

# Clean Language Practice Session - Claire and Sarah

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## SUMMARY KEYWORDS

head, pillar, metaphor, confidence, questions, coaching, feel, client, heart, pump, wings, abouts, sparkly, thought, inner chatter, strength, run, gentle, zed, wisdom

## SPEAKERS

Sarah, Claire

**Claire** 00:00

Just practice a while back, but it'll be a great refresher to kind of get me back into it.

**Sarah** 00:05

Okay. Yeah. So do you want to start by practicing on me - being that you've been through it once already?

**Claire** 00:12

Well, I don't mind. I'm more than happy for you to practice on me. So I am, I'm, I will confess to be out of practice with this, but it's completely it's completely up to you. I'm more than happy to go first if that's...

**Sarah** 00:24

Go on then, go on. Okay.

**Claire** 00:27

And just and just to recap, because I wasn't on the call we are, we're using the question when you're coaching or something else that you're best, what would you like more of? And then the kind of the six questions? Yes, that's right. Perfect. Expectations? And would you would you prefer to focus on coaching or something else that you're doing?

**Sarah** 00:48

Your best? Um, I think probably the coaching.

**Claire** 00:52

Okay. Shall we? Shall we get going, then? Let's get going. Okay, so when you're coaching at your best, what would you like more of?

**Sarah** 01:06

What I like more of is a kind of inner confidence. I think I give lots of outer confidence but actually, inside I have these wobbles.

**Claire** 01:26

The inner confidence, yeah. And what kind of inner confidence is that inner confidence?

**Sarah** 01:41

it's almost it's, it's just knowing that, um, it's like, it's, it's like being kind of in flow. It's, it's just happening. I'm not kind of consciously doing anything. You know, I'm picking up on all the signals intuitively, it's kind of it's not conscious

**Claire** 02:15

anything else?

**Sarah** 02:25

I just know that what I'm doing, how I'm coaching it, it's right. It's, it's kind of it's the best way. And there's no kind of inner chatter going on. Oops, you should have said this, perhaps you should have asked that. So there's none of that kind of inner chatter going on. I'm just completely there with the client. Knowing that I'm asking the right things.

**Claire** 03:08

What kind of completely there is that completely there?

**Sarah** 03:28

It's feeling it's totally, totally committed to what's going on for the client. And just whether there's nothing else coming into it, it's again about being totally absorbed and totally there. And knowing and sort of having that confidence that I don't get all the kind of inner chatter and self doubt. So it's being able to be so it's sort of shutting all that out and being totally focused on the client

**Claire** 04:17

from hearing totally focused on the client's lack of inner chatter, Mm hmm. Absorbed Mm Hmm Is there anything else?

**Sarah** 04:44

I can enter I suppose it's it's a sort of fascination or curiosity with the client's journey rather than distracted by Again it's that word kind of my own sort of self doubt or kind of inner Gremlins having a go at me so it's that kind of maintaining that complete kind of fascination and curiosity and interest in the clients journey

**Claire** 05:20

what kind of fascination and curiosity is that fascination and curiosity?

**Sarah** 05:29

um it's it's a total interest in everything that's going on for them wanting to really understand them have not just the sort of the bigger picture but the detail that fills that in as well and be and to be wanting to kind of drill down on that to be I think part of it is having the confidence sometimes to drill down on some of the - what might be sort of more sensitive or might be considered sometimes in a social situation to be inappropriate, but in a coaching situation is totally appropriate to drill down on.

**Claire** 06:36

and you mentioned you mentioned confidence, the inner confidence again. Yeah, what does that what does confidence feel like?

**Sarah** 06:52

um what it feels like it's about sort of being completely in flow or in the zone, it's just knowing that whatever, that knowing that what I'm doing is right, just doing it without even having to think about it being completely sort of like also automatic in what I do and knowing and having that in that confidence that it's the right thing for the client at that particular time.

**Claire** 07:43

And that confidence, whereabouts is that confidence?

**Sarah** 07:56

It's in two places, it's in my head and it's in my heart and I think it's the heart stuff is there it's the head that gets in the way the head the head kind of starts doing all that sort of chit chat gets in the way the head is the one that kind of lacks it

**Claire** 08:26

and that confidence in your heart... Can you can you sense - does it have a shape or size?

