

Transcript: Observed Coaching Session iCoach PCP Session 2016

Cecilia: Good morning [Lira 00:04], how are you?

Lira: I'm good [Cecilia 00:06], how are you?

Cecilia: Excellent, excellent. So definitely look forward to, ah, to chatting with you. Um-

Lira: Yeah.

Cecilia: You know just wanted to, you know, cover a couple of things before ...

Lira: Okay.

Cecilia: ... we get, get into our session which is going to be for 30 minutes.

Lira: Okay.

Cecilia: So as you know, I am an Executive Coach and I real-, I really believe my personal mission is helping people maximize their full potential.

Lira: Mm-hmm (affirmative).

Cecilia: Um, you know, so we do have a short time but, you know, definitely want to discuss something that you would like coaching on. Um, it is ...

Lira: Okay.

Cecilia: ... confidential.

Lira: Mm-hmm (affirmative).

Cecilia: So, you know, but one thing to consider is that this session might be posted on the iCoach site.

Lira: Okay.

Cecilia: So you wanna just, you know, when you're thinking about the item you want coaching on, just ...

Lira: Mm-hmm (affirmative).

Cecilia: ... keep that in mind. So because of that ...

Lira: Okay.

Cecilia: ... we'll, we'll only use first names.

Lira: Okay, sounds good.

Cecilia: Mokay. So can you tell me a little bit about what your experience with coaching is? Have you ever been coached before?

Lira: Um, not really. You know, I-

Cecilia: Hmm.

Lira: I, I have a friend who's a life coach and so she, sometimes, you know, she will, when I talk to her about something I can see here doing that piece ...

Cecilia: Okay.

Lira: ... um, but I haven't officially ever been coached.

Cecilia: Okay, okay.

Lira: So I'm really ...

Cecilia: How do you feel about-

Lira: ... looking forward to this.

Cecilia: Okay, excellent, that was actually my next ...

Lira: Did that-

Cecilia: ... question. (laughs)

Lira: That answered your question? (laughing) Okay.

Cecilia: So before we go into it, do you have any questions?

Lira: Um, n-, not really, not really.

Cecilia: Okay.

Lira: I'm, I'm sort of eager to start and see where it goes.

Cecilia: Okay. And, you know, what I like to share with people too, is that, you know, coaching is really about, you know, helping you achieve results through self-discovery versus providing solutions. So just to kind of, you know, give you, um, you know, a frame of reference and some context.

Lira: Mm-hmm (affirmative).

Cecilia: Does that make sense?

Lira: Oh, that's very helpful, yeah, absolutely ...

Cecilia: Okay.

Lira: ... that's very helpful.

Cecilia: All right, excellent. So talk to me about, you know, what you would like to discuss.

Lira: So it's something that's, um, I've been sort of struggling with lately. Um, is, you know, I'm, I am, I am in a program right now and, um, I see patients and I have 2 very energetic boys, and I'm also, um, overseeing some, ah, different groups in a non-profit.

Cecilia: Okay.

Lira: And I am feeling so overwhelmed to the point where I feel like my brain isn't functioning properly. And I, (laughs) and I, I know, you know, it's something that's, um, time limited, that it's, you know ...

Cecilia: Mm-hmm (affirmative).

Lira: ... I just need to get through May and it's gonna be, you know, things are gonna shift.

Cecilia: Mm-hmm (affirmative).

Lira: But it's been very, um, it's been very overwhelming because I'm, I'm feeling like I'm not able to give everything as much as I want to, and it's frustrating.

Cecilia: Okay, okay. I can imagine, that's a lot, definitely. So when you think about it, like what do you, what's your, what are you trying to accomplish? Like what are the different things that you're trying to, to get done? It sounds like you have some competing priorities.

Lira: Um, well, I am trying ... I think the biggest piece is, I'm feeling burnt out, so that ...

Cecilia: Okay.

Lira: ... when I'm doing any one of these things, I don't feel like I'm fully present. I don't feel like my attention ...

Cecilia: Hmm.

Lira: ... is fully there. And it could be, you know, with my kids, it could be cooking dinner ...

Cecilia: Mm-hmm (affirmative).

Lira: ... or it could be, you know, writing a paper, or ...

Cecilia: Okay.

Lira: ... you know. I mean th-, I would say the only place where it doesn't happen is when I'm seeing patients. I'm somehow ...

Cecilia: Okay.

