you for those.
Let's see that ... When we talk about the first two cornerstones, holding the client creative, resourceful and whole. Anybody remember what that means? That's that first cornerstone of the co-active coaching model, holding the client creative, resourceful, and whole. This is an important one. What is means is, you don't have to fix the client, they're not broken. They're creative, resourceful, and whole. If you are going into a coaching relationship and you are holding the client that they are creative, resourceful and whole, they're not broken, they don't need to be fixed. What does that mean about your role as a coach? Schelli you have any insight about that? I know that ...

Schelli: Mm-hmm (affirmative).

Lisa: ... you've talking about this before.

Schelli: Our role as a coach, when we are sharing that space with a client of holding them creative, resourceful, and whole, allows us to be a thinking partner, more of a reflection of possibilities for them, as opposed to imposing what we think they should do or having to come up with the answers for them.

Lisa: Is that less work?

Schelli: Oh my gosh, it is so much less work. It takes all the pressure off.

Lisa: That's it. So many people, when they begin coaching, are so nervous, because they think they have to do the right thing. Is there a right thing?

Schelli: Yes.

Lisa: How do you-,

Schelli: The right thing is to hold them creative, resourceful, and whole and help them find their own answers.

Lisa: Yeah. We do not have to come up with anything. We are not the experts. That's what co-creating the relationship means. It means that we're all equally valuable. Yes we bring a different set of stuff and skills and knowing to the relationship, but none is more or less valuable than the other, being in that partnership. Think about it again with your horse. You both bring something to the partnership, very different things. As I'm sure many of you will agree with me, a human is not always the superior thing. We're not always the better thing in that partnership, we're always learning from them. If we hold our horses resourceful, creative and whole, then we can learn from them, we can learn together. That's a wonderful way. For all of you in the home study course as well as on the call, it's important for you, if there's a concept that we talk about for
coaching that you are not clear about or you are wondering about, think about it within the context of the last time you were in the round pen, or the last time you were with your horse, and it will add enormous value and insight. That's what I mean by saying that the horses are incredible teachers of coaching. We're putting words to this, but learning how to do it-, as I always say, I was a coach for many, many years before I started working with the horses. When I started working with the horses through what work we're doing now, I became a really good coach. That's the same for you. You don't have to go through that. You can become a really good coach right away! You don't have to wait. That's a wonderful opportunity for all of us. I think, let's see, dancing in the moment. I think Maddie you had said something about dancing in the moment. Something about, you can say whatever you want, anything could happen.

Maddie: Yeah, for dancing in the moment?

Lisa: Mm-hmm (affirmative).

Maddie: Yeah I think it's just being right where that person is, and sharing that space with them. That's where the possibilities lie. Be able to sit, accept, no judgment, and then to from there see what's possible.

Lisa: Mm-hmm (affirmative). Yeah. This is where vulnerability comes into play. Vulnerability is about not knowing. That of course follows, very logically, if you're holding the client creative, resourceful, and whole, and that they're not broken, and that you're not an expert, you're not supposed to be fixing anyone, that you can be vulnerable and not know, and that it's okay, and that the dance can be very beautiful together through not knowing. Vulnerability is an incredibly important aspect of coaching, and again I'm going to draw the attention to the horses, in order to be in true partnership with horses, I had to experience vulnerability. I still have to experience vulnerability, as well as discernment, and that is something that you will be able to hone as we go forward, this is only the 2nd module. Schelli anything that you have to add about any of this that we're talking about?

Schelli: I'm impressed with how much everybody is bringing to the party here in only the second module. I love what you shared about, you don't have to wait to become a great coach, you can do it right away.

Lisa: We just have to model the horses. The thing is, our whole relationship, the whole herd, Schelli and I try to make it as the herd, the herd of horses. It seems to work so much better that way. Actually I have to say, when I was studying with Linda Kohanov, and in her book "The Power of the Herd," she actually does that, she really talks about her guiding principles for humans in leadership, and non-predatory leadership in particular. She speaks about it from working with
Merlin, one on one. She figured, and she talks about this in Riding Between the Worlds, there must be some way to translate this to humans because the horses really have it down. How can we actually do that as humans, how can we learn from that? That's part of what I think the wonderful aspect of her work is, she can put that into words, and does so, so beautifully. Again, I feel like she does it in this latest book, The Power of the Herd.