**Sarah** 08:50

This is big and red and beating very strongly it's yeah, it's it's kind of like the heart and it's beating very strongly

**Claire** 09:07

and that big and red and beating very strongly in the heart, big and red and beating very strongly, like what?

**Sarah** 09:43

I don't know that there's like anything. I think it's just the kind of the beating strongly is kind of, is the sort of representing the confidence strength

**Claire** 10:13

so that confidence that inner confidence is beating very strongly. Would you like to explore a bit more about what that confidence beating strongly like a heart is like? What else do you notice about it?

**Sarah** 10:49

It's kind of it's a confidence and strength that comes from within it's inside me and it it flows through all of my body

**Claire** 11:14

confidence and strength from within which flows through all of my body that sounds incredibly powerful to me

**Sarah** 11:30

Yes, and that that is powerful and that's that's kind of when I'm coaching at my best that's what I want more of, and I know it's there. It's just the head sometimes gets in the way

**Claire** 11:52

So when you're coaching at your best it's like confidence and strength flowing through all of your body that metaphor of the heart – big, red, beating very strongly. Is that a helpful one to connect with?

**Sarah** 12:22

Yes it is. Yes. Because there's about for me it's about like kind of inner resource of having that inner confidence and remembering that it's there. And that actually that even though the head gets in the way if the heart if the heart wasn't there pumping that resource, whether it be blood or confidence the head wouldn't have any say in it anyway because it'd be dead that's actually quite a good metaphor. I think the heart's just got to push back more. When the head is trying to sort of way ahead, get all the negative chitchat down and gets in control for the or I get distracted by Oh God, was that the right question to ask? Oh, God, perhaps I should have gone down that route. I think I just need to turn the strength of the pump up yes, that's quite a helpful metaphor.

**Claire** 13:46

Turn the strength of the pump. Mm hmm. And you mentioned that chatter in the head that chatter in the head that that's like what

**Sarah** 14:07

oh, it's it's, it's it's kind of it's like a whole load of It's just like having a whole whole room of children or trying to talk to you at once for all complaining about something. And you can't you kind of can't hear the key things, all the chatter that's going on

**Claire** 14:42

A whole room of children trying to talk to you all at once

**Sarah** 14:48

or wanting attention or wanting attention.

**Claire** 14:53

What kind of attention is that attention?

**Sarah** 15:09

It's it's saying "Listen to me" saying "I want attention on me" it's my head saying, "Listen to me Listen to me" it's self centred attention

**Claire**

What kind of self centred is that self centred?

**Sarah**

It's getting absorbed in my concerns and thoughts rather than the client's.

**Claire** 16:08

Whereabouts is that self centred?

**Sarah** 16:13

Oh, that's in the head very much in the head. While the self centred chit chats going on, it's, it's yeah, it's the kind of worrying the kind of negative kind of but Listen to me Listen to me, I've got a problem I've got a concern. Since actually, it's quite good to think about it in terms of sort of the head versus the heart. And the heart this strong pump and it's one of it's one of my, it is one of my challenges. I know, I, my head tends to get in control a little more often than I'd like it to. Not just in coaching, but in everything else.

**Claire** 17:07

You're doing your best when your heart is in control and silence your head.

**Sarah** 17:14

Yeah, it's not so much about the heart in terms of sort of being warm and fluffy. But it's more in terms of sort of the intuitive strength, that sort of metaphor of kind of, you know, pumping this confidence and strength out and that sort of thing.

**Claire** 17:33

And I'm curious to explore the feeling what this feels like, when you're, when you're coaching at your best and the and the heart is in control. Physically what does that feel like?

**Sarah** 17:55

Physically, it's almost as though I'm not noticing anything. Because it's just happening. That's whatever I'm doing or saying is automatic. So it's, it's unconscious. So it's almost like I'm not noticing anything it just happens

**Claire** 18:29

the confidence feels completely automatic. It just happens. We have, we have about five minutes left. And I was wondering, what might be useful for you to explore from here

**Sarah** 19:02

I actually think that that metaphor of the head and the heart is actually a really good place to kind of leave it. Okay, cuz it's helped me kind of clarify that for myself, and how to work with that. Hmm.

**Claire** 19:24

And when when you said, the heartbeat, big red, beating very strongly flowing through all your body that makes the strength finding the strength of the pump?

**Sarah** 19:34

Yeah. And it's almost like, you know, we don't notice our heart beating. And it's easy.