Lira: ... there's something I think in being just in the setting that kind of wakes me up, but ...

Cecilia: Okay.

Lira: ... um, yeah.

Cecilia: Okay. How old are your boys?

Lira: They're 7 and 9.

Cecilia: Ah, okay. So I can see that would definitely keep you very busy. (laughs)

Lira: Very busy. (laughing)

Cecilia: So when you say it doesn't happen when you're seeing [patients 04:15], ah, patients ...

Lira: Yeah.

Cecilia: ... what is, what is ...

Lira: Yeah.

Cecilia: ... it?

Lira: That feeling that I'm kind of, eh, like not, unable to focus or feeling like I'm not fully present.

Cecilia: Mm-hmm (affirmative).

Lira: Um, or even feeling like a-, like, like my brain has shut down.

Cecilia: Mokay, mokay. And so what happens when you feel like your brain has shut down? Like what's the impact of that for you?

Lira: I just, it just, it feels like I'm not being productive.

Cecilia: Okay.

Lira: And, and it's also frustrating, it's like ... I mean, I think part of it is also just exhaustion, but it's that feeling ...

Cecilia: Mm-hmm (affirmative).

Lira: ... of like not re-, being fully, (laughs) fully there, like you're so ...

Cecilia: Yeah, not being ...

Lira: ... tired, and-

Cecilia: ... fully there, okay.

Lira: Yeah, yeah.

Cecilia: So it sounds like part of your goal is to, you know, in different aspects of your life, just remain present in those ...

Lira: Mm-hmm (affirmative).

Cecilia: ... moments of that. Is that right or is that kind of on the ...

Lira: Yeah, I ...

Cecilia: ... right track?

Lira: ... mean, that would be wonderful, it would be ...

Cecilia: Mm-hmm (affirmative).

Lira: ... wonderful if I ...

Cecilia: Mokay.

Lira: ... could somehow do that.

Cecilia: Okay. So what's, what's the difference with your patients?

Lira: Um, that's a great question. Um, I mean, I, I think one of the things is I'm very present for them, and it's, I'm so focused on that I need to be present, I don't feel like there's a choice.

Cecilia: Mm-hmm (affirmative).

Lira: You know? Um, so it's very much, my energy's really focused on them. So I don't even have an opportunity to think about how tired I am or ...

Cecilia: Mm-hmm (affirmative).

Lira: ... um, you know, just, just, it, it's sort of how I'm gonna do something. Like it's just I'm very much, I'm very much there with them, and I, it, it's almost like a responsibility cause I feel like I shouldn't be seeing them if I can't be present, you know.

Cecilia: Okay.

Lira: Um, ah, maybe in other areas I, you know, I don't feel quite that pressure, I mean, it, it would ...

Cecilia: Mm-hmm (affirmative).

Lira: ... be great if I were present, but it's not gonna, i-, it won't harm anyone if I'm not, you know.

Cecilia: Okay.

Lira: 100% present, I mean, I have to be somewhat present, but.

Cecilia: Okay. So what's, when, okay, so when, you said, when you're with your, with your patients, it's almost like you have the responsibility, you need to be fully patient for them, they're, you know, obviously paying for that session and so forth.

Lira: Mm-hmm (affirmative).

Cecilia: Um-

Lira: Well, but also they're dealing with some, you know, some important issues. So I feel like ...

Cecilia: Yeah.

Lira: ... I need, I really need to, honoring that is ...

Cecilia: Mm-hmm (affirmative).

Lira: ... just sort of takes president to anything else.

Cecilia: Okay, okay, so you're focusing on helping them, and helping them through that, that ...

Lira: Yeah.

Cecilia: ... you know, journey that they're going through.

Lira: Yeah.

Cecilia: Mokay. So then, you know, for, if we were to your boys as an example when you're ...

Lira: Mm-hmm (affirmative).

Cecilia: ... with them. You know, what are ...

Lira: Mm-hmm (affirmative).

Cecilia: ... the sort of things that are, you know, distracting you?

Lira: Well, I think, um, you know, and as I'm talking to you something is occurring to me, so I'll, so I'll share it in a minute. But I think ...

Cecilia: Mm-hmm (affirmative).

Lira: ... um, you know, when I'm with them, you know, I always, I'm, I'm a bit of a perfectionist so I have all these ideas of, you know, these learning moments I'm gonna (laughs) show them. And ...