All right. Let's see. Anything else that you feel, Schelli, that we should cover or review before we get into the demo and/or peer coaching?

Schelli: No, I think this is a great segue. I would just like to remind everybody that when we're doing our peer coaching, that this is present time and you are having a real conversation so make it real. The most important thing, and this is for everyone. If you're listening to this call, you're going to hear people who are having a real conversation and real emotions and real topics, and that we hold this space as sacred. This is sacred space, sacred learning, and complete confidentiality among all of us is a must. That's why we can go so deeply in our work is because we respect that in one another. That's a very important thing to remember so that while you are being coached and while you are coaching, that you can have a real honest open conversation.

Lisa: Co-creating the relationship, if you'll remember from last time, is really, "Hello, how are you?" Connecting. Remember when you go into the round pen, connect with them in any way that you need to. Saying, we have just a few moments here, what would you like to have from our conversation? You really want to create the framework that you're going to have for your coaching conversation, and see what the person would like. What are their requests? What are their objectives? What would they like to have out of the conversation? That's setting the foundation. If we are moving into, again, curiosity, listening, intuition, while we're holding the client creative, resourceful, and whole and dancing in a moment, that will give us just an extension of that foundation that we began last week.

What we'd like for you to have, we only had just a couple of minutes before. I'm thinking I actually don't know Schelli, did we say about 10 minutes or?

Schelli: Exactly 10.

Lisa: I don't know that I ...  

Schelli: Exactly 10 minutes.

Lisa: Okay. 10 minutes per person. I'd like for you all to just take a breath, a conscious breath, recreating that sacred connection between mind and body, and allowing
you yourself to, if it needs to be vulnerability to welcome that vulnerability. Let us know who would like to be the first coach, and who would like to be the first coachee because we're all going to have an opportunity to do this. That's the nice thing about having a small group. If we don't have someone volunteer, Schelli and I will volunteer you! See, those of you who are listening to the recording in home study course, you're getting off easy right now.

Peg: I'll be the coachee.

Lisa: You'll be the coachee. That's a good strategy Peg! Okay who would like to coach Peg? We're just setting the foundation and then we're just practicing holding Peg as creative, resourceful, and whole, dancing in the moment. We're focusing on listening. We're focusing on curiosity and intuition.

Maddie: I'll go first.

Peg: Okay great.

Lisa: Thank you Maddie. All right you have about 10 minutes. If it ends up being less, that's okay. Whenever you're ready, you can begin.

Maddie: Hey Peg, how are you today?

Peg: Hi Maddie I'm fine thanks.

Maddie: It's nice to hear your voice. What would you like to talk about today?

Peg: I'd like to talk about my visits with, mostly feeding the horse in the morning, 3 horses, and whatever's going on when this is happening, in the last week or so.

Maddie: Okay that sounds great. We had a few, about 10 minutes, so why don't we go ahead and get started and you can share some of your thoughts and feelings about what you're experiencing during this time with your horses.

Peg: Yeah. Good. Everything goes fine on the surface of things. I just go in, I take the feed, I put everything down and drop hay and clean up the stalls and everything, but mostly I've been aware of my relationship with my horse Julep, she's the dominant one of those three. I find I have, I guess I'd say it's a lot of confusion about what's going on with me while I'm with her.

Maddie: Are there any [inaudible 00:20:58] that come up for you when you're with her, like anything that's going on in your body that you can tune to.

Peg: Right now I feel a sadness. I feel my throat's tight and my chest is sad.
Maddie: It's when you're thinking about Julep that the sadness comes up for you?

Peg: Yeah, and thinking about ... well ... I don't know quite where to start. I feel like I put up all this noisy stuff, yeah I can't come through to connect with her. Maybe I am and I don't know it, I just don't trust myself. I feel I have no confidence in myself as a person there, as a being there with her.

Maddie: You know that when she's with you, she sees you as who are and she relates to you in that way so she doesn't think any of those things. She just wants to be in your space. I think it's important for us to kind of look at those feelings that you're experiencing about yourself, and where that might be coming from.