**Claire** 19:44

but we noticed if it stopped.

**Sarah** 19:47

But you know, it kind of it is our kind of lifeblood. And it is that it just happens you know, and it's I think it's about knowing when to turn the strength of the pump up to silence the chitter chatter in the head, some kind of conscious stuff. So thank you for that

**Claire** 20:11

Not a problem. One final question. Which is, and what would you like to happen now?

**Sarah** 20:21

What I need to happen now what I'd like to happen now is to have a challenging client to work with where my chit chat gets in the way. And I can successfully turn strengthen the pump.

**Claire** 20:33

I can attempt to be that challenging.

**Sarah** 20:41

Yes, thank you. That would be a very okay place to finish.

**Claire** 20:48

Thank you. Given we finished early, do you want to do some quick 'How was that for you?'

**Sarah** 20:57

Yes. Should we do that? And then we can. So um, yes, I know. I thought it was it was really good. It wasn't where I thought I was going at all, which was quite interesting. And I found Yeah, the the analogy sort of coming up with that analogy of the heart, and I thought you were at you were very good at the pacing, and sort of putting back in what words I was using that one, the only thing I'd say I wasn't sure of was when you started taking me to explore what was going on in my head. And that sort of negative chitchat once we got to the point of the strength of the heart? And I'm not sure if that was because we had some time left over and you felt kind of good use time?

**Claire** 21:51

Yes. Okay. And also the way that we hadn't explored one of the things, one of the layers that suggests you go through is about feelings. And I was wondering whether to anchor the metaphor. We might. I was okay, I Okay. I can't get you there. Through this one. I'll try the other one. And I know there's kind of a no go with negative stuff. Unless you can flip it to the positive. So I thought given this as a practice, I would, I would adventure. But um, yeah, I agree with you. It doesn't. It doesn't work. You don't?

**Sarah 22:24**

I'm not saying that. I don't know. I felt a little bit kind of suddenly jumped to it.

**Claire 22:28**

Yes, yes.

**Sarah 22:31**

Yeah, we kind of switched suddenly, from the heart to the head. And I just kind of felt all okay. Um, whereas I was actually quite enjoying, I think maybe having done a little bit more pushing on the kind of, maybe sort of the feelings of the heart. Yes. Rather than an how they might. Yeah, trying to maybe pull out of me how they, you know, how it would feel if it was pumping really strongly and pushing back on the head or something. But I felt a little bit jumped at that point.

**Claire 23:03**

No, I completely agree. I think what I found difficult about this session is the, I can completely empathise with your head versus heart, and having a list of questions that you're asking the specific way, my head of field day. So I had like, well, we've got time left. And you know, and you haven't got to feelings that way. So what about trying it this way? And it's, it's, I find it very difficult to be totally present with the clients. Whilst his list of questions isn't yet automatic. But even when we were asking them on the positive side, to me, I felt awkward as like, she's just gonna think I'm deaf in my head chatter was she's gonna tell me from the heart, she's just described it, of course. Yes. So I found the head chatter really strong, but I was trying to rigidly I had the questions and you're trying to really strict to them, because they do seem to work. quite awkward using them to start with.

**Sarah 24:07**

So that I mean, that's really interesting, in that we've been tagged together, and what, you know, what I was talking about was really reserved, sort of sounding for you. Yes. And it's one of the reasons I kind of want to do wanted to do the Clean Language is to, you know, to be able to kind of just totally, you know, let go of all the chatter that's going on in the head, if you like, and sort of just be able to sort of focus on what's coming up for the client not trying to think. Okay, so how do I formulate my next question now? Is that the right one to ask or should I ask this one? It's like, no, no, right there for the client. And then I'm thinking what did the client say?

**Claire 24:47**

That's interesting, because it's the freedom of having a prescribed list of list of questions mean your head is just focusing on this question to ask rather than the question. Yeah. Hmm.

**Sarah 24:59**

Oh, Okay, so where am I gonna take this? How am I? How am I gonna ask a question around that? Well, I could do that. I could do that. And in the meantime, I'm not actually hearing at that really deep level what the clients saying. Because I'm multitasking.

**Claire 25:18**

Now that's great. That's great feedback going down more feelings around the, what does it feel like when the heart pumps stronger? And pushes back on the head?

