**CC\_S2E6\_final**

Welcome to coach to coach a podcast dedicated to showcasing the power of coaching. I'm your host, dr Katie Linder, and I offer coaching to academics and higher education professionals to bring more ease to their lives and work. Before you dive into this episode. Here's a quick introduction to the structure of the show.

In each season of coach to coach, a new guest coach will come on the show to demonstrate a range of coaching tools and strategies. The first episode will offer you an introduction to the guest coach. Then I'll coach the guest and they'll coach me for the next six episodes and always on real topics and issues we're dealing with in our own lives.

Each season we'll end with a debrief episode where we'll talk about how the season went. And offer any updates on the topics covered in earlier episodes. It might make the most sense to start each season in the beginning and listen to the episodes in order this season. I'm delighted to introduce you to dr ball.

He supposed specializes in helping ambitious, perfectionist get out of their own way so that they can experience greater joy and fulfillment in their careers. Now onto the episode. Hi Isabelle, how are you? Morning, Katie. I am doing well. Thank you. So I am excited to dive into another coaching session and this time I am coaching you.

So what are you coming to with the session? What are you hoping to tackle today? Well, I mentioned before we started recording that I've had a shift in energy. Uh, in a positive sense, we need that. I am feeling more energy and I would love to address networking, networking for the purpose of connecting with people.

And I'm growing my coaching practice, uh, because I'm emerging from like a Uber intense introvert phase. And. I've been feeling like I want to connect more with people face to face, but I'm also resisting that on some levels. So I would like to explore what are some ways that I can connect face to face with people in a way that also, that doesn't feel like, uh, exhausting.

Before I even said what it was like the door. Okay. Okay. So you mentioned kind of the shift in energy that you've experienced. What also makes this kind of resonating for you right now? That it's kind of significant for you? I'm, I'm wanting to, I wanting to grow my coaching practice and recognize that I cannot continue to hide.

Mmm. That that will not serve, uh, my ultimate purpose of, of helping more people. That's really, really what it is. Okay. So, uh, when I hear you saying is kind of looking for ways to network maybe on your own terms that bring energy or at least don't deplete it. Yes. Um, okay. And by the end of today's session, what would be a good outcome for you?

I would light to make some decisions. And I'm also realizing that decision making is really difficult for me. And so, Mmm. This particular one, I bet has been floating around my head, draining my energy because I'm not making decisions. I'd like to make some decisions around networking. Okay. And when you think about the timeframe in which you want to be doing this, is it immediate?

Is it kind of in the medium term, the long term? What does that feel like for you? Immediate. Yeah. Okay. Okay. So I'm curious, because you've mentioned that networking can be kind of an energy suck for you. When you think about networking, what are the things that are kind of that vampire feeling where you're like, this is really, you know, not giving me good energy.

Are there certain kinds of networking that you know are just really not a fit for you?

Like the thought of walking into a room or being in a room of complete strangers?

Does not appeal. Um, certainly the kind of, I don't know if you've heard of, I think it's called BNI, where you're forced to make referrals. Definitely not my thing. Okay. Um,

I guess if I felt that I wasn't with. People that I could connect with based on like a superficial judgments, you know, like, um, if I were to walk into a downtown thank Coover networking event where everybody's in a suit, Mmm. That would also feel, uh, I would question whether I'm at the right place. Okay.

So when you think about networking, what does it mean to you in this particular context? Or generally, uh, what would be more helpful for you? I think in this particular context? Um, so when I think of networking for the purpose of reaching more people and being able to share what I do and build.

Collaborations and alliances. Uh, the question was what does it mean to me? Is that right? Is that what, yeah. Um, yeah, it means really that like being able to connect with others in some meaningful way around a topic that we are like a topic. An area that we both feel committed and excited about.

to what degree is networking you going out to find people versus people coming in to you? I've always thought of it as the, the former. Mmm. Again, in this specific context . What would it mean to think about it in the second way of drawing people in to you?

I guess I, um, I see it as a two step process where by going out, then there's the drawing in so far my drawing in has, uh. Been largely done by by writing the newsletter, by posting, and that's starting to feel like not hiding. That is one piece of it. And I'm feeling called to go out to or drawn to two, two going out.

Okay. So you mentioned it doesn't look like walking into a room full of strangers. Um, what does it look like for you, this concept of going out?

