**CC\_Bonus episode on COVID-19**

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. In this special bonus episode of coach to coach, I'm chatting with my guest coach from season three who you're going to be introduced to in just a couple of weeks about what it means to coach in the midst of the coven 19 global pandemic.

I hope you enjoy the episode.

Hey there coach. To coach listeners on this episode, I thought that we might dive into a topic that is probably on a lot of our minds right now and that is covert 19 and I am here with my guest coach for season three. Kaitlin and Kaitlin and I have been recording our season three episodes for quite some time and primarily before.

For COBIT 19 wasn't a thing. So when you first hear season three you are going to hear us talking about kind of normal stuff and being coached around things that are really unrelated to a global pandemic. But today, Katelyn and I sat down to record another episode and we both realized that maybe we needed to do something special around what does it mean to coach in the middle of this kind of situation that can be very traumatic for our clients.

They can create a lot of new, different topics, um, for what is going on in these coaching sessions. And also just things like that we're learning about ourselves as coaches during this time. So you're going to hear this slightly out of order. You will not have met Katelyn yet and season three, so you can, um, stay tuned for that.

Um, but I just thought, you know, it was time to take a pause and let ourselves process this a little bit. And also. Let you hear some of the things that are on our minds as coaches. So I'm Caitlin, I'm going to let you kind of say hello to the audience, probably for the first time, because they haven't heard season three yet.

Uh, and what are some of the things that are on your mind as you're coaching and COBIT? 19. Yeah. Hi everyone. Katelyn FOSS here, and, uh, coven 19, uh, has been a transformative experience as a coach. So I coach about 60 clients a week. And I see, uh, the majority of my clients in 20 minute sessions through self coaching scholars through the life coach school.

And the rest of my time is spent with private clients, a lot of academic, uh, higher education professionals and working on overeating, procrastination, overdrinking topics. But what I'm seeing right now is a lot of processing of Koba 19, and a lot of. A shift in goals that we were working on primarily. So things we were working on in February together have now had at least one session where we're thinking about how does the global pandemic affect this.

Yeah. So to give folks a sense of kind of where we are in the timeline, as Caitlin and I are recording this, I would say we're squarely three weeks in to the global pandemic situation. Uh, we've probably crossed, um, I haven't looked at the news today, but I bet we've probably crossed about 700,000 infected worldwide at this point.

Um, and we are at the place where a lot of people are remote working. Uh, there's been a lot of stay at home orders. Caitlin and I are in different States, but we have kind of similar circumstances cause we both work for academic institutions. Um, and so it's gotten pretty serious pretty fast. And I think that, I remember, you know, one of the things I'm kind of dealing with right now with my clients is some of them I haven't talked to since early March and we were kind of on a totally different wavelength.

And then they come back to me and they're like, okay, so the world is an entirely different place now, and their priorities have shifted. How they're thinking about their values can look very different, like day to day decisions. And what they're worried about is, is affecting what they're prioritizing right now.

And it's a very interesting space to coach in because some of the things that they cared about even a few weeks ago are just like not even on their radar anymore. Are you finding that with your clients, Katelyn? Yeah. Things that are on the radar, things that seemed important, although some clients are having.

That they're trying to hold onto those things a little bit like, Oh, well, okay, so if I'm working on losing weight, I still want to be doing that during this time, but my whole foundation of who I am and what my routine looks like and what my family life looks like just changed. So what am I supposed to be doing right now?

There's the group that's kind of grasping on to, let me try to make this as normal as possible. Part of that's like. Prying back fingers if we're grasping, right? It's like, Hey, what if it's okay that we aren't in? Oh, uh, what does that like optimal achievement mode? And I'm working on this big thing right now.

We're also trying to survive and Mmm. Have a shit of, not a shaky foundation anymore, but like a strong foundation of like, what do I need to go back to basics? What can I do. What do I know is consistent in my day to day life right now. yeah. This has been a really interesting thing. We were talking before we hit record because we both work with academic clients, um, who are often high achieving, who are often very focused on, you know, the next project, getting things done.