Cecilia: Ah.

Lira: ... um, you know, and, and I wanna make every, all our time together meaningful, and, and interesting, and, you know, and I, sometimes I'm just like, go on your iPad. Like I c-, I just can't, and I get so upset with myself cause I'm like, this is not serving them. You know, I don't want them ...

Cecilia: Mm-hmm (affirmative).

Lira: ... on their iPads. Um, so, you know, I mean, as I'm listening to myself I'm thinking, you know, a-, there's the piece of wanting to do everything really well ...

Cecilia: Mm-hmm (affirmative).

Lira: ... but not, I mean, it's not humanly possible. I mean, it's just a fi-, you know, it's, it's, there's only so many hours in the day.

Cecilia: Yeah.

Lira: And I feel like somewhere I need to accept that it's just gonna be what it is, but it's very hard for me ...

Cecilia: Okay.

Lira: ... to accept that, or to even take a break. You know, like w-, you know, when I was at my mom's this weekend, she kept saying, just why don't you go lie down, go lie down.

Cecilia: Hmm

Lira: I'm like, I, I can't, you know, like I ...

Cecilia: Kay.

Lira: ... just have too much to do.

Cecilia: Mm-hmm (affirmative). So i-, you know, you mentioned that perfectionism like that just came to your mind as you were talking about, you know, the distraction with your, with your boys. Um ...

Lira: Yeah.

Cecilia: ... is, is it that same thing you think that's coming up in, in other ways in terms of making you feel overwhelmed and, and maybe not as focused and not as, as present in that moment, or are there other things?

Lira: No, I think that's very much part of it because I feel like, if I could just let go of it, the need for it to look a certain way, maybe I could ...

Cecilia: Mm-hmm (affirmative).

Lira: ... take better care of myself ...

Cecilia: Mm-hmm (affirmative).

Lira: ... and then I would feel more productive, you know? I mean ...

Cecilia: Yes.

Lira: ... part of it just, you know, even taking more breaks, and ...

Cecilia: Mm-hmm (affirmative).

Lira: ... I just feel like I need to like ... And it's a temporary thing, but it's very, it's m-, I've noticed it I think in the last month, more than anything that I'm just ...

Cecilia: Okay.

Lira: ... it just feels like things are piling up.

Cecilia: Mm-hmm (affirmative).

Lira: Um, and I'm not that, you know, they just seem like I, I wish I could manage this a little differently.

Cecilia: Okay. And what, you said it, it's a temporary thing.

Lira: Well because li-, one, one of the pieces is going gonna end, you know, the coaching is

gonna ...

Cecilia: Okay.

Lira: ... end ...

Cecilia: Okay.

Lira: but the program's gonna end on the 20th.

Cecilia: Mm-hmm (affirmative).

Lira: You know, even writing these papers, I mean, I'm been actually having stress dreams. I haven't had stress dreams about writing papers. Like ...

Cecilia: Mm-hmm (affirmative).

Lira: ... in my, in my dreams it's like ...

Cecilia: (laughs)

Lira: ... I have like ...

Cecilia: Oh.

Lira: ... 20 different assignments, you know ...

Cecilia: Yeah.

Lira: ... that need to be done tomorrow. It's crazy. (laughs)

Cecilia: Right.

Lira: You know, I'm like, what is this? You know, and, I mean, I f-, like I know I'll write the papers and it'll be fine, it's just-

Cecilia: Yeah.

Lira: I just feel like, I wish I had more time to process all of this stuff that's happening, you know?

Cecilia: Okay. So when you think about, you know, all of this in terms of, um, being more in the moment and, you know, managing that perfectionism it sounds like, you know, what you're ...

Lira: Yeah.

Cecilia: ... saying. What does, what does success look like for you?

Lira: Um, it looks like, um, wh-, when I'm in the moment not feeling distracted.

Cecilia: Okay.

Lira: And, like for example, this morning. I got up early to work on the paper, you know.

Cecilia: Mm-hmm (affirmative).

Lira: And a-, there have been times when I wake up and I'm like, I'm such a role, and I'm so there, and it's great and it's enjoyable.

Cecilia: Mm-hmm (affirmative).

Lira: And this morning it was so, I felt like, like, like a robot. You know, like I was doing it but my heart wasn't in it, and ...

Cecilia: Mm-hmm (affirmative).