I think maybe I'll reframe that. It could be a room full of strangers. Yes. Mmm. It were in some sort of structured. Like through a structured process. So if it's a big room, um, and I'm beating to go to strangers and introduce myself, that just, I've done it, I could do it. Um, it's not really what appeals to me, if it were, yeah.

A structured networking event where there's recognition that that is. Awkward or perhaps not productive, then I think, um, yeah, I'm, I'm, I'm game for that. Okay. I sent some hesitation though of kind of like, I would do it, but it's not really for me, but it could help me meet my larger, yes. Yes. You're absolutely right.

Okay. Yeah. So I want to aim a little higher. I'm wondering if we can look for something, a way to, for you to network that feels really aligned with who you are and what you do and what brings you energy. I would love that. So what are some things that, setting aside the networking for a moment, what are some things in your life right now that really bring you energy, that really recharge you, that you look forward to?

Just in general, right. Yes. It doesn't have to be tied to this. Okay. Things that energize me are doing something new. Um, hiking, singing, reading. I'm hanging out with my kids, going to an event with my, with members of my family. Those, those are the things that come immediately to mind. Doing something creative.

That sounds good. Be active.

so when you think about this networking piece, do you see yourself going to a structure that someone else has set up for you, or are you open to the idea of you setting up a structure and inviting people into it?

I'm definitely open to me setting up a structure.

Um, the hesitation is I guess the, the concern around what could that look like that wouldn't take massive amounts of organizing. Sure. So I want to propose an idea that I've seen someone else do just to get us thinking as kind of a brainstorming activity. There's a woman who does what she calls goals hikes.

Yes. She's in Colorado. I don't know if you've heard of her. Her name is Jackie Carter. Um, she's a coach. She's a gold coach, and she basically organizes these hikes and invites people to come and she coaches, well, she's hiking. Does she coach one-on-one? It's a big group. And they, well, big is relative, maybe less than 20 people, but they will start the hike with kind of a prompt or you know, a brief discussion and then people hike together and they get to talk to each other as they're going through this hike.

And then they pause at various times to share what they're learning about themselves or each other and to get additional prompts kind of as they go. This is how I think it is. I've never been on one of these, but based on her descriptions, this is how I think she's doing it. And then they close and they kind of debrief at the end of the hike.

And she does these relatively regularly, um, maybe once a month. And it's become a thing that people can sign up for and they know it's coming. And it's a very localized thing, obviously to where she is. But when you were talking, this immediately came to mind as one possibility where you're meeting new people.

You're inviting them in, but it's in a space that feels uniquely you. So when you think about that kind of scenario, are there other kinds of ways that you think about the things that bring you energy, where you could invite people in to either do that thing with you or to facilitate something around that thing that could be kind of fun and energizing?

Uh, certainly this idea. Taken pretty much as is, would be really fun. Um, another type of thing would be, uh, a few years back, I organized like a card making workshop at my camp, at my house, and it was, it was so fun. Um, there was a woman that I hired who has, does a ton of scrapbooking and she brought all her supplies.

And so something like that. Could be, um, another variation. Mmm.

Your question was like some, what are some other forms of that? Or like inviting people and, yeah. Those are the two that come to mind. Like we have the ocean right by here, the forest. So, you know, hike doesn't need to be to a mountain. It can be a walk. Okay. Mmm.

Possibly something around saying that wouldn't be something, I don't know that I could facilitate, but

perhaps something around facilitation. Um, but the hiking and the, the creative, either collage or the card making. Mmm. With ethic collaboration with somebody could be really, really fun. . Yeah. I love the idea of a collaboration too, because this is one of those areas where maybe you don't have everything you want to bring to it.

Yeah. But someone else could come with you and and bring their gifts to. Hmm. Yeah.

You mentioned reading as well. I did wonder about some kind of book group or something along those lines. Is that something that's of interest? So that would be. Uh, so if that were to work, it would be a book that would be more around personal growth with some coaching, um, prompts in there. Yeah. That could work actually.

What are you feeling when you start to think in this direction of combining kind of an activity with this rather than going to a room and trying to do a little more formal kind of networking situation? Uh, it feels exciting, especially when you talked about the, the hiking one. I do have a friend who does that one-on-one.

She, that's her coaching outdoors and sometimes on hikes. Um, immediately I get into the. The organization piece? Well, how would I have, like, how would I, what would I need to do to organize this? How would that work? But not in an excited way. Um, that feels like right now it feels like a block. you do meet up.