Being efficient, being productive, you know, all of the things and they don't want to get behind. There's this kind of sense of, I'm going to fall behind. Um, and many of the people we know, and some of you who are listening to this, um, maybe remote working with children at home, you may have labs that have shut down that you'd no longer have access to.

You may not be able to collect data during this period of time, or you may not have the cognitive energy to do research worker or kind of the, the highest level of teaching work that you would normally do. He may have shifted your classes online, you may have never done that before, and there may be all kinds of things that you're experiencing for the first time in a professional capacity.

And I think that what I'm running into a lot as I'm talking with clients is the need to express permission. To pull back to power down, to understand that this is disruptive for everyone worldwide, that you're not falling behind when the whole world is, is choosing to take a pause in some regard. Um, and, but that leaves this kind of open space that I think many folks are not used to having.

And that can be very uncomfortable for people to have to kind of root around in that open space and try to figure out what they're supposed to do with it. If overworking was a strategy for you. So we talk about this in my future introduction, but buffering as the idea, this basic idea of when we are overeating or overdrinking or overworking, we're avoiding our emotions.

And so. If overworking was a strategy that was working well for us, and now we have this onslaught of emotions that are coming up for a lot of people as new or, uh, intensified or amplify magnified and a lot of ways for people. It's like, wait, I don't have my usual strategy right now. To be in the office or to close the door and be productive as an academic.

What are, what am I doing right now? What is, how do I process these emotions? How do I deal? I'm seeing a lot of that . Well, and one of the things I feel like we haven't quite started talking about, and I have started introducing to some of my clients, it's just a way to be thinking about this, is that what we're experiencing is a form of trauma.

And what we're seeing on the news, the fear that we're feeling, the the kind of difficult emotions that are part of this process. It's a form of trauma. And I think that some people are kind of feeling like they should be able to just kind of keep on trucking along. Like, like if, especially if they don't have children who are in the home or they're not feeling ill or they don't know anyone who's out there, like, why am I affected by this?

You know, like they feel like they should just be able to keep on going. And. I don't think that's how this works. I think that there's an, and to be clear, Caitlin and I are not therapists. We're coaches, but as a human being who is also experiencing this situation, there are physical impacts to feeling fear on a consistent basis.

You know, I think people's anxiety is rising. I think there's depression that is rising. I mean, there's all kinds of things that are happening. And I think that if there is not an acknowledgement of that, then you have a bunch of individuals who are like, what's wrong with me? That I can't just keep going through this situation.

So I feel like a lot of my conversations are really trying to normalize whatever you're feeling is fine. You know, like we're all going to respond to this differently. And don't feel like you're not doing what you should be doing right now. You know, like if you're Netflix, bingeing, okay. If you're diving into work cause you still can.

Okay. You know, like, like we're all gonna kind of deal with this in a different way. But I feel like that notion of trauma is not quite rising to the surface. And yet as coaches, we will experience secondary trauma based on what people are bringing into us and the kinds of fears and anxieties and stresses and concerns they're bringing to these coaching sessions.

I'm curious what your thoughts are on that, Caitlin, because I'm certainly starting to see that rise to the surface more. Yeah. Uh, three weeks ago I was spending more time coaching on Oreos and procrastination and just daily things that were happening. And now, because, uh, my clients are in a regular routine of coaching, but this has caught them by surprise.

This is maybe a kind of trauma, well, world trauma that they haven't, uh, they're not seeking out a therapist yet, but they have a regular standing appointment with me and they come through appointments and it's top of mind and they want to talk about it. So I'm seeing a lot of processing on my end. I'm getting more coaching myself, like my own coaches are helping me process what's been happening in sessions.

Because I used to, you know, it used to be something that I didn't have to spend much time processing. It was like, great, I helped you. We've moved on. I've moved on with my day. I'm going home to my family now and now I'm seeing more time of just, okay, I need to stare at a wall. I need to feel the grief and sadness that I'm feeling as a result of hearing some of the stories and helping healthcare professionals right now that come through, um, the program that I coach in.

So, uh. Processing on my own end and then talking about it with my therapist, like I go to therapy regularly and talking to her about, Hey, this is very different for me as a coach. And she was like, yeah, this is, uh, you know, I told her, I'm like, I don't have the training like you do of how to process and distance yourself from, uh, what clients are experiencing, right.

