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This episode of coach to coach is brought to you by my coach training program for academics and higher education professionals. In each training course, we meet weekly to explore how we can hold space for clients. Listen for the things that they care about most and help them to achieve their goals through focused questioning activities and tools.

If you think that becoming a coach might be a fit for your professional development goals, you can learn more about the coach training program. Or sign up for a 30 minute Q and a session with me to ask all of your questions@higheredcoaches.com cohorts begin in January, April, and June. And I'd love to have you join us.

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. This season, I'm excited to share conversations with some of the participants in my coach training program.

I get questions all the time about how people know it's the right time to become a coach. What the various career pathways are that lead to coaching and what people decide to do with their coaching skills. After earning a credential this season, we're tackling all of these topics and more. A huge, thanks to each coach in training who offered to come on the show and share about their experiences with learning this new skill set.

In this episode, you'll hear from Amy Koran who helps people find joy as they create greater alignment between their work life and values. Amy acts as a thinking partner and hold space for clients as they explore the best tools and methods to achieve their coaching goals. She brings empathy and positivity to coaching sessions and uses active listening and powerful questions to help clients get to their next best step now onto the episode.

Hi, Amy. Thank you so much for joining me on coach to coach this season. Hello, thank you for having me. I am so excited that you are here and to share your story coming into coaching with our audience. So the first question I'm asking folks is just, what was your introduction to coaching as a field? How did you come to know it as a thing that existed and especially for academia?

Cause it's, there's always a different pathway into it. It was certainly a bit of a winding path with like a lot of different pockets. I would say like academia and higher ed was the end result and obviously my best fit. Um, but when I was growing up, my mother was a quality consultant and owned her own business.

And so had heard about coaching in a business executive way, just offhand, growing up. And some of her friends and colleagues that were doing that work. Um, and then about like 2018, I decided to pursue. To health coaching as a client, um, for some ongoing like health issues. And that was the first time I'd worked one-on-one with a coach and kind of saw how that relationship was different than, you know, in that sphere different than like a medical doctor, but also different from like a sports coach or something like that.

Um, and then I took part in a group coaching program, uh, specifically for student affairs. Uh, professionals who are looking to be entrepreneurs, and that was in the fall of 2019. And that's when I saw coaching specifically in the higher ed space, um, specifically those working in student affairs, but it also branched out to other people working in different student services fields within higher education.

And then through knowing you through social media had learned about like, okay, people on the academic side of the house are just more, you know, in full in higher ed are also in coaching and pursuing coaching and graduate students. PhD students get coaching and are coached. I learned about, you know, faculty coaches, even in like learning and development departments and offices at universities, um, And so that's when I thought like, Oh, like, and at that point, some of my journey and what I was doing professionally was pivoting as well.

Um, and so I wanted to pursue perhaps coaching as a coach myself. Okay. So this is always like, such an interesting for can people's path of like, when you decide to go from like a client to. Oh, I think I might want to do this, you know, like, do, do you remember what kind of first led you into thinking like this could be a good fit for you?

Yeah, that similarly, like was like two paths of mine joining together. Um, I've always had the dream of working for myself and that's always been like a lifetime goal and I didn't know doing what, you know, probably that was joining the entrepreneurial program. Um, and coming out of that, I was really like ready to start and wanting to do something.

And at the same time, what I was doing professionally was transitioning of, you know, teaching undergraduate students, but also doing a lot of work, um, training faculty and staff on effective facilitation, uh, inclusive pedagogy curriculum building using inter-group dialogue in the classroom. And in working with that population, I was thinking like, there's ways I could do this differently or more effectively or in a more powerful way.

And with my supervisor, she and I, um, You know, crafted some goals around learning coaching skills. And so it was like, uh, like, uh, you know, January, 2020, it was like the clouds open and it was the right time to pursue this, um, both for myself professionally, but also to pursue some personal goals as well.

And I, you know, I've been following you along the way when you were building this program. And then when you're like, all right, it's ready to go. I was like, yes, like, this is what I wanted to do. And I was ready to have, you know, the time invested, et cetera. Um, and was really looking forward to growing that coaching as a skillset, the stars aligned with that timing.

I love that. Well, I want to hear a little bit more Amy about the timing piece, just because I think this is a big question for people of like, how do you know, like you said, you had the time to do it. You maybe have the financial resources to do it. You knew professionally, you were kind of ready and there had been signs.