Definitely not Facebook, you know, blah, blah, blah. My head goes there.

It is a different animal than kind of internet relationships that get built for coaching because this is all very local is what it's looking like. What would it look like to do something like this virtually?

I feel like I want people like. Actually in the flesh. Okay, so that face to face piece is important right now? Yes. Okay.

What are some ways that you have been maybe sharing the importance of that or talking about it or kind of putting it out into the universe other than right now when we're kind of talking about it, are there other ways that you've been kind of starting to. Tell people or talk about the importance of this for you of the coaching and like the work that I do through coaching.

Well, I'm more like the face to face like this, this need that you have right now to do this face to face work.

I think. Other than saying it to a few people, it's mostly been this swirling in my head of wanting to do it and then getting okay. Duck into thinking it. It's going to look a certain way or it needs to look a certain way. Um, and then not making decisions. Okay.

What do you think would happen if you started to tell people that you wanted to have this face to face connection and you were starting to explore ways to do it

well in the past? Why do you believe that putting it out there, um, as always led to something. In a good way. Um,

so this is a really vague answer, but I think that something would come of it.

I wonder what that look like. You know, like this idea of not making the decision, just putting it out there and kind of seeing what comes to you. I'm trying. As you're talking and asking me the question, I'm trying to think, you know? Mmm.

You know, who would I tell? And I guess it's like anybody, right? Dime. I'm wanting to make more in person connections with people around coaching. Simple as that.

Who do you know that does this kind of work in a way that you might want to emulate or that you kind of look at it and go, Oh, I wish I could do that. Do you mean the group at the in person group stuff, whether it's coaching or like that? Yeah. Yeah. Um.

Well back to the book group the other day, I met with, um, a girlfriend of mine and she was telling me about, it's basically like a spiritual book group that she belongs to, but it's actually, it turned out that it was a lot more than a book group. It was like, I'm at group of women who support one another in there.

Spiritual, personal growth and do so through a number of different, different ways. So that sounded great. So that would be one, one person. There's also a number of, um, of groups through the Unitarian church here in Vancouver, and I don't know much about them, but they, they always sound intriguing when I read a little bit about them.

Mmm.

Yeah, I must say I have less and I, and I've heard of some fun book clubs, but I don't know that much in terms of in person

around here. Okay. I wonder if that's a possible exploration direction. It's just who is doing this work? What does it look like? What are the models? And I bet they're not calling it network. Definitely not. What do you think these groups called this when they come together like this, in these supportive spaces?

Mmm,

I think they're often around an interest. All right. So, um. Like a drop in singing group, for example, or um, a meetup, hiking group or a woman's group around, whatever it might be.

The word that comes to mind for me as we talk about this is community. Yeah. Then it's drawing together a community. It's not. Networking, which feels so like businessy in Corpus, but it's building community around something.

What does that feel like to reframe networking as creating community? That's huge

and it fits. With the model of, of drawing in. And I think it also, uh, can fit with, as I think about stepping out, but I have this, um, dilemma, I guess. When I think of, for example, I'm part of a small singing group that meets on Sundays, and for sure there's a, an element of building community there. And we never talk about the work that we do.

Mmm. And so I wonder. In that kind of model where I'm going out and being part of communities that exist, doing things that I, I love to do. Um, is that effective for you? What was that? Yes. Yeah. I don't know. I'm trying to figure, figure out my words. Like, I guess the more traditional networking, I'm thinking, well, everybody knows you're there.

To grow your business like that is really ultimately purpose. And therefore, uh, is that better in air quotes for the purpose of reaching people around coaching when we're looking at that model is me going out

let's explore that a little bit more. So thinking about this Sunday grip, what if one week. Maybe at the end of the time you were to say, before we all go, I just wanted to mention how much I've enjoyed this face to face time with you all, so much so that I'm creating this other face to face opportunity to meet with people and build community.

I don't know if any of you would be interested in it, but I wanted to share some information and maybe you can pass it along to people who might enjoy it.

What would it look like to start doing that. And some of the face to face groups that you already belonged to and as a kind of Testament to how powerful they've been for you, that you want to keep doing this more.

The thought of doing that right now feels super awkward.

but I can see that if I,

I can see how possibly. It could feel less awkward when I felt like know these women more. Right. Depending on how it's done. it may not be a formal announcement to the group. Right. Maybe it's one on one conversations or something along those lines. Yeah.