Because. Therapists are trained on trauma and we're not. And so it's that, Oh, how do we still help and serve and show our clients their minds and, uh, help them work on what they want to work on right now as we're all experiencing this? well, I think one of the challenging things and kind of what differentiates the coaching from the therapy and makes this kind of an interesting space right now in this moment, is that when you're coaching someone.

Part of the goal is to go kind of deeper with them and to help them come to clarity around something or, or have some more self reflection around a particular issue. And you don't always know where, where the where that's going to go. You have like a shared kind of goal within the session and an objective of where you're heading, but that can go off in various directions, kind of based on what the client is kind of unearthing about themselves as they explore.

And I think that that's even more. Challenging right now, because you may have a client who is not really dealing with this situation on their own, like they've kind of ignored it or they've buried themselves in work or you know, they're, they're just not quite understanding, you know, their own role or their own emotions.

And then they come to the coaching session and I do, um, 60 minute coaching sessions. So we have quite a bit of time to dig into some of these things. And they're like having these realizations in the session. Of like, Oh, this is a really big deal. Or, Oh, I really am very afraid, but I wasn't acknowledging to myself that I was afraid.

Or, um, I don't really know what the future holds for me, or it's very unsettling that I can't plan more than a week in advance. And I, I don't know what's coming next year, or I'm, I have several clients right now on the job market and. All the searches are being frozen across all these institutions. And so they have these big kind of life decisions about moving somewhere or, you know, and then I have other clients who are retirement heading in that direction and the job, you know, like their, their retirement savings.

I've completely tanked. I mean, it's like this is big life stuff that people are dealing with. And it's not as if we don't deal with that anyway, in coaching. I mean, we are dealing with these big decisions, but it's like everyone. You know, like it's not just one client, it's every client is dealing with something that is like big and massive and scary, and they don't have the kind of background capacity experience because we, none of us have ever done this before, gone through a global pandemic to really know what to do with that.

Absolutely. And the, it is so easy to go numb. On what even clients are saying or as a defense mechanism, right? Like to be, okay, I got to turn this off, or I got to distance myself from what, from what you're saying. But I've found, uh, that actually opening up to it, like you just talking right now, Katie, about what's happening with people on the job market.

And it reminded me of all the weddings that I've heard about that are canceled and trips that were canceled and life events that. I let it just now you saying that it's like I got to let that wash over me right now. Like in a open way process the feeling rather than start to try to turn it off or numb out from it.

Well, and I would say too, from a very kind of personal perspective, and just what that makes me think of Caitlin, is we're seeing these massive numbers of infection rates and different and now death rates, because this has been going on for long enough and. Okay. That I think to a lot of us, we are numbing to that.

Like we are not thinking about what that actually means. Um, that there are real people who we may not know them, but they are real people with families, with jobs, with friends, you know, with all these things and they are dying. And this is something that I think. You're making me realize, you know, we are choosing how we interpret some of these things and we are choosing how we engage and our clients are the same.

They're kind of making choices about what they're, they're choosing to do. And because we're all humans, as coaches, as clients, we may be at different levels of acceptance of like what's happening. So I can have a client come in and they are like. In full on plan B, plan C, plan D, like trying to figure out all the different things and it's just a coping strategy.

It's just their way of trying to figure out what to do. I have other clients who are completely paralyzed who cannot do anything, and we basically just said, it may be that we need to pause coaching for right now, but this is not really, you know, what you originally came to coaching for is no longer what you need.

And it's okay to pause and to come back later on and or to shift track on what these sessions need to be for you so that they can be something productive. But I think that that concept of numbing is a really important one because our job as coaches is to meet the client where they're coming in up.

And we have to realize that in a situation like this, we may be in a very different place than our client is in terms of. Our acceptance or even lack of acceptance of certain things that are happening in this current situation. Yeah, and meeting them where they are. I'm seeing a lot of my clients have judgment on top of whatever they're experiencing about themselves or others, and directing anger towards other people or feeling shame that they're feeling great.