It sounded like for you that you were like moving into this area. Can you talk a little bit more about how you knew that this was the right time, because it sounds like it had been building for a while. Yeah. Um, I think for me, part of it was being in the position that I was working in. I was thinking it was in my third year.

And so I knew I was doing what I needed to be doing in my day to day. Going on in my job and was looking to really advance my skill sets in some very specific areas and then actually being a client, um, and meeting other coaches and, uh, seeing what other people were doing in coaching on Instagram. Just kind of inspired me to want to pursue that further and to just think like, yeah, like I could totally do this as well.

I wanted to have another way. To meaningfully impact and help people, uh, outside of teaching or intergroup dialogue, facilitation, just having another tool in my toolbox. And I also think just timing wise, like I was ready. To set aside the time. And then looking back on what this year has been, coach training has actually been this beautiful constant throughout, um, and the relationships built with the people in the training and with you as a facilitator have been such a grounding force that it like the time investment in general financial investments, like a second thought, like it's nothing that I've ever, it's just.

Built it into my daily life and schedule. And, and now I even tell you all the time, I'm like, what am I going to do without this? So, yeah, so it was just something that I would, I was very motivated about doing, and I think, you know, personally and professionally, it made a lot of sense. Um, I took her off my capacities in this way, when either you were in cohort one, which means basically all year long, we've spent two hours a week together, like for the entire year.

So, yeah, you're right. It really has been a constant in 2024 for that cohort in particular. And for people who decided to take the whole program, it was really a year long investment. So I'm curious, Amy, as you've gone through this journey over the past year, what has really helped you, whether it's been in the coach training program or just on your own, you know, working with your practice clients, what's really helped you to build your confidence as a coach?

Um, I think, you know, in the training structure in particular and having all the practice and having that start. No by two Oh one, like certainly did a bit of it in the foundational one Oh one class. But just that, for me, it was a total acculturation of like, okay, this is really what coaching is. Like, even though I've been a part of some coaching programs or seen other coaches, there's a wide variety of coaching.

And so to learn more about specifically the ICF model, how that's utilized agenda setting, and then. In further courses getting into the activities and the practice. I do remember, I think, yeah, it was three Oh one. So the third course you saying like, okay, we're going to fishable, like, I'm not going to demo this for you.

You're all going to demo for each other. And that initially. Really freaked me out. Oh my God. People are going to watch me and I'm going to mess up. And it was wonderful. I mean, really like the, everybody getting to know each other, the way that everybody trusts each other and hold space in the program is great.

Um, but then, you know, being able to do that in front of eight, 10 other people and having it go fine and getting awesome feedback was. Definitely a building block in the confidence and, uh, similarly all the different observations with you as well that are required. Part of the program starting in the second level, of course, have been really helpful in, you know, one hearing myself coach, which once you get over that sound of your voice being recorded, then it's too bad.

Um, but having that be like a really supportive and constructive space to get more into the nitty gritty on some things and also a great way to see. My growth as a coach throughout, you know, and having those start earlier on and then carry through, um, And then practice coaching with peers, myself and another individual.

I've been pretty much practice coaching throughout the program. And what's great about that is, you know, I get to try my coaching skills and also get some feedback, but then I also get to be coached, which has, I think been a really added benefit to this year as well, um, of having that space. Uh, and then I think just.

You know, on my own, looking for resources, you know, listening to coach, to coach reading some books, connecting with the group on prolific as well. Um, and being able to bounce ideas off of people and kind of having a, like we're all in this together kind of attitude of, you know, building confidence as we go.

Yeah. The cohort piece, I think, has been a really important element of this program that I. Probably should have anticipated, but don't feel like you succeeded enough. Yeah. But I've been careful now about who comes in because it is really. Like you, you all have taken it so seriously and you're committing it to each other as much as you're committing to yourselves, in terms of this skill growth, you mentioned Amy and some of the kind of foundational elements of ICF model coaching, which is international coaching Federation.

And for listeners, if you're kind of unfamiliar with that, I would refer you back to season four where I kind of walked through agenda setting. And some of these other basic components. Are there certain things though, of those kinds of foundations, Amy, that you found to be. Especially helpful kind of structurally, as you're thinking about coaching, are there certain things that have been kind of interesting for you to learn about or try out.