So it's definitely not a, uh, no, it would need, I would need to. Kind of put that in a way that, like you say, one-on-one could be, Oh, it would be a lot easier.

we keep kind of coming back to this language of business building or networking or the right way to do this work. And I do wonder about the power of reframing that because I do think the business building would happen. As part of this community building, it could be aligned. Are you talking about the, regardless of the model?

Yeah, but also just thinking about, I don't think they're separate, I guess is what I'm saying. I think that they're, they're kind of the same thing. Um, and what does it mean to kind of think about those things. Differently. To kind of frame it in your own language, your own way of what it means to build your business through creating and growing community

we definitely well aligned with my values for sure.

Yeah. Very, very well aligned. Um.

I think it would

require like more trust in, in a way. Mmm.

Yeah.

What kind of trust would it require?

Well, I think that I, um, have a notion or holding onto a belief that.

That part of what is needed right now is for me to have more human contact with individuals as a way an end to beat speaking . Mmm. Presenting myself as. Uh, as a coach, and what I've noticed is that often I, um, certainly in the recent past have been more tentative about presenting myself that, that way. Um, so the belief is, yes, that I need too as a next step get, Hmm.

Get in front of people more. Um, and your question was about trust, but I got her exactly what your question was. What kind of trust? Hmm? Does it need it? It needs some sort of trust about, uh, well, definitely trusting that.

Something around like doing the things I love in ways that feel good, well will lead to two good things. Something around that so letting it unfold

Hmm.

What does it mean to show up in these spaces as a coach,

say a shift, a shift in identity.

Mm.

Possibly a different way of, of listening,

uh, letting go that, that, uh, showing up as a coach. Um, and saying anything coach-like is going to be perceived as like, as me trying to sell

Yeah.

What shifts in that. If you think about being a coach is just being part of you.

Yeah. That feels like really

It also feels true

Feels like I'm removing the pressure.

Also kind of goes back to the, um, the being versus doing. I have them, I see the, I have a really strong belief around doing. Which has definitely contributed to exhaustion. Mmm Oh many times over. Like a frantic pace.

What would be some alternatives to. That frantic pace and exhaustion. What do you want instead of that?

I want a greater sense of calm. A greater is a greater sense of being. Um, okay. Back to the word trust back. At a greater since holding trust

in my day to day.

Um, also, yeah, we'll tie to that. Is. Kind of this trying to, uh,

by doing controlling, they're there to some, you know, relationship. They're trying to control the outcome. doing things.

What changes about the concept of networking for you when you apply this notion of trust? Hmm.

I think it would look more like

seeking fun opportunities. go do things. Mmm.

And letting go of

letting go of the equation, that networking equals some sort of organized businessy type of event.

And that feels like both. It feels like both a relief and it also feels, uh, stressful because the, the, the little voice there, that inner critic is, um, it's saying something along the lines of, well, that's a cop out. Um, you're finding an excuse not to go networking, that that type of dialogue is happening.

what if this doesn't have to feel hard? Hmm. What's the, this in a sentence? The networking.

That'd be pretty amazing.

Our inner critics like things to feel hard.

Yeah.

Doing fun stuff. Uh, certainly went into feel.

Hard. There'd be like just an organizational piece, but it would be, like I said, when you asked me about what do I like doing or can't remember the exact question I'm doing. New things is something I love to be kind of a, a fun excuse to,

to go and do some, some new things

I wonder what it could mean for now working to be the side effect rather than the main event.

yeah, and that goes back to that, that inner critic voice

Where there's been this, uh, yeah, this belief that I clearly hold that networking needs to look like X

but it doesn't need to.

Going back to that reframing

the tone of your voice feels very resigned when you say it doesn't need to. I think it's because it's, Mmm. It's a deeply held belief. Yeah.

Where does that belief come from, do you think.

I think partly about how networking, uh, is depicted partly because of an experience I had a few decades ago where I did a lot of formal networking. And, um, it did definitely. Uh, help grow that particular business that I was working on with my partner. Uh, but it was also a very different time. I was in my mid twenties, no kids, et cetera, et cetera.

Um, yeah. So I think that's largely where it's from, and perhaps there's also like an impatience in me, and Mmm.

Thinking that kind of like this direct line of going and speaking about business with other people who are promoting your business. And their services, yeah. Is more direct. But when I think back to the experience from the, uh, when I was in my twenties, it definitely wasn't like that. It was a very long, it was a long process of committed, committed, showing up.