Lira: ... I, I, it, it wasn't really that good, I'm gonna have to, you know, go over it, and I just feel part of that was just the burn out, you know?

Cecilia: Hmm.

Lira: So I guess what it would look like is just feeling effective in the moment. I mean, it does-, eh, even if it's not that many, you know, even if, if I don't do as much, if I could accept that, and just sort of slow down ...

Cecilia: Yeah.

Lira: ... to be productive in the moment.

Cecilia: Mm-hmm (affirmative).

Lira: That's what success would look like.

Cecilia: To be, can you repeat what you just said? To be-

Lira: Productive.

Cecilia: In the moment.

Lira: Yeah.

Cecilia: Okay.

Lira: Does that make sense?

Cecilia: Yeah, cause it, it sounds like you're saying a b-, to, it, to feel like you're being productive and to feel like you're being present, and to kind of, and, and tell me if I'm on the right track. Kind of to feel like you're, when you're getting stuff done to feel good about it as you're doing it. Is that-

Lira: Yeah. Yeah, absolutely.

Cecilia: Okay.

Lira: Absolutely.

Cecilia: So, I mean, where else is this, is this showing up for you?

Lira: I mean, it shows up, it's showing up everywhere. I mean, even ...

Cecilia: Mm-hmm (affirmative).

Lira: ... when I'm hanging out with people, I'm like ...

Cecilia: Hmm.

Lira: ... my brain is in so many different places. And I-

Cecilia: Okay.

Lira: Part of it I feel like it's exhaustion. (laughs)

Cecilia: Mm-hmm (affirmative).

Lira: You know ...

Cecilia: Okay.

Lira: ... when you're really over tired, it's like you can't really focus.

Cecilia: Mm-hmm (affirmative).

Lira: Um, but part of is just, I, I don't know, like I feel like I just need to let go of ... L-. like just, like everything's gonna work out, you know. Not ...

Cecilia: Mm-hmm (affirmative).

Lira: ... not, eh, you know, not, it doesn't have to weigh on me so much, like it's gonna work out, somehow.

Cecilia: Do you believe that?

Lira: I do, I do, I just, I guess, yeah. I mean, it always does. (laughing) You know, that's part of

life.

Cecilia: No, that's good.

Lira: One way or another ...

Cecilia: That's good.

Lira: ... it'll work out. Yeah.

Cecilia: So when you think about that and think about, okay, so you know you wanna focus on being more present, you know, feeling, you know, better in that moment, not being as much as, of a perfectionist. What, if you can think of like one or, or two things that you could do ...

Lira: Mm-hmm (affirmative).

Cecilia: ... does, does anything come to mind in terms of that would get you there?

Lira: Um, well this is a very simple thing but it does, it definitely helps me feel more in control, and that is ...

Cecilia: Hmm.

Lira: ... just literally writing down everything I have to do ...

Cecilia: Okay.

Lira: ... just so I can see it.

Cecilia: Mm-hmm (affirmative).

Lira: So it's not sort of these floating things that I'm like, it, that might seem like they're more than what they are.

Cecilia: Mm-hmm (affirmative).

Lira: Um, so, I mean, that is something I could do, but I used to do, but I just haven't.

Cecilia: Okay.

Lira: Um, and I think just giving myself just time to sit in silence more, just ...

Cecilia: Mm-hmm (affirmative).

Lira: ... just to like breathe.

Cecilia: Mm-hmm (affirmative).

Lira: Um, because even though on one hand I'm like, ah, I could use that time to do something else, I feel like I do need to slow my brain down.

Cecilia: Okay. So if you're able to do that, and you're able ...

Lira: Yeah.

Cecilia: ... to, to slow down, able to be ...

Lira: Mm-hmm (affirmative).

Cecilia: ... present in the moment, um ...

Lira: Mm-hmm (affirmative).

Cecilia: ... to really, you know, be able to focus. What ...

Lira: Mm-hmm (affirmative).

Cecilia: ... you know, if you're able to make those changes ...

Lira: Yeah.

Cecilia: ... what would that mean for you?

Lira: Oh, it would be great. I mean, I think I wouldn't feel as exhausted.

Cecilia: Mokay.

Lira: I think I would probably be more productive, you ...

Cecilia: Mm-hmm (affirmative).

Lira: ... know? Um, because ...

Cecilia: Okay.

Lira: ... I think the exhaustion and the worry, it's strains me probably more than the other stuff. (laughs)

Cecilia: Mm-hmm (affirmative), okay.