Actually, last week I saw a lot of that like, Hey, I'm feeling really good right now. And I feel bad that I feel good because this worked out for me. Or you know, it is really nice to be home with my family. Or you know, like other people don't like it. So I don't want to say that publicly because then they'll be judging me.

And so a lot of that like nonacceptance of, it's a variety of experiences. And if you say anything publicly, people are going to be judging is. Part of what my clients are trying to avoid or just, I'm not admit to people rather than like, Hey, why? Why not? Share where your experiences with, especially because it might help somebody else, especially if you're not comparing it to where like I am, you know, if I talk about, Hey, I'm still excited to be doing my CrossFit workouts at five 30 in the morning, like I built that skill up over years.

It wasn't something I told myself, you know what? We're in a global pandemic. Why don't I start getting up at four 30 in the morning and working out now like that. That's not what happened here. Right. So the like, don't judge or compare or worry about, well, that person's doing that, so I should be too.

Right. Exactly. Well, and I, the self judgment, I'm hearing a lot right now with clients, and I think that part of it. Has to do with, um, and I've talked I think before in other spaces that higher ed has a very particular kind of value system around things like tenure and, um, productivity. And we're kind of setting people on this pathway.

And the whole goal is to just like progress along this pathway and to be successful in very particular kinds of ways. And a lot of the people that I coach who are deciding to leave academia or who are kind of concerned that academia might not be for them. They've kind of realized that that's not a value system that they support and their, their values are intention with that system.

I feel like right now, like this whole thing is causing attention with that system because it's, it's kind of forcing a slowdown. It's forcing people to really look at their priorities. It's forcing us to go back to some very basic understandings of things like food, shelter, safety, health, health care, you know, all of these kinds of things.

And that's. Like a huge foundation shift for a lot of people anyway, but then to come into something that felt very safe and you thought your pathway was kind of what your pathway was, and, and now you're kind of like, Oh, maybe this doesn't matter in the same way that I thought it did. Um, on top of everything else that's going on.

So like your point, Katelyn, about like, it's, it's layered in, like there's these things that are kind of being layered in that make it even more difficult and that self-judgment sitting on top of all that of. What's wrong with me? You know, that I'm having these feelings right now. It makes it so much harder.

that's what I'm saying to a lot of them of, Oh, so you're human today, right? Like the Gib reminding my clients that their human means is so important right now. Um, with that self judgment for sure. And like, we're all trying to figure out how to handle our emotions. And we may or may not be sharing it publicly, but paying attention to that.

I mean, and the feeling that we love as academics of certainty, like we thought we had certainty. We thought we knew exactly what April, 2020 looked like, and now we don't. And, and w but the reminder is we never actually did. We didn't. No, we just thought we knew. And then we created a sense of certainty for ourselves.

And so now the uncertainty is facing us of like, wait, I never actually knew, but here we are. Yeah. Yeah. That resonates with me a lot because I do think that we set up a lot of assumptions for ourselves about what is coming, and there are all kinds of things that could have happened that would have been disruptive to our lives.

It just happens that this thing is disrupting everyone's lives, and so it feels like on a very different scale. But we don't ever know it. The next day we'll bring like, I mean, that's, and I think that that's an area where we do kind of numb and ignore and, and just kind of assume that everything's going to be how it is always.

Because it allows us to plan and it allows us to have some degree of comfort. Yeah. And developmental psych is my background. And so I love all of lifespan, and I love to talk about death too, and the experience of death and most everyone, like someone just cringed hearing that, right? They're like, Oh no, please don't.

Don't even talk about it. Why is she talking about this stop? I need to pause this episode or skip ahead. And it's like, yeah, just even our reaction to that is as a society is where we usually are and now it's like, Hey, you can't pause on that topic right now. Like it is staring you in the face in a lot of ways and how do you want to process it now and Mmm.

Where are you going to process it with? Yeah. Well, and this is something I've been thinking a lot about because. And you'll hear in the future. Season three, we talk about things like super powers and sons of genius, and I feel like one of those areas for me is forecasting and strategy and really looking ahead and trying to be prepared for things like that.

And just because that's how my mind works. I have already gone to the place of, we're going to lose people in our communities to this in higher ed. You know, like our students, our faculty, our staff, like. People will not be coming back to campus like that, that there is a certainty in some of our communities that that will happen.