**Sarah 25:26**

Hmm. Maybe then to kind of take it in. So how would the head feel? You know, when the heart pushes back? What does the head- you know? Or something like that? I don't know. I just I sort of felt a little bit jumped. And then the connection kind of wasn't quite there.

**Claire 25:54**

I put my hand up and say I forced you into it. Like ooh I have material from earlier on, I'll see if I can do that. Okay, well, the questions that you could think about after this or we can talk about if you've got a bit yeah, yeah. What does it feel like when the heart pumps stronger? Yeah. How does the head feel? Because I suspect the head will actually feel calm.

**Sarah 26:18**

Yes. And also you know, how can you turn the pump up stronger when the head is trying to get control? Mind you, they might not be in these Clean Language questions at the moment. I might be jumping ahead but -

**Claire 26:30**

Well, they're not enough the six, but um... that they're all about the kind of what's that? Like? Yes, yeah. Is it you know, what does it feel like where is it? Does it have a shape? But it then moves on to them? What would you like to happen now? Maybe, maybe it's actually that I was aware that we've come to a natural ending. I kind of want to do some more practice. So that actually if I'd have gone to the and what would you like to do with that now? That would have actually opened up a whole new set of metaphors on how I wanted to pump up

**Sarah 27:08**

yes yes, rather than you taking it into the head to you know, going with what I said about the head is actually yes that would that would I think that would have probably worked better

**Claire 27:21**

the coach had an agenda

**Sarah 27:26**

Okay, so are you ready to have your go?

**Claire 27:30**

Yeah, great.

**Sarah** 27:31

So when you're coaching at your best what would you like more of?

**Claire** 27:47

There's a danger I'll just repeat everything that you said but it'll be interesting to see how it goes differently.... More calm

**Sarah** 28:02

And what kind of calm is that calm?

**Claire** 28:13

Peace... a stillness. Like a gently lapping sea as opposed to a very choppy one with the wind blowing over

**Sarah** 28:28

peace or stillness a gently lapping sea. Okay, um when you have this gently lapping sea, is there anything else about the gently lapping sea?

**Claire** 29:06

Oh, there is actually. I just seen the sea at first but as you said that it made me zoom out. And I can see that it's blue sky and there's a couple of birds tweeting and there's the sea being calm means that there are other things that I noticed going on. It's warm weather. There are a couple of birds flying around. I almost want to say the sea is happy. A playfulness about it.

**Sarah** 29:58

What kind of playfulness is that playfulness?

**Claire** 30:08

It's got movement just a gentle movement and a cheekiness to try and challenge see where things go without needing to be right

**Sarah** 30:29

And when there is that cheeky playfulness, the challenge is there anything else about that cheeky playfulness and challenge

**Claire** 30:43

Its very light it's like a dance. A light-footed dance we are not kind of moving around in areas moving areas as opposed to being fixed in one

**Sarah** 31:14

It's like a light footed dance and you're moving around and over an area that is there anything else about that light footage dance?

**Claire** 31:39

Yes there is! Why I'm dancing with someone else. That I'm dancing not necessarily with but certainly around clients and encouraging them to dance too

**Sarah** 31:55

So your dancing with and around your client. And an invitation to dance. And what kind of dance is that dance?

**Claire** 32:15

You'd laugh... It's a good job we haven't got it on this Skype video phone here in my room slightly moving around. It's a gentle sway. It says a transference of weight from one foot to the other. And just the the gentle shifting of weight from hip to hip or foot to foot.

**Sarah** 32:37

Okay, so gentle shifting of weight from hip to hip and foot to foot. And is there anything else about that gentle shifting of weight?

**Claire** 32:59

just it feels very natural. It feels like a way of using the energy without creating huge movements and keeping the energy level there without creating rigidity or forcing that energy somewhere

**Sarah** 33:22

so it's about keeping the energy there without forcing it without the rigidity. And whereabouts is that energy?

**Claire** 33:39

Well I thought from our earlier conversation I was about to say heart but I don't think it is in this case it's almost like solar plexus. That kind of way of sort of diaphragm is it makes sense because actually this is about courage

**Sarah** 34:04

and what kind of courage is that courage?

**Claire** 34:29

Daring, but it's a quiet daring, It's not a "In your face" or "War cry". It's it's a quiet confidence.

**Sarah** 34:47

It's a quiet, daring, quiet confidence. And when you have this quiet, daring, quiet confidence Is there anything else about this quiet daring or quiet confidence?