Certainly agenda setting on the outside because I've even had some sessions with clients where maybe topics or objectives were not clearly outlined or understood either by myself or by the client. And then everything just kind of goes awry. And it's certainly not as purposeful of a session as it could be.

Um, and taking the time to really do that and having the client lead and take the direction on that so that I'm not the one. You know, it's not about my objectives and what I think they should do. It's really about what they're bringing to the table and what they want to accomplish in the session. And I think being able to also, you know, hear other people's coaching as well through the mentor coach sessions and seeing how sometimes our clients don't always know what they want to do, or don't know how to enter the agenda setting and how as a coach, we can still work with that and have them.

They still define their own objectives. Um, and with practice, I remember you saying, like, I used to have this little like cheat sheet that I'd have near my desk and it'd be like the four different steps. And now it's just so automatic, like topics, significance objectives, repeated back to you. And within like five to seven minutes, We're ready to go.

Um, and I think also having the collection of tools and the different ways that we've practiced and experienced the tools and training has been helpful because not that I'm always turning to a tool, like mostly relying on powerful questions and coaching. Uh, but if something is coming up or if a client is bringing together a topic and I think, Oh, this could be helpful.

It's really easy. So pull those resources out and I've had clients really respond to them really well, um, and really enjoy them. So I think those have been really helpful. And then also just the different ways to do accountability and follow up with clients. The ways we've practiced that the different, um, notion templates that you've shared or that some of the peers have shared too have been really.

Good at carrying a client through the coaching engagement, and then also closing it as well with kind of maybe their next steps or things they may do on their own. So I remember pretty early on Amy, you and I had this conversation because you came into the program with a lot of good facilitation skills.

Like that was kind of your background as you had. And you've mentioned this a little bit earlier. You had learned how to facilitate groups and I think you've done some kind of conflict resolution work and work in diversity and inclusion. And early on, we were kind of talking about how do you blend some of that in to this coaching skillset?

Can you talk a little bit about that? Because I do think that that like merging of skills is an important piece, especially when you're coming into a new skillset as like a, a full fledged professional. I mean, like you, you have other things that you know how to do. So can you share about that process a little bit?

Yeah, I think it was going through and connecting some of the parallels specifically for me, you know, working in group dialogue and inter-group dialogue facilitation, and having that be about, um, you know, making mutual understanding and communicating across difference towards leading progressive and transformative change specifically within areas of social justice.

And so, you know, as a facilitator, a lot of ideas about. There's no, um, power differentials in the classroom. Like I am as equal as my students. So similarly in coaching, like I'm not thinking I'm the leader of this coaching relationship. It's really more of the client. And so how to take a back seat there and then practicing a lot of active listening, um, which I do in dialogue.

And that's been very helpful in coaching as well, particularly when you're using the client's language and really trying to understand what they're saying. Um, Suspending judgment is always something I would do as a dialogue facilitator in certainly in coaching and silence. I am so comfortable with silence and it gives my students the heebie-jeebies and like, they get really like squiggly and I've told clients this too.

Cause they think I'm going to fill the space and I'm like, okay. I am, you know, take what you need. Like I'm okay to sit here. And I think that's been really helpful too. Like, I don't feel like I need to say something. Um, and also sensing non-verbals. I think coaching has been a little bit different because I've done it all through zoom, but now most of our life is through some kind of virtual communication, whereas dialogue, facilitation I was doing in person, um, but still being perceptive and using coaching presence to understand like, Is there a motion coming up?

Um, did something maybe like charger trigger someone? Is there, is there another area we need to explore? Uh, but similarly also finding those things that are not the same as dialogue facilitation, like there's usually a lot of paraphrasing or you're working with a group or other things like that, which I would probably leave out of coaching.

And that initially was a little bit. Of a challenge to like, not repeat back what the client was saying before I then go to my next question, that it was just, the question stands on its own. Um, and that there are times and spaces and ways to affirm clients to paraphrase. That's certainly a tool, but that it's not something to be overused.

Um, and so I think that having those differentiations was really helpful. Uh, and also I think this is the first time. I've really gotten to work in depth with Justin individual. I've done a few different group coaching things now, which has been a lot of fun. Um, but also how that's a bit different as well in the ways that I can really attend and help just one person versus trying to navigate, you know, 10 to 20 people in a room altogether.

Um, and all the different things that could be going on in that kind of a space. Okay. So this is actually really interesting that the difference between individual and group, can you talk further about that? Because there's some people that are, um, in the coach training program, who've, who've gravitated a little bit more toward group coaching.