Lira: You know? Um, I think, and I, yeah, I think, and I think I would enjoy it more. I mean, I love everything I'm doing, it's just ...

Cecilia: Yeah.

Lira: ... you know, you need to have the energy for it.

Cecilia: Mm-hmm (affirmative).

Lira: Or I need to have the energy for it I should say.

Cecilia: Okay. And what if nothing, what if nothing changes? What if you continue on in your, you keep on moving at that pace where, you know, you're not as focused and so forth?

Lira: I mean, you know, it'll be fine. Um ...

Cecilia: Hmm.

Lira: ... I'll just really, you know, by May 20th, yo-, you know, I'll need to sleep for a week.

Cecilia: Mm-hmm (affirmative). (laughs)

Lira: You know, I just feel like ... (laughing) I mean, it'll, but, but, you know, also I just, I just don't want it to drain me, I mean, I feel like y-, yo-, I have a lot. And you know what? It's probably gonna be an ongoing thing because it's always stuff, there's always stuff I'm, you know, I tend ...

Cecilia: Yeah.

Lira: ... to like to do a lot of things. I get myself caught up in all these different projects, and I enjoy it ...

Cecilia: Yeah.

Lira: ... but I'm, I do need to figure out a way, um, better self-care, I mean, that's sort of ...

Cecilia: Okay.

Lira: ... been a theme for me. Yeah, I ...

Cecilia: Okay.

Lira: ... think that's probably the piece. (laughs)

Cecilia: Is better self-care.

Lira: The piece, yeah.

Cecilia: Okay.

Lira: Just to really make that a priority, integrate it into everything else, you know?

Cecilia: Mm-hmm (affirmative). All right, so in addition ...

Lira: And, and I, yo-

Cecilia: Go ahead. I'm sorry, I'm listening, go ahead.

Lira: Oh, no, no, no. I mean, I think that's something that I don't make a priority, it's always an afterthought. And ...

Cecilia: Mm-hmm (affirmative).

Lira: ... and, you know, and I know I'm always telling other people like, you need to have, you need to have that balance, but I tend to not do it for myself.

Cecilia: Okay.

Lira: So, I might need to do that.

Cecilia: Okay. So what, what does that mean for you? What would you do to take care of yourself?

Lira: Honestly I, I feel like I just need to sit and look out the window and breathe, you know?

Cecilia: Okay.

Lira: Like just maybe every morning, just sit and do that.

Cecilia: Okay.

Lira: It really helps me feel centered.

Cecilia: Okay. So that sounds, I mean, you've, you've come up with at least two things that sound great in terms of writing things down, um, you know, in the morning kind of just taking some time for yourself.

Lira: Yeah.

Cecilia: What else?

Lira: Um, what else could I do. I mean, I guess I could, um, just maybe, a-, a-, I mean, I think they're concrete things I can do, and then there's just a mindset ...

Cecilia: Mm-hmm (affirmative).

Lira: ... change maybe.

Cecilia: Okay, talk to ...

Lira: Um-

Cecilia: ... me about that.

Lira: So a mindset change might be, you know, to, to be okay with what I get out of it.

Cecilia: Okay.

Lira: Um, and, and, you know, not push myself to extremes.

Cecilia: Mm-hmm (affirmative). Why do you think you do that? Why are you pushing yourself to extremes?

Lira: Cause I feel like if I'm gonna do something and invest in something, that I wanna get as much out of it as I can.

Cecilia: Mm-hmm (affirmative).

Lira: I mean, that's one thing. Um, I mean, it's very ha-, hard for me to do things, excuse my language, half ass, you know, I just ... (laughs)

Cecilia: Mm-hmm (affirmative).

Lira: ... don't like, I really, it's sort of a source of pride. Like if you're gonna do something, work hard, give it everything you have.

Cecilia: Mm-hmm (affirmative).

Lira: Um, you know, and that, that applies, you know, to pretty much every area in my life.

Cecilia: Mokay.

Lira: Um, I mean, I, I probably need to stop committing to so, to doing so many things, you know.

Cecilia: Okay. Okay.

Lira: Because I'm, I'm in this, I'm on the PTA, I'm, I have this concert that I'm organizing that's also, that's happening on the weekend of the 22nd, likes ...

Cecilia: Okay.