Peg: I think it's significant of something that I feel when I'm with her. I don't feel it with people or just by myself so much, but when I'm with her-

Maddie: I'm sorry. Go ahead.

Peg: Yeah, well I was going to say maybe that's what you were going to say. I think it's harder for me to hide from when I'm with her, than maybe when I'm elsewhere I fake myself out.

Maddie: I think I would look at that as a gift that's she's allowing you, and she's bringing that up for you so that you can move through it.

Peg: Yeah I think so.

Maddie: She's there to support you through it because we're never given more than we can handle, I truly believe that. I think that she feels that you're ready now to deal with these feelings and to deal with this sadness and that you're strong enough to deal with it.

Peg: Yeah.

Maddie: I think there's a lot of different emotions that are coming up for you. I think maybe if we take one of them and try to move through that one piece of it and maybe start breaking it down into its parts, so it's a little bit more manageable than all of it once because it can be scary when it's the big picture. Maybe if we can just break it down into its parts and make it more manageable and chewable, then we can work through it that way. If you want, maybe just pick the one thing, the one feeling that keeps coming at you.

Peg: I'm thinking that one reason I'm confused is that I don't do that. I'm having them all come at once, so that's helpful. The thing that has come through my mind as a starting point is, let's see ... It's occurred to me a couple times. I've forgotten
quite how and when, but when I talk to her, one thing that happens is that I change. I don't know what she's understanding or hearing, but she's not understanding these words I'm assuming, but my talking ... when my talking to her unlocks me some way, she responds to that. I thought maybe that's just the place to start. It's just to start talking to her because I stand there ... I've tried that I'm leaning on the fence and she's enjoying the, "Hey," I would say, I've got too many things to say. For one thing, it's freezing, so I don't want to stand there too long, but then maybe that's a good place to start. I don't know. Maybe it can hurt.

Maddie: No, I think that's a great idea. Maybe bring a journal. It might help sometimes even to just write words that are coming to you as you're with her. Then just write them down so that with her out of your head and their own paper, I think that also sometimes helps to provide some clarity to what's happening inside of you.

Peg: That's a good idea, too, yeah. Good idea. All right, I think we're done.

Maddie: Thank you. Thank you so much for being so open.

Lisa: Wonderful. What did you like about that, Maddie?

Maddie: I just loved being with Peg. I love just sitting with her and I felt like I was with her in that barn and I just was ... She was just so open and vulnerable and I felt connected to her. I felt really good.

Lisa: I felt that you did an excellent job of that. If we were to look at the core competencies, which I think is important, and establishing the coaching agreement, which is part of setting the foundation. I loved when you just welcomed her and you said that, "You have about 10 minutes and what would you like to talk about?" I mean, you just created a space for that to happen, so that was really beautiful. The whole creating, the coaching presence and creating trust and intimacy, it was just beautiful and it was present throughout the entire conversation because, Peg, you were very much sharing, being willing to share yourself and your feelings and be vulnerable as well. All of those things I liked very much.

Some of the specific things that I liked in terms of focus on listening, curiosity, and intuition as you asked her what sensations she had when Peg talked about being with Julep. You also asked her, "So this comes up when you think about her." That was another really nice question. I also liked when you said, "Well, maybe we can make this manageable by looking at just one of these emotions." I thought all of those were excellent. You are making some really nice beginnings here, Maddie. Some of the things that we ... This is for everyone, and I just can't
tell you, Maddie, how much I appreciate you going first because the first one is always the … Let's say you get the most feedback, shall we say that. You got all this good stuff, too.

One of the things that I feel is an important differentiation for everyone to make and I even have students who have gone through the entire, almost the entire course when they're into their supervision, and we still on occasion have to talk. Look at this. The difference between what do you want to talk about versus what would you like to have at the end of our conversation. They're very different. You can start with, "What would you like to talk about?" Unless you get an objective, you as the coach aren't sure how to support that person, right?

Maddie: Hm-mmm (Affirmative).

Lisa: I mean, even maybe they just want to talk about i. At least you know them. Good. You're a sounding board. You're a listener. It’s important for all of you to remember that you need to really clarify what the request is so that you know what is expected of you as the coach. One, anytime somebody is experiencing an emotion, one of the wonderful things you can do is say, "Let's just breathe into that." Two, what comes up. You would do that when you were with the horses, right?