And I have felt a lot of hesitancy to, to go there with people, especially when we're, we're doing academic continuity planning and we're kind of trying to figure out, you know, what to do and, and folks are concerned about commencement and things like that. And I'm like, well, have you thought about the fact that we're gonna have to have memorials?

We're going to have to, like, there's these other things that are going to come into this conversation. And so what you're saying, you know, like it just hits me in a particular way because I have had a lot of hesitancy about. Going there because I know it makes people so uncomfortable and yet it is part of the life cycle.

This is part of the cycle of being in a global pandemic and to try to ignore that and numb from that, I'm not, I mean, it's, everyone is going to approach it in a different way. Um, but I'm not sure how helpful it is to ignore that entire piece of what is happening here. And, um, I think that even the coverage we're seeing of hospitals right now.

Again, kind of rooted in this particular time in place of when we're recording this, we know that there are health care workers that are being told not to share on social media. We know that there are people being told not to give interviews and not to share what's really happening in these spaces. So we are already being shielded from this in particular ways to mitigate trauma, to change people's experiences of this situation.

Um. But it's an interesting layer just to think about that and what are our roles in helping people to process what are very difficult things if people don't feel comfortable even talking about them in a general way. Right. It makes me think about how we'll try to shield children or what we're shielding them from and all the implications of that.

Absolutely. And you know, we were recording an episode three weeks ago where I was coaching you that people were well here in the future, and. Your conversation about thinking of head already about what was going to happen. And I was in that call, I was already thinking like, wait, what? We're going to shut things down?

Like I hadn't gone to the future that far yet. And you were already there, Katie and like were already living in that version right now, um, towards the end of March. So. Mmm. It can. Well, it's definitely helpful to have people like you doing that, right. And then, but everybody's on a different spectrum of how they're thinking about it.

Right. Well, and it has an interesting time in place. I was talking with, um, someone I know, uh, earlier today actually, and she said that she lives in a community that had previously had a kind of disruption from a natural disaster where groceries weren't available. And like she had kind of gone through that experience.

And so as soon as this thing started happening, she immediately went to the store and was like, stocking up. And she's like, people thought I was crazy because I was like. Stockpiling what I felt like I needed. She's like, I didn't, I knew I might not be able to leave my house. I filled up my car with gas, you know, like that kind of thing.

And I think that's the challenge of people being at different parts of the spectrum. It's kind of like the values thing that we talk about a lot in coaching is if you have a different value structure than someone else, you're going to look at their values and be like. That's so weird or strange that you would focus on that or that you would prioritize that because your value system is so different.

You're going to have conflicts around that. And I think that's what's happening here too, is people are kind of at different levels of awareness, and some people have said different stages of grief, like we're all kind of grieving normalcy. And we're at different levels of kind of whether or not we've accepted that.

I think because I'm a forecaster, I get to the acceptance stage very quickly. And so I moved through all those other things and I'm like immediately saying, okay, what do we need to do right now because of this thing that's coming? And not everybody is there. And so I've really had to think about what that means for me as a coach to be able to be kind of.

Analytically a few steps ahead in terms of thinking through some of this stuff, but as a coach, working my way back to where my client currently is, because it's not my job as a coach to like pick them up and carry them to where I am. They have to go through those stages of awareness and clarity and figuring out all of that on their own, and I can't get too far ahead of that because it really just negatively impacts my role as a coach.

Yeah. Well, and it ties so nicely to your concept of radical self trust, because what I'm doing with my clients right now is about like, what do you know, what is the knowing and you about what's right for you at this time? And are you listening to that or are you listening to other pupil who are telling you what you should be doing?

Yeah. So because we all have that knowing inside of like, I know this is right for me, or this is right for my family. Uh. And if we don't listen to it, that's where we ended up on the other side of like, but I, you know, that's where regret really comes from. Or I, I knew at the time that I wanted to do that thing, but I didn't listen.

well, and I feel like that knowing has really practical consequences too, for people's schedules, for their routines, for the rhythms of their lives, in terms of the decisions they're making right now. And I think about, you know, I've, I've realized over these past weeks that we're getting into deeper understandings of what's happening.