The way you describe it too. It sounds indirect, like you're not actually meeting with potential clients. You're meeting with other people who could maybe refer people to you. Is that the idea? Exactly it, yeah. Yeah. Hmm.

What other things are coming up for you as we're thinking in this direction of making this feel more easy? I think the main things that are coming up are, uh, really about sitting with that reframing and.

Off myself and also, um,

like I'm feeling an urgency and

I am not sure how to, I'm, I'm thinking, okay, how do I move forward with that? If at all, what is the outcome of that urgency? Is it getting more clients? Is it taking action? Yeah. I would say yes. I'd say taking action. Mmm. Yeah. With the ultimate result of. Of growing my coaching practice and being able to work with more people in support.

More individuals. Yeah.

and what does that get you? A feeling of fulfillment, being able to help people

What pathways to fulfillment do you see from the conversation that we're having.

Uh, from past experience when I have trusted that is very fulfilling. So there's something there that feels really, really good.

when I've done things, do things for fun. I always feel so good about myself.

Aye tend to love, um,

activities or initiatives, community in way where you can just be yourself.

Okay, so you came into this wanting to make some decisions, wanting some next steps. Where are you sitting with that right now?

I would say, um.

Definitely feel distance sayings from

thinking or that I need to look for traditional networking events that where, where I can. Go and healing and greater. Mmm. Draw too

to exploring fun stuff. We'll just call it fun things. Where there is that community building aspect. Aye. Really. I really like the suggestion round or that the what you shared with me around the Nicole hikes or some variation. Um,

I can see that without accountability, I might not act on it

but I would like to act on that. What would be a, again, easy way forward to think about test driving, some kind of event like that to let you practice them.

I think one easy way would be. To reach out to some girlfriends and propose up a walk, no Forester by the beach with this type of structure, which I would, I'll need to get that woman's website and go take a peek at , which is the only one I know of. I think that would be really, really easy. To do and if it's, what do you think there's, Oh no, I was just gonna say if it's, you know, two people, three people, one person, it really doesn't matter.

what are some things that could result from that? a great conversation. Definitely some feeling of connection with other people. Mmm. Certainly practice with this kind of model and seeing what that, what that feels like and what, um, what could be tweaks and feedback. Yeah. I think it could be fun. Do you think that the people who come might tell other people?

I don't know. I dunno. I think maybe they might. They might. I think it could be a very unusual and fun experience that they would want to tell their friends about. Yeah. Could be.

So I feel like we have maybe one idea. Yes. Of moving forward, where would you like to go from here?

I would like to. Right about this idea. And then there's one woman I have in mind who I think could assist me with actually getting this off the ground, um, because of a group that, that she belongs to, which is part of a much larger network. Um, yeah, I think that's what I need and I'm, and I need some accountability.

Okay. Let's talk about the accountability chart. What do you think you need to help you move this forward? I need someone should check in with me.

to see what action I've taken on this and when do you want that check in to happen? I would say in. 10 to 14 days. Can I provide that check in for you? Certainly may. I would be happy to do that. I'm opening up my planner right now. Let's pick a day that you want me to reach out and see how things are going.

I know you are doing a fair bit of traveling, so it could be, I am happy to get this. I need to, I don't have my calendar in front of me, so, um. 10 days would be like the 21st which is a Thursday, let's say, on the weekend. Okay. What about like Saturday, the 20 shirt?

I'm writing it in my planner right now, and so my commitment is that I will have that little bit of. Okay. Writing, outlining, I checked out the website that you'll include in the show notes and send me. And, uh, I've reached out to, to the woman who does a lot of this community organizing in person type of, um, and chat with her about it.

Okay. How are you feeling from where we started in this conversation? I feel relieved. Yeah. I feel like this could be really fun. Mmm.

I feel relieved as the main thing. Yeah. Yeah. And. Like a sense of, I want to explore this reframing peace yeah.

How did we do on our session goals

from people who can't see the smile? Alright, well you suppose it's always a pleasure to coach you. This was very fun. Thank you so much. Thanks for listening to this episode of coach to coach. For any resources mentioned in the episode. Check out the episode show notes@drkatielinder.com slash coach if you found this episode to be helpful, please take a moment to rate or review the show in Apple podcasts or recommends episode to a friend or colleague.

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