Then one of the things that I think is important just in general everyone is to have the client do most of the talking or most of the feeling. Just allow there to be a lot of space in between and avoid "I thinks" or "Maybe this is what you could do". It's really about asking versus telling basically in any time. Like your great thing about, your idea about journaling, that's wonderful and a different way of saying something like that is, "So what might be a way that you can become more aware of or capture what's going on with you when you go out to the barn or keep track of?" Then it's Peg's idea. It may be journaling. It may not be, but it's really about helping and holding that space for whoever you're talking to to come up with whatever their thing is. We don't know what it could be because if we have a lot of more space and more silence, then we can be in curiosity.

Whereas I thought you did a wonderful job there, when I give feedback, it's always about ways to tweak it so that next time, you have … It's not just for [inaudible 00:30:44] listen to me. It's not just for Maddie. It's for everyone. That's the real value of doing these coaching demos. It's not just for the individual. It's for everyone because we all are prone to the same strengths and learning opportunities and so we get the advantage of learning from everyone.

Schelli, did you have anything?
Schelli: I agree. I thought it was really well set up and that, Maddie, you created a very safe and sacred container and that was exactly how to co-create the relationships so that Peg felt heard and supported. That was very lovely. You have some really great ideas and I could hear you wanting to support her and help her shift her thinking away from the self-deprecating thoughts that were coming up. Therefore, I think I could hear you're wanting that and maybe taking some space for yourself in that container, Maddie, and taking a moment to think, "Hmm." Instead of what you want for her, what is it that she wants for herself, might be question to ask yourself.

Lisa: This is the time where we get to check in with you, Maddie, and see how any of this is resonating with you? Are you having an emotional reaction to it? We've just done this a couple of times before, so we want to check in with you.

Maddie: No, this is great. This is really helpful and I think it definitely ... I mean, my needs are ... It was like I've just wanted to make it better and I was trying hard not to, but I think this is helpful feedback for me because it puts me in the direction of, yes, my needs [inaudible 00:32:33] to fix and to make it better, but that's not what this is about. It's not about that, and I think just taking a step back from myself and really having just reframing what was going on in some things I was saying and reframing it so that I could just keep listening and allow Peg to come to her own space and realizations with what was happening for her at that moment. I think this is just helpful tools for me to just move on and really concentrate on for the next time. As I'm continuing to read and to learn more about this is, I think I'm really understanding that there is a ... It's a shift in the questioning. It's really just taking what I'm feeling and not moving in the direction I was ... not pushing it forward but rather just taking that and then reframing it so that I'm still showing up and I'm present and I'm listening to where Peg is and allowing her to move through what she's experiencing with her own tools.

Lisa: Yeah, good. Yeah, that sounds very solid. One of the things that's so fascinating for all of us is that our clients are such mirrors of ourselves. There's also this part of the collective coaching model which is self-management. If you remember it with one of the pillars and that is what you said noticing, "Oh, my [inaudible 00:34:06] reaction is this," but we all have those. Part of being a good coach is noticing that, not judging or blaming or shaming, but noticing, "Oh, my God, this is showing up here, too? Okay." Then you just ... It was great. It showed great awareness, Maddie, that you were able to see that and you were able to see how it shows up and that you noticed yourself. You were trying, and that's what it is. It's all a grand experiment.

That's where we, as coaches, learn. We at least have the opportunity to learn as much as our clients. It truly is a partnership. Like with the horses, it's truly a
partnership. We're not always in charge in there. There's something in it always for all of us. Great job on all friends, thank you. Thank you, Peg, for being so open and vulnerable and I agree what Schelli said that Maddie set that up so beautifully.

Let's see. Tara, do you want to coach or, Peg, do you want to coach?

Tara: This is Tara. I could go if you want me to.

Lisa: Okay, all right. Let's see. Melba, why don't you be the Coachee at this point? You have about 10 minutes, so just go ahead and begin, Tara.

Tara: Okay. Hi, Melba, how are you today?

Melba: Hey, Tara. I'm good.

Tara: Good. Nice to see you again. We have about 10 minutes for our conversation here today. Where we start, I'd like to just ask you what you would like to have for the end of this session today.