**Claire** 35:11

It makes me feel bigger, taller... kind of broader shoulders. And I am almost like I feel the size of me, and I guess my aura or my impact, rather than just my physical being, but it's been in a very gentle way.

**Sarah 35:38**

So when you feel the size of this aura, this impact whereabouts is that aura, that impact?

**Claire 35:49**

It's all around me that I feel it most strongly, almost like big wings, kind of reaching out from my shelf life. But then kind of moving foots almost swept out, upwards to the sensation is almost like an egg shaped one all around me. Because I suppose it's a balance of groundedness. And these wings, that if there was just a wing, that would be wrong. But yes, it's all around me that the sensation is particularly strong in my back.

**Sarah 36:34**

And when you have these big wings, that strong sensation in your back, that's like what?

**Claire 36:48**

What's interesting is when I said wings, it made me think, oh, I should be flying. And it's not about having wings in order to be able to fly. It's it's, it's the feeling of power that these wings can create, you know, the feeling that you know, slap on once or twice and you lift off the ground, but it's been being aware of that strength, but choosing not to use it or not using it unless it's an issue is quiet confidence and this awareness of extreme power that will only be used sensitively almost to be reasonable like King Solomon or something like that. And this kind of wisdom and, and the fifth symphony, which I guess you could use maliciously, but that won't ever be used that way.

**Sarah 37:55**

So quiet confidence, extreme power. Wisdom is there anything else about that quiet confidence, extreme power, and wisdom?

**Claire 38:22**

A confidence... extreme power... it's the word for it, it's very, it's not going to go away. It's very old, enduring, but not as the right words. It's, it's been around for a long time and it will be around for a long time. And it's not really mine. It's just something that I tap into. Or that as coaches we tap into when we're coaching like this age or wisdom that we sort of have access to all this kind of much more wise, or seeing parts of ourselves. That when we find that kind of stillness is

**Sarah 39:22**

And whereabouts is that stillness of old age wisdom?

**Claire 39:33**

The sensations are still very strong in my shoulder, but it's almost like a like a pillar going down the back of the knee from way up above my head. Like way down, like a big thing to look at that will be cold and this and this is warm, round. grey stone pillar that, almost like the length of my spine, deep into the earth and deep up almost when my back is stood against it, I'm connected to it. And there's something lovely about the pillar provides for my body as well. So much like I'm resting against it. That's good

**Sarah 40:29**

and when you have the support from that pillar, you're resting against it, but stood up. Is there anything else about that pillar?

**Claire 40:50**

The pillar is where it is, I don't need even if I moved, the pillar wouldn't come with me. And it also are not. It's my pillar. And not. It's not like I have to compete with anyone else to get share of the pillar. We got our own so we can say hello to my pillow on a regular basis.

**Sarah 41:18**

And where abouts is that pillar?

**Claire 41:23**

Oh it's in a... in an open space, but it's quite dusty, quite dry. Almost like you're going to have a ruin, but a temple or a forum or something like that that was built an awfully long time ago. And then this is one of several pillars around this wide open space, I can't even see the upside, cord or whatever it might be. But there's an awareness that there are other pillars there. But I but I can't. This is one of several pillars, but this one's mine

**Sarah 42:18**

does not have a shape or a size?

**Claire 42:25**

Yeah, I think the most interesting thing is about is about the size. It's almost it's not it's not huge. It's I've got my hands off. Not, not if I kind of reached round with my hands, you know, that kind of tiny sort of size. But if I hold my hands open, that's almost like a pill is like kind of in circumference is like three of my hands. So it's quite, it's almost like head circumference size. And I don't have friends. Maybe the what looks like to be the Colosseum. Maybe that's the Colosseum pillar in my head. It feels it feels like that. Something that you can get your hands on. Maybe that's the important if it's something that you get your hands around. And actually, it's it's solid, but it's in diameter. It's actually smaller than me. Not physically dominated by the pillar is much higher than that. But it's yeah.

**Sarah 43:35**

So when you can get your hands around that pillar. That's like what?

**Claire 43:55**

It's like putting your hand on a dog and feeling that it's alive inside or putting your hand on my pregnant cousin stomach and feeling a baby kick. It's like an awareness of the life inside. That is a life inside of me rather than inside of the pillar. The awareness of being alive

**Sarah 44:21**

and when you have this awareness of being alive, is there anything else about that awareness of being alive?