Lira: ... there's so many things. And I think maybe I need to just stop volunteering. (laughing)
Other people can do ...

Cecilia: Why do you laugh?

Lira: ... it too. Because it's ridiculous. (laughs)

Cecilia: Hmm, what's ridiculous?

Lira: You know, it's like I'm my own worst enemy, you know, what do I ...

Cecilia: Mm-hmm (affirmative).

Lira: ... expect if I'm gonna, if I'm gonna do all these things. I mean, yeah, you gotta, yo-, I'm not superwoman, no one is.

Cecilia: Mm-hmm (affirmative), mm-hmm (affirmative). But it almost sounds like you, like you have the need to do that. Actually kind of going back to something that you said. You said that, you know, you don't wanna do things half ass and you wanna make sure that you work ...

Lira: Mm-hmm (affirmative).

Cecilia: ... hard and so forth. Like what does that mean for you in terms of like giving something your all? What is, when you say I'm giving something my all, what does that mean?

Lira: Yeah, great question. Um, it's, it's sort of just doing every piece of it, you know?

Cecilia: Really?

Lira: So it's, you know, like if, if I'm cooking my kids of meal it's like from scratch.

Cecilia: Okay.

Lira: And only recently have I started getting, you know, food that's, you know, like prepared food, some of it, and I feel like I'm cheating, you know?

Cecilia: Hmm.

Lira: (laughs) And it's ...

Cecilia: Wh-, wh-

Lira: ... ridiculous, because, um, most parents I know they're like, you cook every night, are you crazy ...

Cecilia: Mm-hmm (affirmative).

Lira: ... you live in New York City. Order in, you know?

Cecilia: Yeah.

Lira: But that's, that, that's sort of my mindset. It's like go, you know, if you're gonna do it, do a good job.

Cecilia: Yeah, okay.

Lira: Um, and I feel like I need to let go of that a little bit, I do.

Cecilia: Mm-hmm (affirmative). So-

Lira: Yeah.

Cecilia: So who are you cheating? Who's giving you, who's giving you this, this grade? Like who said-

Lira: Well apparently I have some, you know, idolized fantasy about, you know, what, what's, what a mom and career woman and, you know ...

Cecilia: Mm-hmm (affirmative).

Lira: ... life should like, and it's completely unrealistic. (laughs)

Cecilia: Okay. So tell me, what, what should that look like?

Lira: Um, what should it meaning the ...

Cecilia: Well what does it ...

Lira: ... realistic or the unrealistic?

Cecilia: ... look like to you? No, tell me what it means to you right now. What, what does, what does being a mom ...

Lira: Well right now ...

Cecilia: ... and a career woman-

Lira: ... it's like, yo-, you know, be great at what you do, be great at your job.

Cecilia: Okay.

Lira: Be a great role model for your kids so that they see, they see sort of, sort of the best of what a mom can be, of what a woman can be.

Cecilia: Mm-hmm (affirmative).

Lira: Um, you know, um, at, you know, that, I mean it's v-, I mean, the parenting piece is very important to me. Um, I just feel like everything I do they're watching, so I wanna do it so I give them the right messages, so when they grow up ... (laughs)

Cecilia: Mm-hmm (affirmative).

Lira: ... um, you know, they, they, they have good, they sort of have a good foundation of, of what they're looking for let's say in a partner or in a friend because ...

Cecilia: Mm-hmm (affirmative).

Lira: ... sort of they've seen it.

Cecilia: Okay.

Lira: Um, I mean, in terms work it's, you know, especially in, in the work that I do, I, you know, I feel, I feel like it's a tremendous responsibility when you're dealing with people's emotional well-being. And-

Cecilia: Mm-hmm (affirmative).

Lira: And I, so tha-, that piece as well. You know, I really invest in, in, in doing a good job, and, and, you know, working well. I mean, not just with my patients, but for the groups that I run, it's 20 years old and they've got a lot of stuff going on. And so, I do over-extend myself in terms of how available I make myself, you know, sometimes I'll see them outside of the group ...

Cecilia: Mm-hmm (affirmative).

Lira: ... um, because they need a little extra, and, and for me, you know, it's, it's al-, also like I, I'm very much, I have this idea that, you know, i-, we have to help each other. You know, whether it's a ...

Cecilia: Mm-hmm (affirmative).

Lira: ... job or not a job, it's about human connections. And if someone's in need, you help them, like if it's a little extra, that's okay too. Um, and, and I like that, but I feel like it's not always sustainable.