So it's not like you're shifting from phase one to phase two. Like there's actually a series or a spectrum of phases that we're going through week to week or day to day. And that's why it feels so unstable all the time, and there's just more and more uncertainty. As soon as you get something under your feet, it shifts and you're like going into a new phase and that I think it's really difficult for everyone.

I don't think it's just academics, but I think that academics are used to routines. They are used to kind of having some sense of schedule, and even though that changes multiple times throughout the year, there's consistency to that. So to throw people completely out of their environments. Have them go home, you know, completely disrupt how they're teaching, how they're researching.

You know, we cannot underestimate the difficulty of these things. And I think that there's so much grace that we need to offer ourselves into each other during this period of helping people to understand that it is okay. We can't say it's going to be okay. We can't, you know, project into any of that. But whatever you're feeling, however you're handling this.

It's okay. Like we were all doing it for the first time. Yes. Which is what you might need from a coach right now. Right. Getting the permission slip from your coach does I like, yeah. That's okay. What you're processing what you're dealing with. That's okay. Um, uh, asking the questions to uncover some of what's going on with you.

You know, it's, especially if you have gone numb. Or you are buffering a lot. You're like, I don't want to be watching eight hours of Netflix. Some people want to watch the eight hours, but you know, like, I didn't want to be here. I don't, this isn't something I want to do. It's like, Oh, coaching is an opportunity for that right now.

Um, some people feel like they want to pull back right now and others are like, Hey, I mean, I've been thinking about this for a while. Maybe it's go time for coaching and diving in to see what sessions would be like. So. So I definitely want to also spend a little bit of time talking about Caitlin, how we're engaging in self care as a coach from a coaching perspective.

And you had mentioned like needing more processing time, staring at the wall, trying to figure out what's going on here. Can you talk a little bit about what your self care practices as a coach look like right now for you? Yeah. So oftentimes before, if I had a day of sessions, I could, I'd feel energized and GRI and ready to go.

Uh, I was actually on a different podcasts, and I've coached a lot of people about what I said on there. I said, like I, coaching always brings me energy. It's so amazing. And that is definitely true. But now with Cobra 19 and the processing, it's like. Oh, I can't just go home and take the drive home to a process quickly and then move on to my family day, family lifetime.

It's like, I do need, sometimes I'm going to dinner with them, you know, like sitting down for dinner, like, Hey, I'm really sad today like this. And telling them that is part of my self care so that they're not expecting me to, you know, they're like, what's wrong? And I'm like, I just had some. You know, a lot happened today, or I need to stare at the wall.

I need to not have inputs. Um, I was already a person that I limit my social media use and I limit news consumption. So, uh. I'm, you know, if the news right now is startling, our brain, it's like, that's what it's supposed to do. Kind of activate that fear and keep us coming back for more. I'm like, no, please shut down.

None. Like, no thank you. Check in once a day. Um, my physical activity, like still really important to me and creating as much of a routine as I can. Uh. What else am I doing as a coach? Oh, that getting coached for sure. Like, okay, this session's gonna be about this. This session's going to be about processing the calls from the week.

Um, here's what I'm working on in therapy. You know, like all of it adds up together to have even a little bit more than I usually would right now. So that's one way I'm engaging in self care, that lack of input. And. Uh, letting myself feel the feelings. That's really a lot of my work right now, which has been ongoing since I was in Katie's radical self trust program.

But like, Oh yeah, here, let me feel the sadness. Let me feel the grief. Let this wash over me and me not push it away. . What about you? Um, I would say I got a little bit of a reprieve from coaching. There was about a two week period where all my clients were like moving their classes online and, you know, like dealing with this situation to the degree that they did not need coaching.

I mean, they were just like, you know, head down trying to get through what they needed to do. And it was well-timed because I also needed that period of like adjustment and, and it meant that my evenings were free. And, you know, I had a little bit more flexibility in my schedule and there was at least one weekends day that I had nothing.