**Claire** 44:38

Its like the whole surface of me is tingling and sparkly. Like like the vampires doing the Twilight movie.

**Sarah** 44:59

No I interrupted you there...

**Claire** 45:01

No, I was just I was just feeling that.

**Sarah** 45:04

Okay. And Whereabouts is that tingly, sparkly feeling?

**Claire** 45:12

It's mainly around the top of my head and shoulders. It's, it's on my surface, it's on my skin. But the awareness isn't particularly up my arm. And particularly at the kind of the top of my head.

**Sarah** 45:28

And when you have that tingly, sparkly feeling, is there anything else about that tingly, sparkly feeling?

**Claire** 45:41

it's just like a load of like mini electrical connections out to almost like sensors to kind of pick that pick things up oh, I've just got this image of being being resting with my back resting against this paper in the sunshine with almost like, the surface of me sparkling

**Sarah** 46:17

When you're resting with your back against the pillar in the sunshine, and the surface of us sparkling, what would you like to have happen next?

**Claire** 46:33

I'd like to be able to stay there I'd like to be able to walk up to this pillar and lean against it. Every time I coach or every time I want that experience. I don't actually want to have to go, I don't want to have to run off around the quad on the off chance that there's another pillar over there. It's like this one's here. And can I stay?

**Sarah** 47:05

You'd like to stay there. You don't want to be running around the quad? Okay, that's a good place for us to bring this to a close. Thank you. Excellent. So how was that for you?

**Claire** 47:30

It was great fun. I'm, as you've probably guessed, I'm fairly visual person. So the reason for me doing Clean Language is that I love working with metaphors. And my head would just kind of ping images forward. And the creation of physical sensation, rather than just a physical visual image is even more powerful than something that was my overall experience was just the I know that the images will come really quickly, you know, sort of looking out the window or something like, in my head, I see I see a

calm sea and I can tell you what that looks like. But actually, the that's something external. And that's the the feeling. And particularly for me the questions around the and where is that? And what does it look like? And what it feels like really shift something? That means that it's, it's not? It's something that's about me rather than something that I can I'm aware of.

**Sarah 48:31**

It's quite interesting you saying that because the one or two times when it's intuitively I kind of want you to go to the gym, whereabouts is that? And does it have a shape and size questions, but you'd actually almost answered those in the previous one. You know what you've been saying? And then I got to a point where I thought actually, even though you've said something I'm gonna you know, I'm gonna go with that. And it actually took you to a different level.

**Claire 48:54**

Yes, because it made me it made me capture it. Yes. Yeah. Yeah.

**Sarah 49:02**

So my learning there was actually not to be restricted. Because you kind of, you know, you sort of send you had wings on your back. Okay. So it's on a back, you know, so it I shouldn't have interpreted that was I don't think I asked that question at this stage at that stage. And it was we were a little further on before I then went on Whereabouts is that?

**Claire 49:19**

That's, that's true. And I think when you first asked and whereabouts is that my my head? My head reaction was, well, it's on my back, of course, yeah. In you asking that question. Something else automatically happened as I got more information. So I also learned that just because my head thought it knew the answer, didn't mean that my heart or you know, going back to your kind of metaphor, that there wasn't more information that Yeah, so the questions the questions are incredibly powerful, even if we've got the kind of logical answer already.

**Sarah 49:54**

Yes, even if you think you can, okay, they've told me it's on their back or wherever it's like actually know this But there's this more to learn from that question.

**Claire 50:05**

Yeah, when you describe the heart as Whereabouts is like that the voice in my head was going to the heart.

**Sarah 50:13**

Yes. Just below the lungs on the left side.

**Claire 50:17**

But that's when you describe the pump. Yes. The pump. If I hadn't asked you whereabouts it was? Yeah. I'm like, yes. Yeah. So yes.

**Sarah 50:28**

Yes, it's allowing that metaphor to sort of develop, because it's not, you know, the fact is, you know, the wings, you know, the wings might be on your back, but actually, they could be on your feet. Yeah. Or coming out your ears or something, or completely, completely detached and lifting you on a couple of pieces of string.

**Claire 50:50**

It's gonna be slightly tricky catching.

**Sarah 50:55**

That was a lot of fun. Because you there were so many visuals there. Um, that was that was that was really interesting. So for God, we could go on here for ages and ages and ages. And we'll keep coming up with something. Whereas I kind of I kind of grasped my head in my heart one and I stuck with it. Whereas that was really interesting, because yours really evolved and it kept on evolving and changing from sort of.

