

Coaching Training Session #6 - Chat

01:03:28 Marta Khader: I won't be helpful to them.
01:03:48 Rabab Hamdan: im not perfect myself
01:04:06 Rabab Hamdan: i do mistakes all the times
01:04:20 Eileen Fauver: I don't want to disappoint them.
01:04:53 Emma Hostetter: That I'm teaching them about self-regulation when I'm not always able to self-regulate well with my own children all the time. Sometimes feels like imposter syndrome.
01:04:53 Eileen Dickinson: I think if they do mention something I am really struggling with with my child currently.
01:05:09 Natasha Coombs: I can't do this. I'm going to fail as a coach.
01:05:27 Martyna Hempel: I will say something that will hurt
01:05:29 Marta Khader: I'm an imposter.
01:05:34 Emma Hostetter: Is my empathy going to come through
01:05:42 Nola Yamashita: If they ask me something that I don't know. My fear of not being able to answer a question.
01:06:54 Nola Yamashita: I still struggle being empathetic with my kids, I'm afraid that I won't be able to be empathetic with them or coach them on it
01:07:52 Nola Yamashita: I noticed that read the mom's intake form first and I was very resistant to read the dad's
01:08:24 Nola Yamashita: I apologize I need to leave early to take my son to the dr.
01:08:39 Eileen Dickinson: Bye Nola!
01:09:03 Jennifer Ellis: empathy
01:09:07 Jennifer Ellis: empathy
01:14:10 Jennifer Ellis: Unfortunately I also have to take my son to the doctor! See you all next time!!
01:37:33 Natasha Coombs: Marta, could you please resend the document that Dr. Laura is sharing because I don't have it when I accidentally exited the meeting earlier.
01:37:47 Eileen Dickinson: I don't see the document either
01:38:03 Emma Hostetter: I don't see what you are sharing either
01:38:23 Dr. Laura Markham: Self-Regulation Strategies:

Ongoing Practice

Rain meditation to work through triggers

Body scans to process full backpack, ongoing stresses

Mindfulness practices, breathing practices

Before the Session

Meditate to get centered

Self care to meet own needs/eat/movement/go outside

Set intention: Trust that something bigger is supporting you/Stay curious

Prayer to be of service/Ask for guidance

Don't prepare just before session. Go into the session ready to be present and listen. That is where the magic happens.

Self-compassion

Focus on the client's strengths

During the Session:

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Keep noticing your own feelings

Keep your physiology regulated- breathing

Bring your focus back to the client's words.

if you notice a challenging/triggering thought or emotion, put it on an imaginary shelf to revisit and explore later.

Mantras: "I'm here. Be here." / "Listen."

Stop - Drop - Breathe.

01:38:26 Dr. Laura Markham: After the session

Write notes immediately for closure

It is not my right to rob them of the responsibility to make this change for themselves

Think of 5 things that are different between you and your client.

Package up their emotions and put them in a box and send it back to the client after the session so you aren't carrying them around with you.

Release any cords between you and the client

Brief meditation to let go of the past and move into the future.