And that was the first time that had happened for me in like 10 weeks. I mean, it had just been a really, um, it had been a, a very busy period of time for me up until that point. Um. And that was helpful because at work I was, I, because I have a full time job, you know, I was very engaged in what I was doing there and it would have been difficult for me to come to be my full, like coaching presence, you know, at the end of the day, after doing all of that, I would say though I feel like I'm learning a lot about kind of what I am needing for self care over time.

Um. The immediate thing was I needed more sleep and I was very fatigued. Um, and I think a lot of that was probably just the stress and the anxiety and the fear, um, was really just making me tired. Like I was just physically tired. Um, and so once I started going to bed earlier. I started sleeping later. I started sleeping in on the weekends, and these are not typical practices for me.

I'm like a 5:00 AM kind of person. Um, and I typically work out in the morning and I've realized that I can now, I used to do six days a week, and now I can basically do Monday through Thursday, and then by Friday I'm kind of. Like my, I'm just like physically not able to do it. Um, I have noticed that my cognitive function, my executive function has really suffered.

So executive function has kind of, uh, feelings of discipline, ability to kind of force yourself to do things you don't really want to do. So like workouts are a good example for some of us of what this would look like. Um, and so by the end of the week, I'm so kind of cognitively fatigued. I don't really have willpower left, um, to force myself to do things.

And so that's been a really important realization for me. Um, and also I would say I'm, I'm noticing, um, I wasn't doing so much zoom meetings and now I have them all day, and that's also how I coach clients. So I'm having to be really conscious of. How I'm engaging in that and like giving myself breaks and things like that so that I'm not just completely burnout like on that medium.

And it also means at the end of the day, the last thing I want to look at as a, as a television screen, like I just don't, I don't want to watch anything. I just like, I'm done. I'm done with screens by the end of the day and by the end of doing all my coaching, so. Um, it's really changed kind of what I do on my downtime.

I'm reading a lot and, but I also noticed the other day, this was kind of an interesting thing that. A couple of nights in a row. Um, my partner and I tried to sit down and watch something on TV and all I could do was flip through Netflix and I couldn't pick anything. Like I couldn't land on something that was interesting.

Like I just didn't have the kind of sticking power. To engage with a plot, like a full plot. So I feel like there's also some attention work happening right now in terms of just trying to keep my brain on track, trying to, you know, not be distracted. And so that definitely impacts my time with clients and like really needing to feel like I'm rested so that I can go into those sessions and not be fully distracted by what's going on.

Um, and so I like you Katelyn. I've, I've not been looking at the news like all day today. I just haven't looked at anything cause I just, I was in a lot of coaching sessions today and. Um, I, I'm, I'm really kind of thinking for myself personally, what is the balance between being informed to a degree that I need to be and not oversaturating with the news.

I don't want to completely ignore things and feel like I'm checking out or that I'm in denial about what's happening. But I've also found it to just be incredibly damaging, to be constantly like refreshing and seeing the latest updates on CNN. And I mean, it's. There's an overload quality to that too. So I feel like it's a mix and match of kind of what I've been doing, but a lot of it is coming down to physical rest that is allowing my brain to kind of reboot when it needs to.

Yeah. I think that's surprising for people that, uh, our working on productivity compared to like, we're in a, you and I are both in a really good system of productivity or high achiever, productive people kind of in that world already. We've built it up over time and so people are surprised when I say that I'm pulling back.

No, I'm not trying to learn all the education things online right now. All the free courses, right? I'm like, no, free courses, people. I don't need more. I need to scale back and watch that cognitive load. I'm doing that on purpose. Uh, and it helps my day to day for sure. But, and you know, I think the U S talking reminded me of people who are thinking about being coaches.

And like. If I think about two years ago who I was and pre life coach training and didn't know how to manage my mind the way I do now, I absolutely would have been. On the floor crying many days in the past three weeks and like out feeling out of control and not knowing why. And I feel like looking at myself now of, Oh yeah, this is why I can handle that.

Like my coach training and the coaching I do with myself, the coaching I get from other people, like that's prepared me for this moment. And it's the reason why like Thursday my husband got laid off. I've done processing of it, but I'm not. On the floor, like sobbing, trying to figure out what we're going to do because of my life coach training.