Some people who are really like an individual, where do you land on that spectrum? What do you think are kind of the things that are drawing you into one or the other. I think for me, oddly enough, it is more individual. And I think for some of that is kind of what I was just talking about. I feel like in a group I do lean more into then becoming a facilitator and relying on.

Activities or tools and then, you know, explaining the instructions and leading the group through that, and then having some debrief and trying to figure out the way still, how that could be powerful for a group, you know, even as a participant of a group coaching program, there's certainly. Loads of benefit there.

Um, and I think people can get a lot out of it and it's a very rich space that can be created when you have more than one person. Um, but for me as a coach, I've really enjoyed the one-on-one and then having it be a sustained engagement over a number of weeks so that you can really see. Change within the individual, um, and have them even report back all the things that they've taken away from the experience.

Yeah. There's kind of the relationship building that happens. One-on-one, there's something really special to that. Yeah. I think. It's a lot of trust and a lot of things that, you know, clients have said, like, I've really never said that to anyone before, or, you know, that's something I didn't want to admit at LA aloud or just even, you know, the space where people will reflect about their emotions or thoughts or feelings that they have, which.

Certainly in a very trusting vulnerable group and I've had this happen in inner group dialogue as well will happen for sure. But I also think that can take a certain amount of time, whereas in the one-on-one coaching, if the rapport is there, the coach, you know, it'll, it could be rather immediate. So I'm also curious, Amy, cause you mentioned you are working full time, like many people in the coach training program.

You have this full-time work. Can you talk about how the coaching skills that you've learned in this past year are being integrated into that? If they, if they are integrated. Yeah, I think they're integrated more in my interactions with my own department, especially as we're going through a lot of change.

As many areas are in higher education right now, and a certain amount of obstacles. And so even just freezing powerful questions in staff meetings, or, you know, the things that I talked about with my supervisor, uh, I've brought it into my teaching more as well. I teach a team. I co-teach a team-based.

Introduction to engineering design class. And so a lot of the times it's more consulting students and helping them with team development. And there's a lot of great ways to use coaching and more of that group environment that I found has been really useful. And then looking to bring it as well more into the staff and faculty development work that I'm doing.

So that can also be more empowered. So I also wanted to talk briefly, Amy, that you have this. Uh, growing side business with coaching as well. And, uh, one of my favorite things is your, I don't know if you would call it content marketing, but I call it content marketing on social media. Um, and we can link to, you know, Instagram and various other ways to connect with her in the show notes.

Um, but you have a wonderful, like playful approach to your social media, which I really enjoy. Can you talk a little bit about that because I think you had this kind of, I mean, if we want to call it a brand, I'm putting air quotes around this. Like you had this before you came into coach training. Cause I was connected with you on social before that.

Um, but you've continued it and I think it's a really kind of unique aspect of how you show up online. Can you talk a little bit about that element? Yeah, I think it's just like a, you know, it's really just me. Um, it's not really filtered in any way. I think when I did start the side business and working with clients and coaching, I did think about, you know, doing make separate accounts for things.

And then it was like, No like Amy, the coach is the same as Amy. The person is the same as Amy, the instructor. Like I show up as me in all the spaces I'm in and definitely one of my core values is joy. And I think that is something I try to share with others. It's certainly something I bring into coaching, some joy, some humor, um, Some positivity as well.

And just wanting to share that. And I also discovered more, I think it was when I was traveling for trainings and conferences a few years ago, and then certainly in the pandemic, like I am an extrovert and I like to externally process. So I found a way to do that is like, Yeah, just sharing thoughts or things through social media and making connections with people online has been a lot of fun and something I've really enjoyed and also just a way to keep in touch with those people that I know in real life as well.

Um, which has been a good benefit at this time, too. Well, just to give people a taste. When you following me on Instagram, you will experience dance parties, a baby in her kitchen. Those are some of my favorite things, but I have to say too, I always appreciate, um, I forget what you call it, like Amy from the couch or something like that, where you're like, Sitting on the couch, giving your thoughts about your day.

And I'm like, I it's like a little window into your experiences, which I really enjoy that started when I, when I was still working in an office at that time, I'd go to the gym after work. Now my whole daily routine is different, but I'd get home and I couldn't. Like get myself to change into gym clothes.