**Claire 51:23**

Yeah, sorry, calm. See,

**Sarah 51:25**

you know, we went through dancing to wings, to pillars. Yeah. To sparkly tingly feelings.

**Claire 51:37**

Which I then started laughing because I had an image of Twilight cliches and coaching. That, I might actually just write that down. So we had, we had we had to come see. We had we had the dance. Yeah. Which is almost like a sway. And then we had the wings.

**Sarah 51:59**

The wings? Yes. We had, we had the pillar of wisdom. Yep. And then you had all the sort of tingly sparkly feelings? Yes. leaning up against the pillar in the sunshine. But incredible how powerful those images are? Hmm. Excellent. And what could I have done better there? What could I have done differently?

**Claire 52:38**

Nothing. There was nothing that jumped out to me. That particularly jarred. I think I think the point that you've just raised about going with the questions I've already stated, and I think that's a bit toward the end of it. I felt like we almost we moved faster through the exploration. As admitted, maybe something a little bit around around confidence just to go with one of the words or the metaphors. I think I think there was one. What it was you reflected back to me where it sounded like you weren't sure which to pick up?

**Sarah 53:22**

Yeah, yes. I stuck about three of them in there.

**Claire** 53:26

But that's fine. I think I don't I don't think it matters. What Yeah, but it's just taking it in go with it. I'm sure I do. Exactly. Exactly the same. But I just rather as an observer rather than a participant, I think it's not, it's important to stick to the question. But what better metaphor you pick up actually doesn't matter. Because there's 1000 routes to explore. Yeah.

**Sarah** 53:52

Yes. I felt a bit clumsy at that point.

**Claire** 53:58

I can imagine it, it was tricky. Working with me. Because because there were so many metaphors, and they were kind of almost they had a life of their own. And so I imagine the challenge was in knowing when just to let me get on with it, and when to when to intervene. And if I've been on the other side, but I want to be a good coach. And I want to ask my questions, and sometimes always if the client itself coaching

**Sarah** 54:33

Yes, I don't think it wasn't kind of tricky working with you. I think the thing the first time we've worked together I think my lesson from this would be if we work together again, I give you kind of longer times for the silence because there are a few couple of times when I started to ask a question because you've been silent for a little while and we both started speaking at the same time. But I think you're right is that I kind of felt very clumsy when I kind of you know sort of set and when x is happening, why it's happening in satisfying. Is there anything else about X, Y, and Zed? And it was all very wordy and complicated? And you're probably thinking So which one should I pick up?

**Claire** 55:10

Well, it works anyway. Because actually, actually, if my brain could only cope with one of them, and it picked up on whichever one I wanted to the first pass that sentence be when X, Y and Zed felt a little bit overwhelming. Yeah. And when you said which bit of x, y and Zed I was just like, it's almost like my brain picks one. Yeah. Yeah.

**Sarah** 55:33

And I remember now my brain I was sort of having that conscious moment of, do I give a one or do I give her all three so she can choose you know, which one should I do? We're trying to do up just blurt out all three. And add on into that kind of conscious head taking control. And that's actually I remember now thinking when you actually went with one Oh, yeah, that's probably the one I'd have picked anyway Excellent.

**Claire** 56:02

We're about just gone ten to. I think Angela will come to the phone very soon. We've got a minute or two before she...

**Sarah** 56:08

Yeah, she wanted to... You need to stop this recording anyway. Yeah. So do you live by the sea?

**Claire** 56:16

Sorry? I grew up by the sea.

**Sarah** 56:19

All right. You said you could see the calm sea or something. And I thought, oh,

**Claire** 56:23

my gosh, that'd be nice. Now I'm looking at over a roof over Putney. Whereabouts are you?

**Sarah** 56:32

the Isle of Wight

**Claire** 56:34

Oh, lovely.

**Sarah** 56:37

So not today. It's not, probably like you. It's pouring with rain and howling gale.

**Claire** 56:42

Not pouring with rain, but it looks like it might I'm not sure. I'm actually in the Isle of Wight in the next couple of weekend's time.

**Sarah** 56:46

Oh, are you? What are you doing down here?

**Claire** 56:49

Coming to the Grange for a yoga weekend.

(Conversation continues....)