And it's like, wow, I never expected it to influence me in this way. Like it has. Like it has always been a, I can't wait to help people and I can't wait to help others. It's like, Oh my gosh, look how much this has helped myself. yeah, I would agree with that. I think that there are certain kinds of tools that come along, um, with training.

But I would also say too, um. For those of you who may be finding yourself on the floor unable to cope, that is a, that is a strategy. That is a thing. I mean, there, I think I have definitely had moments, you know, during the past three weeks where I've been very emotional and very, you know, feeling out of control feeling because it was, I didn't have my schedule, I didn't have my routine.

Like things are out of control. So like if that's how you're feeling. That's kind of the world right now. It's a little bit out of control. Um, but I would agree with you, Katelyn, that I do feel like there are coping strategies that are very specific tools that come out of coaching that allow you to. Kind of rapidly assess what's happening in a particular situation, whether it's with you or with someone else.

I would also say, um, and this kind of takes us back to some of the topics from season two of coach to coach. I have very much been using my coaching mindset at work and it has been a lifesaver. Um, and especially in certain meetings where people are very high stress. They're, you know, like we're trying to make rapid decisions and you know, you need to bring people back to like a core understanding of what we're trying to do.

Coaching tools are incredibly helpful with that. And I think that there is just situations, especially with people who report to me or who I work with very closely, where I have really needed to put on that coaching hat and just, you know, like it is a form of. Separating yourself out from a situation a little bit and really trying to think from an analytical perspective of what your contribution is in that moment.

And for me at least, that's been very helpful to be thinking about what is my role here? How can I provide service in this moment? That is clearly a difficult one. And. I also, as someone who's relatively private, I like to process that stuff later. I don't want to necessarily process it in the moment with other people.

So if I can play a helper or a facilitator role, great. And then I'll go back into my journaling or you know, something that's a little bit more private for me and I'll process it in a different space. So that's also been something that I think, like you're saying, Katelyn, if I didn't have these skills and I didn't have this.

Training. I don't know what role I would be playing in those situations. Yeah, and there's no wrong way to do it. Okay. Anything else you want to add, Katelyn, about coaching in this covert 19 situations? I feel like we've kind of gone into a bunch of different directions here. Any final thoughts. Yeah. It feels like this is what I'm supposed to be doing.

This is what I've been training for. This is what I've been wanting to help. Not, I've not been wanting to help with a global pandemic, but let me say like, Oh yeah, here's where I can use my skillset. Here's where I can shine, and I can shine my light for others when they need it. Right. And like I know when I need to kind of take care of myself, but then I can also.

Um, be enthusiastic and be a bright light for others as they need that space held for them. yeah. I've been thinking a lot about how with my clients who feel like something has been ripped away, like the certainty and that space that's left, like there's this opportunity there to look at that space, to explore it, to learn something about yourself.

Even in the most difficult of circumstances, you know, I feel like I'm going to come out of this situation knowing myself better, and especially things that are kind of unexpected, like related to things like my introversion or things that felt very steady to me. Um, or the fact that I'm like a 5:00 AM person and like, that's not true anymore.

Like, that's just in this moment. That is not true. I'm not really a morning person anymore. And it's like, that is such an odd thing to like, explore and think about. Um, and I think that we can come to that. In a true coaching sense, you know, with curiosity and non-judgment, and what does that mean to have a period of your life where you are in some ways a very different person because you're in a very different situation than you were before.

And also you're going to be centered in certain ways that are very much you. And what are those centering things and what are those foundational things that you can really tap into for comfort if you need it. So it's this interesting kind of. Dialogue back and forth between those things that I find I find to be a helpful opportunity during this time.

So powerful. Well, thank you, Caitlin, for taking this little diversion with me, um, into a slightly different conversation. But when then I think was. Needed. Um, and for those of you listening, you know, I would love to hear your thoughts on this. Um, or if you have additional questions, Caitlin and I both would, I'll include our contact information in the show notes and, um, you should be hearing soon the season three.

And, um, please do understand that it was recorded significantly in advance. I'll probably add a little note into our episodes, uh, so that you do know that and I do hope that you enjoy it. Thanks again for your time today, Kaitlin. Thank you, Katie. 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 on Apple podcasts or recommends episode to a friend or colleague.

Thanks for listening.