So I'd sit on my couch and my coat and I called it coat thoughts from the couch. Cause I'm like, I'm not, I can't go anywhere right now. I can't do anything. Um, so yeah, just some of those musings, sometimes they're more serious and sometimes it's just top of mind. So yeah. Well, I think you offer such a great example, Amy, of, of, like you said, like being yourself in all these realms and there is something very.

Magnetic about it and very real and genuine. And so for folks who were kind of interested in seeing what this looks like, uh, we will definitely make sure to link to that in the show notes. Can you talk a little bit Amy about, are there elements of coaching that you're still working on that you're like, yep.

This is going to take some practice. I want to keep thinking through this. Is there anything that you're still kind of building competence or skill set around? Yeah, I think some of it, um, you know, more comfortable now, I used to be very anxious about not being able to go into coaching with a plan, because once again, that facilitation strength and the planner superpower, like you don't know what the client's going to bring, you just have to be ready to go.

Uh, so I think, you know, comfortable with that now, but wanting to work more on matching my energy and presence with the clients and then even maybe flipping it a bit, if, if. Session needs a little bit more energy, um, and being able to attune that to each individual client so that my presence is really what that individual needs at the time versus just.

How I always show up as a coach. Um, cause I think that's some further refinement and skill development that will make my coaching more impactful. Um, and then just continued practice and exploration with all the different tools. I mean the manuals quite large, I have knocked on through all of it. Um, so kind of seeing what's there and what can be like what I can explore and play around with a bit more with more clients in the future.

Yeah, we do go over in all of the courses and the entire curriculum, um, and the entire curriculum is not required to graduate from the program. So, um, there's usually at least one course that people don't necessarily take. Um, and, but all of those things combined, there's 50 plus tools in the manual. Um, and I think that you're right, it's kind of a lot, you're trying to figure out what works and what doesn't.

Um, but we go over the majority of them in the graduated program. So Amy. I'm so kind of interested in, in how your thinking about coaching has changed over time, because you started out as a client, you had these experiences with health coaching with group coaching. Now you're seeing this from like a totally different perspective.

Can you describe what that's been like to go through this really from the other side and how it's maybe shifted or changed your ideas about coaching? Yeah, I think. I there's something that I, you know, I spoke about growing up with my mother as a quality consultant and some of her connections with colleagues and friends.

And I remember when I was first interested in coaching, I talked to, um, one of her very good friends and she was helping with some career exploration. I was like, no, but what about coaching? And at that point, you know, this individual's perspective of. Whoever came up with the word coach, you know, as a smart person, who's made a lot of money.

Um, and to me, what I took away from that was like, okay, have some discernment with this like approach maybe with some caution and look at. If you're going to invest time and financial resources and et cetera in this path, think about what you want to get out of it. And knowing that there's many, many different forms of coaching, that in order for somebody to call themselves a coach, they do not necessarily need to be trained in any way.

Um, and. Having that understanding as well, going into the training program. And that definitely helped me select what I wanted to do. I knew I wanted to ICF accredited program. The focus on higher ed was really important. Um, and so I think now my. Understanding of coaching is just way more clarified. Um, and I'm aware that there are many different forms of coaching.

Some that we've been exposed to in the program. Some that I know through, um, different connections that I have things that I've seen on social media and they all have a place and all of them do have. Make meaning and are impactful for people at different times. I also think that there's different fits like along the way that not every form of coaching or even every coach is going to be right for every client that you kind of have to go through that experience too, to understand what might fit best for you.

Um, I very much believe in the model that we've learned through training. And I've seen that I've certainly benefited from that within practice coaching. And I've seen that work with clients as well. I've heard that through this podcast coach to coach, uh, but I've also seen other forms be impactful for individuals too.

So I guess now, you know, I'm out of kind of maybe the. Weariness and more into the, yeah, like there's a plethora of different options here and coaching as many different things. And ultimately I think it's very powerful, helpful. It, this is so interesting to hear you describe the same, because I remember way back in January when we started one Oh one.

One of the first things we learned is the definition of coaching so that you can tell clients about it. And if they're like, what is this coaching business? You can say like, well, this is what coaching is, and this is how it's different from therapy. And this is how it's different from mentoring or advising or these other things.

And, um, I remember, you know, like how everyone, I mean, not just you, everyone in the cohort was struggling. And with that, I'm just like, how do you talk about it? And like, you know, and then you just give this like beautiful definition and it's like, look, how far you've come. You will like have this just complete.