Cecilia: Okay. So something that you said struck in terms of being a role model for your, your kids, and so they ...

Lira: Mm-hmm (affirmative).

Cecilia: ... will know how to, you know, how to do things, or what to look ...

Lira: Mm-hmm (affirmative).

Cecilia: ... for in other people.

Lira: Yeah.

Cecilia: Um, you know, so some of the things that you've mentioned is, I have, you know, in terms, you know, your, your mindset or the script that you're telling yourself of I have to

do everything. Um ...

Lira: Yes.

Cecilia: ... and you mentioned perfectionism. And ...

Lira: Yep.

Cecilia: ... you mentioned not giving yourself time to rest.

Lira: Mm-hmm (affirmative).

Cecilia: Um, so are those things that you wanna role model for your children?

Lira: Oh, good point. (laughs) Very good. Um, no, I don't wanna role model that, not at all.

Cecilia: Mm-hmm (affirmative).

Lira: Not at all.

Cecilia: Mokay. So what ...

Lira: Yeah.

Cecilia: ... is that you do wanna role model for them?

Lira: I wanna role model that, um, I want them to see me as someone who loves what they do, wants to make a difference.

Cecilia: Mm-hmm (affirmative).

Lira: Um, I wanna role model someone who understands that to do, to do well in life you need to work hard.

Cecilia: Mm-hmm (affirmative).

Lira: Um, you know, I also wanna role model someone who's fun and available and loving.

Cecilia: Mm-hmm (affirmative).

Lira: Um, you know?

Cecilia: Okay.

Lira: Stuff like that.

Cecilia: Okay. So all of those things sound, sound great. So what can you do for yourself that will help role model that for your children?

Lira: Um, well, you know, the one piece is I, I mean, I see in my eldest he, I can see how he's trying to be a perfectionist and I think I need to work on that on myself because he might be getting it from me.

Cecilia: Mokay.

Lira: Um, so, you know, to just let go a little bit.

Cecilia: Okay.

Lira: Let go a little bit, you know, not, you know?

Cecilia: So what does that mean? Like what, what, what ...

Lira: What does that mean?

Cecilia: ... would that, what would that behavior look like?

Lira: Um, I mean, part of it wo-, could be just enrolling them in, in helping out a little more. Um, and sort of, um, it sort o-, so in terms of just home and, and life there so that they don't, not only do they see me ... An-, and, and they do the stuff that they, that, you know, I expect from them, but maybe more so. You know, understanding ...

Cecilia: Hmm.

Lira: ... that now mommy's busy doing something so, you know ...

Cecilia: Mm-hmm (affirmative).

Lira: ... they can step up.

Cecilia: Hmm.

Lira: Um, yo-, I mean, I mean, that I think would change the dynamic as well, and they, they, they could see that mommy also needs help, and she doesn't always, you know, you can ask for help and you don't always have to do things on your own.

Cecilia: Mm-hmm (affirmative).

Lira: Um, and just maybe, um, ah, ah, I don't know, I don't know, you know, I'm trying to think.

Cecilia: Mm-hmm (affirmative).

Lira: Because to them I'm, I always am very much like, you know, just do your best, it's so, doesn't have to be perfect, but ...

Cecilia: Okay.

Lira: ... obviously I'm not, I'm not role modeling it, um ...

Cecilia: Mm-hmm (affirmative).

Lira: ... as much.

Cecilia: Mokay.

Lira: Um, so maybe just let some days not be perfect, you know, and be a little more vocal about it.

Cecilia: Okay. So why do you, why do you feel that way? Why do you feel everything does need to be perfect?

Lira: Um, that's a good question. (laughing) Um, well I, I mean, I, I, um, my first automatic answer is my mother, you know ...

Cecilia: Mm-hmm (affirmative).

Lira: ... she's a perfectionist.

Cecilia: Hmm.

Lira: Um, so some of it is probably learned behavior.

Cecilia: Okay.

Lira: Um, and, and when I actually think about it, you know, there isn't really an answer. You know, it's ...

Cecilia: Okay.

Lira: ... it's intellectually it doesn't make sense.

Cecilia: Okay.

Lira: I think it's more of an emotional thing, you know, feeling that somehow if I'm do things really well that means something good about me, you know?

Cecilia: Okay.

Lira: Um, but, but I guess that there's a disconnect there.