Melba: A little more clarity around a relationship with my horse, Mica, a little more clarity around that, the next steps.

Tara: You'd like to have a little bit more clarity around your horse. I'm sorry. I didn't quite hear the name. You said Mica's the horse's name?

Melba: Mica, M-I-C-A, yeah.

Tara: How can I help you find that clarity or I guess, I should say, where is the areas that you're feeling unclear about your relationship with him?

Melba: I've got him maybe seven months ago and I'm a long way in our relationship but two weeks ago I was tossed off and tripped and then he's stooped. It's a silly thing. We're in the Arena, and when he's stooped, I lost the stir up and got off balance and then he panicked and I went to his hind to try to get him to stop because my daughter was in the arena jumping jumps and it was dangerous. I said, "No, we're not stopping," and I went off and I hurt myself. I'm still hurt. I'm just at a place where I don't want to give up. I don't know, do I keep working with him? I'm working with a trainer and I can have a trainer. I can't afford a trainer every single time I go out to ride this horse. I try to be as safe as I can and conscious and present. I'm wondering what is it about myself and is this a right fit? Then I don't want to give up. All that's going on for me.
Tara: I'm sorry you had that experience. To hear that is frustrating because, of course you want to have a great connection with your horse and you're trying the best you can. Have you thought of ... Sorry. I thought I heard you about to say something. Have you thought of ways to approach the situation, ways to work with it on a day-to-day level with other current parameters of what you're dealing?

Melba: We've got a lot of snow here, so I can't help ... my back's not healthy enough or my hands to ride him anyway right now but I went out. I've been out to see him and took him out yesterday and we just did a little ground work on the pavement in front of a park, and it's just thick snow. I know he's not thinking about this. Everything was fine and I'm feeling ... I guess to answer your question, I'm still in relationship with him like I'm not holding a grudge, I guess, but I'm not feeling safe about getting back on him. I don't know. Did that answer your question?

Tara: Yes, yes, it does. Thank you. That's good you're trying to have a relationship with him with the ground work. Let's see. How would you feel more safe with him? I hear that you feel uncomfortable being around him because the experience that happened a couples week ago, but how could you create a relationship with him where you feel like more trust could develop so you could eventually ride him or whatever it is that you want to evolve out of the relationship?

Melba: What I'll do is work with my trainer again and have a lesson, have her there. Again, that's what I'll do but I can't get a trainer to come out to just work with him a little bit. I can't have a trainer there. That's where I get, "Oh, I know I can work with my trainer and everything will be fine," but then some things happen when we're really in a very ... safe and low-risk environment, just canter in the arena. I just feel like I can't afford to get hurt that hurt again. That won't be covered as quickly, and I've got a family to take care of and I just ... I don't know. Do I just keep working with him? Arabian, he's spooky. Let's hear them. What just came up in the background for me is, "Am I good enough? Am I good enough, enough rider? Can I ..."

Tara: I'm sorry to interrupt you. I don't know if it's my phone line or your phone line but you're going in and out a bit. Did you just say, the question that came up, am I good enough?

Melba: Right. That's the thought that comes up and the thought or the question that I'm asking the question.

Tara: That's a good resource you've to within yourself I think to really get to that place, the core of it. It sounds like that's the centre of maybe what you're facing here with your horse.
Melba: Yeah, he definitely breaks down, but yeah, it brings that up for me and then I get ... Then it spirals into, I get upset with myself or angry with myself because, damn it, I'm probably one of the most conscious people that I know as far as, except for this little herd group that we have here for me, but really being introspective and conscious and aware of owning up to what's going on for me in life. Why don't I have this yet? I don't know. I beat up on myself in that way.

Tara: Good for you for coming to that. This is just a question that pops in my head though. What do you think it is that your horse Mica wants from you in the situation?

Melba: That's a good question. I don't know what he wants from me. I'm showing up as honestly and as present as I can be. Maybe that's something I can ask him.

Lisa: Tara, it's about time, so you want to just close it?

Tara: Okay. Yeah, I wasn't watching the clock and I was wondering. Thank you.