Handle and confidence about what is this? What is it not? What is the range of things that are included within this? What are the boundaries of coaching? I mean, you just seem to have such a clear sense of that. Yeah. I think it definitely takes time and I definitely, it has helped. Seeing the many different forms of coaching.

And I think, you know, knowing that I have a certain skill set with one way and knowing that others may have different skill sets with other ways and that that can still be under the umbrella of coaching. Um, but still, I would say I'm still thinking on it. I'm still chewing on it a little bit. Yeah. So, Amy, what do you think is next for you?

In your journey as a coach? What a great question. The 20, 21. Yeah. So I do have the goal all for 2021 to get my ACC credential by the end of the year. So that will involve completing training with you. I'm getting a hundred hours of coaching experience and completing the knowledge exam. And I think for me, that is definitely doable and I think I'll be experimenting more with.

Balancing a full-time job with the side business as well. Thinking about how I want to be using my time, what would be like the maximum amount of clients that I would want at any time, kind of those things and playing around with more of that, um, and experimenting with a few of those parameters and then.

After that I'm not quite sure. That's kind of like the larger thing. And I know that like a lot of folks count towards the hours and it's like, okay, but what does it mean really once you have those a hundred hours? And I definitely think I'm going to keep going, um, to the PCC credential in the future too.

Um, and that'll take some time. So I'm just looking forward to meeting with more clients and being able to help more people and just continue to grow and expand this. Well, is there anything else, I mean, that you want to share about this journey for you so far in terms of becoming a coach and learning these skills and being a part of this community of future coaches.

I think I was so motivated about this and pursuing training and definitely from like a more personal professional development and a little bit of an achievement standpoint. Like I knew I wanted this, I knew I was going to make the time for it. And when I didn't. Realized was how transformative it was going to be for me.

Like, I didn't like, I mean, it wasn't necessarily like, Oh, this is just a check Mark, but it did kind of did kind of think about it as another like tool or accolade or something else. And I think I am just a totally different person in a much more positive way. And I think to do training in this year in particular has been.

Like the best, like I had, no, nobody knew in January what this year would be, and yet it's the best decision I've made. And definitely it was like a grounding current throughout and really thankful for you. And then also the other participants in my cohort and even like cohort goal or that I've gotten to interact with for justice.

Being authentic and vulnerable and committed, like showing up everyone is showing up every week and, um, wanting to engage with one another. And I think this is like the one group of people where I find it so bizarre. We've never met in person because I just feel like I really know everyone. And I feel like if there definitely will be a future date where we are all together and it'll just be great.

So it's certainly been so much more than I thought it was going to be. And I think. Um, even just coaching as a tool is way more than I thought it was going to be in the, the ways that it impacts people and helps clients in the ways I've been able to use it to help students has been really meaningful.

So I'm just looking forward to continuing that in the future. Yeah. I definitely had that same sense of like, Coaching. I mean, it sounds kind of weird to say like, coaching is like a lifestyle, but it kind of is like, it changes your perspective on like conversations that you have at work and goal setting.

And like all these other things, it really does create some interesting like mindset shifts. Yeah, this what I'm about to say, this was not completely ethical, but in terms of coaching, but, um, like I've used it with like my mother or family members. If they're like, I need you to help me problem solve this.

And I think to myself, like, okay, Amy, You know, giving you advice might not really help you with this. What a powerful question could assist you with this. And I'm totally like it wasn't a full session or anything, but I've used like coaching tools or tactics, even in some. And I did say like, I was like, this might be some coaching stuff, and if you're willing to try it individually and found it helpful.

And I mean, I don't think my mother will ever listen to this. But she was aware at the time, but yeah, certainly you shouldn't coach family members. I do know that, but all I can say to that, there have definitely been moments where my partner has turned to me and said, was that a powerful question? Are you coaching me right now?

Because he knows enough about it just being around, you know, me talking about coaching. Like he, it's hard to not, I mean, it's, you're not treating your family as clients, but you are going to let a powerful question creep in every now and then. Like, I think it's hard not to do that. Yeah, definitely. Well, Amy, I want to thank you so much for taking the time to come on and coach, to coach and share a little bit about your journey with coach training.

And it's been wonderful to work with you this year, and I'm so excited to see where this goes for you. Thank you. Thank you so much for having me. This was fun.

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