I've enjoyed talking with you today and it seems like you found a little bit of clarity about what you're needing within yourself or some reflection points to look at as far as not feeling good enough and I really encourage you to sit with that and breathe into it. Next time when you're with your horse, feel if there's any more information that comes forth in the situation. Thank you for your time today.

Melba: Thanks, Tara.

Lisa: I had to unmute mine. What did you like about that, Tara? Is it Tara, or Kara?

Tara: It's Tara. Thank you for asking.

Lisa: Tara, okay. What did you like about that?

Tara: I like the connection with her. I was honoured that she was vulnerable with me about what was coming up for her whether a connection with her horse, and I enjoyed being present with her and just the practice of listening and reflecting and asking questions. It felt good.

Lisa: From my perspective, it was really lovely in so many ways. I love Tara where you said from the beginning, "What do you want from me? We have 10 minutes." I mean, from our own conversation. I couldn't read my own writing. You're such a great listener. I mean, that showed up and that you listened. I guess you are more awake. You're a great listener. It showed throughout the call. You listened to what we were talking about earlier so you were an incredible example of what
I was saying, Schelli and I earlier, that you learned from each other on the these calls because you took into consideration everything that I talked about which was reframing that request at the beginning but also reframing everything as questions. I heard you do that and I love the space that you gave, Melba, to just be with what she wanted, needed to be with because there were clearly no answers.

I also liked very much at the beginning when she said, "I guess I'd like some more clarity about me and my horse Mica," and you said, "Well, how can I help you?" Then you said, "Well, what areas do you need clarity in?" Those are great questions. They were really great questions and just listened to Melba, validated her and I like your question, "Have you thought about ways to work with this within your current parameters?" It showed that, first of all, put it in a question. Second of all, you listened because she was talking about the parameters and "What do you think your horse might want from you?" Great question, really wonderful question.

I know that you had to end right here. You reframed everything for her at the end. While it sounds like you got some really nice clarity, da-da-da-da, I invite you to breathe into that, one of the greatest ways instead of subjecting things for them or ... This is what you got from the call, but to wrap it up and find out what they got from the call and to really solidify that is to say, "So what are you taking away from this call? You said in the beginning you wanted some clarity. Does it feel like you got any?" Right? That's something all of you listening here that are live and in the home study course, just ask at the end of the call, "Well, you said in the beginning you wanted this. Do you feel like you got that? What are you taking from this call?"

Regardless of if you had to end, and if it's a short, "Well, it seems like our time is just about up. I know you said you wanted X at the beginning. Where do you think you are with that? Do you think you have gotten that?" Just a lovely, lovely example and first effort, Tara.

Schelli, do you have some comments?

Schelli: Here I am. Yes I agree. This is one of the reasons why I love these peer-coaching calls is because it's an opportunity to take what we've been talking about and demonstrating. We've been talking about it and reading about it and a couple of demonstrations and it was like, "Oh, that makes so much sense. Oh, I totally understand why we do it that way," and yet when it actually comes to doing it, it can feel completely different. It's like learning how to ride or learning how to do anything. You can see it and understand it, yet you don't own it yet. This is the beginning of ownership. Tara, you slopped into that beautifully. I could hear in a few places where I could hear you wanting to fix or to provide a solution and
then you would stop yourself and reframe your question to help guide her. It's going to get better and better and the more you relax into it, questions will come from deeply from the listening but it was beautiful the way you held the space. That's what we're practicing today, some intuitions curiosity, and listening ...

Lisa: Which I think both you and Maddie have both demonstrated in a lovely way. Wonderful. Do our comments resonate with you, Tara?

Tara: Yes, yes, they're very helpful. Thank you.

Lisa: I'd like to be able to give Peg a chance. Let me take a poll on the call here. Do you have an extra 10 minutes or is there someone who must leave right at the bottom of the hour? Okay, great.

Peg, Peg, my dear, it's time for you. How about coaching ... Who wants to be coached?

Peg: I think Tara hasn't been coached yet.

Lisa: Then that's what we'll do.

Peg: Maddie wasn't coached either.

Lisa: Maddie wasn't either. Maddie or Tara, is there any burning desire more one from the other?

Tara: I could go or not go. If you really want to go, Maddie, you can.

Lisa: Tara spoke up first, so there you go. All right, Peg, you have 10 minutes, so go ahead and begin.

Peg: Good morning, Tara.

Tara: Hello.

Peg: Hello, Tara, can you hear me?

Tara: Yes, yes, I can.

Peg: Good. Good morning. How are you at this moment?

Tara: How am I? I'm good. I'm a little sleepy but I'm good. Thank you.
Peg: Is there anything in particular you have on your heart or your mind that you want to talk about?

Tara: Yes, I do have something on my mind I'd like to talk about. My situation is is that I have been involved with a wonderful man for the last six months and he's just great in so many ways. He's very helpful with my animals and just a sweet guy, really fun and smart and just wonderful partner. I have a little bit of stuff out for me right now because he is a musician. He's just not like a full time but he is a bit of a musician and I came from a relationship. My last relationship I was married to a musician. I was with him for seven years and it was a little bit challenging for me to be with a musician because he was gone a lot on the weekends and such. This new man, Michael, he's not like that. He plays once in a while but I'm noticing last day or so there's some reservations coming up and I'm recognizing that it's from my last relationship with maybe unresolved issues with my husband as him being a musician but that's about the crux of what I'm fitting in with. It's not such a huge deal but I'm noticing it there on the surface as being there.

Peg: We have about eight minutes, I think, left. What would you like to have happened with this eight minutes or by the end of the eight minutes?

Tara: I guess I would like to have a little bit more clarity about what's coming up for me with this whole musician issue with this current partner. Just a little bit of insight and clarity in this situation.

Peg: I'm hearing it but I just want you to know I'm listening. I'd like us to listen to what you just said a minute. Some clarity about what's coming up. Is there something in particular that's coming up? You mentioned about the reservations that he may be gone a lot. Is that the main thing that's on your mind at the moment with it, that you want clarity about?

Tara: Not so much because like I said this guy, Michael, he's not a full-time musician. He plays once in a while. He's actually around quite a bit. It's very much a different situation but what is coming up for me is the fact that he is a musician in comparison with my past relations, my husband where I was quite challenged with that. I think it's just really it's my past coming into my present and showing me that I still have some unresolved issues around my past that I need to deal with. Michael is being a nice little trigger for something I need to deal with with my past relationship, if that makes sense.

Peg: Do you have sense of what that is that's coming up?

Tara: Question. Yeah, I think from the couple times when Michael has played at different events, there's just been the slight triggers, memories of just sitting in
the audience, seeing my husband play and not feeling connected to him and realizing that there is maybe a little bit of trauma around that just because it happened so frequently. I guess there's a little bit of fear that this will be something that's more of a common occurrence my life even though I know that he's not going to be playing music not that often. I think it's just when I get boiled down to is just fear really.

Peg: Fear that it might happen again or that ...?

Tara: Yes, yes, I think so. Fear that I'll be in the same situation again.

Peg: If you were to take a deep breath into that sensation and take a deep breath into that sensation and see if anything comes up or gets clear.

Tara: Yes, that's helpful. Thank you. That's a good reminder. I did and what came to me as if I felt it in my belly area is that, I need to stay in the present moment and just really embrace the present moment and see that what's happening now is now rather than not what happened in my past and that he is a different person and it is a different story. I can't create it to be however I want to be and it doesn't have to be the same thing that played out in the past that was very difficult for myself. Thank you. That was very helpful.

Peg: Can you imagine having that sensation comes up for you that you didn't do first time with your husband?

Tara: I think just what you said breathing into it and just centering and being present and the sensation is good and then also maybe if I feel the need to communicate with Michael to talk to him about it, if I'm feeling uncomfortable about something, just be really honest about it.

Peg: Does that seem like a possibility?

Tara: Yes, yes, he's great and I can talk to him about anything and he understands my past reservations or my past situation about being with a musician and my reservations about being with another one. He's very understanding and compassionate, so, yes, yes, it's definitely possible and good thing to remember.

Peg: You said you wanted to get some clarity about what all was coming up for you. How is that at the moment?

Tara: I definitely feel like I receive some clarity. I think the clarity is about separating the past from the present and just reminding myself that I'm here now. I'm in a totally different situation even though he is a musician but that I can create my reality however I want. Yes, I feel like I've gotten a lot of clarity. Thank you.
Peg: It looks like we're about the end of the time. Is there anything else you want to bring up or …?

Tara: No, I feel good. Thank you. This has been a very effective 10 minutes to help me gain some clarity, so thank you so much. I really needed that actually.

Lisa: Wow. That's great. This was the perfect example of how you don't need a lot of time. You just need to be present in the moment and, Peg, quite fabulous, dear. What did you like about that?

Peg: I like that I took my own time. I had my sense of my own boundaries about how I moved into the relationship and into the mystery of what was going on.

Lisa: That was just beautiful, just lovely. Schelli, you want to give Peg some feedback on what you heard?

Schelli: Yup, I'd be happy to. I love that you just called that … You referred to that as the mystery of what was going on. That just shows how much you were in that place of curiosity and listening and following Tara. I could really hear you following her and just holding that space for her. Nicely set up the timing. I loved how you opened with, "What's on your heart or your mind?" and she did say something about what was at top of mind, but, wow, it sure sounded like a heart issue as it went deeper. That was really lovely.

Then how after she shared what was going on, you then reframed your time together. You let her know that, "Well, you know, now that we have eight minutes, what would you like to have happen by the end of our conversation, by the end of our time together?" That really helped set the framework and the tone for where you were going and yet at the same time you weren't hurried. You were open. When she said she wanted more clarity and around reservations, around him being gone, I thought it was really interesting how you said, "Well, let's just listen to that for a minute."

Lisa: I loved that, too.

Schelli: "Yeah, let's just listen to that for a minute," and I thought, wow, that was just a really interesting way to go to give you the space, to sit with that question and see what wants to have … or what that statement and see what wants to happen next in a way for you to move the conversation forward. That was really beautiful. That you acknowledged what was coming up for her with fear and created the space for her to connect with that fear by breathing into it and asking her what came up out of the fear.
The purpose of our demonstration was intuition, listening, and curiosity, and those were all really good examples of you allowing your intuition, being curious and listening to what she really had to say. Then out of that, you ended up with some really lovely coaching moments which is … which was because of those other elements, it let to those beautiful touching moments.

Lisa: Right, Peg, there were a couple things that you did in particular in addition to what Schelli said is that you asked a great question. Do you have a sense of what that is, of what's coming up for you and I liked the way you said that about, do you have a sense, and then she talked about the trauma and that and then you said, "Well, take a deep breath." That was terrific. You really asked her to breathe into that. Then I liked your question, "What can you imagine you can do next time?" I liked at the end when you said, "You talked about clarity. How is that at the moment?" Just everything you did was really lovely and definitely beneficial from Maddie, thank you very much for going first so that there, you got the biggest feedback that everyone built upon, right?

Maddie: It's all right.

Lisa: Then Tara had another go at it and yet you as the third one. This is lovely. This is what happens. This is how the horses learn. This is how the babies learn from each other. They're around other horses that teach them. They don't worry about, "Oh, my God, I didn't get that right." They just, "Oh, okay, that's how to do it," and I feel like this was just a lovely demonstration as Schelli of looking at how do you set the foundation, how do you co-create the relationship through holding your client as resourceful, creative and whole, listening to them on all the four levels of listening and dancing in the moment through curiosity and through just owing it to be what it needs to be.

I thank you all so much for your first peer coaching call. Congratulations, and for those of you who are in the home study course it would be wonderful if you could check with someone in the Facebook group and see if there's someone that you would like to practice with and see if you can apply some of the principles and the basics as we have done today. Schelli, is there anything else before we close?

Schelli: The only thing I wanted to mention just to wrap up with Peg's session was, and this is for everybody, is to be careful when you're at the end of your conversation to bring it to a complete close. That happened when you asked her about how her clarity was and then you said, "But we're out of time. Is there anything else you want to bring up?" Just watch. Be careful with that because somebody might bring up something that's really huge all of a sudden and you really don't have the time to help them manage that. Be careful of your language when you're at the end of your call. Make sure that you can close it so simply.
Lisa: Yeah, that's an important thing. I thought about that, too. All right, everyone. Thank you very much and this is the end of module two. Our next meeting together will be the content of module three. Thanks, everyone. Talk to you soon. Bye-bye.