Cecilia: Okay. How do you feel about the prospect of, of letting things go? And I, I loved what you, you know, mentioned about like asking your hitch, kids for help and so forth.

Lira: Yeah, no, I think that's great. I, I ...

Cecilia: Mm-hmm (affirmative).

Lira: ... would, I would embrace that, I would, I would ...

Cecilia: Yeah.

Lira: ... try that out, mm-hmm (affirmative).

Cecilia: Okay. So how do you think they would respond to that?

Lira: Well they always, they, they love to feel important. You know, they love to ...

Cecilia: Mm-hmm (affirmative).

Lira: ... feel like they can make a difference.

Cecilia: Okay.

Lira: Ah, but then there's always the, the sort of like I just wanna, like I don't wanna do any-, you know, like not, now I'm lazy, you know, kids, kids are like-

Cecilia: Yeah.

Lira: Yeah.

Cecilia: Kids are kids. (laughs)

Lira: So you know, it could be kids are kids. Um-

Cecilia: Kids are kids.

Lira: I mean, there could be a challenge in this, and, um, but I, I love the idea of, you know, of sort of, um, rallying them, you know, to ...

Cecilia: Mm-hmm (affirmative).

Lira: ... support me. I think ...

Cecilia: Mm-hmm (affirmative).

Lira: ... that could be very, a very nice learning at (laughs) moments for them.

Cecilia: Okay. And, you know, I, I definitely can understand where you're coming from the perfectionism and so forth cause that's, um, you know, definitely something that I've, I've dealt with. And, you know, what I focus on really is, is excellence versus perfectionism.

Lira: Mm-hmm (affirmative).

Cecilia: Um, you know, so when you think about like what you can focus on, like, you know, you've al-, since, you know, you typically focus on perfectionism and I have to do everything myself. Like what's a new kind of like frame of reference you can give yourself ...

Lira: Mm-hmm (affirmative).

Cecilia: ... to work towards? Um ...

Lira: Yeah.

Cecilia: ... you know, like, I mean, take some time to think about it cause that's, you know, we're kinda ...

Lira: Yeah.

Cecilia: ... you know, wrapping up our session in the next like 4 minutes, so I want, I would like you to leave just having kind of like a, you know, kind of like maybe like a new frame for yourself that you can ...

Lira: Okay.

Cecilia: ... start to develop. Um ...

Lira: Okay.

Cecilia: ... in terms of what your, your goal is, or how you wanna ...

Lira: Yeah.

Cecilia: ... approach things.

Lira: Yeah, yeah. No, that's, I mean, that's a lot to think about, but I, I, I, I love that, um, excellence versus perfectionism. I mean, that, that in itself ...

Cecilia: Mm-hmm (affirmative).

Lira: ... is such a, such a nice shift.

Cecilia: Yeah.

Lira: It takes a lot of pressure off.

Cecilia: It is, because that bit to reality is nothing is going in, not everything is going to be perfect, but, you know ...

Lira: No, of course.

Cecilia: ... you can strive for, for excellence.

Lira: Yeah.

Cecilia: You know ...

Lira: Yeah.

Cecilia: ... another way to ...

Lira: I love that.

Cecilia: ... think about I have to do everything. You know, a, a shift could be, everything has to, you know, I need to, you know, get everything reasonably done, but everything doesn't necessarily have to be done by me.

Lira: Mm-hmm (affirmative). Yeah.

Cecilia: You notice ...

Lira: Absolutely.

Cecilia: ... that there's different, you know, like slight shifts that can make that ...

Lira: Mm-hmm (affirmative).

Cecilia: ... a big impact.

Lira: Yeah, absolutely. Yeah, that makes a lot of sense.

Cecilia: Mm-hmm (affirmative). So, you know, considering what we've discussed, I mean, and give yourself, I mean, that is a kind of a lot to think about in terms of ...

Lira: Mm-hmm (affirmative).

Cecilia: ... figuring out, you know, shifting your, your thinking a little bit. Um ...

Lira: Mm-hmm (affirmative).

Cecilia: ... you know, are there any kind of, you know, takeaways that you think you might, some new things that you might try out in order to, you know, find that focus, ah, for yourself?

Lira: Yeah. Um, I, I definitely, well I definitely wanna try and do the just sitting by the window ...

Cecilia: Okay.

Lira: ... in the morning.

Cecilia: Mm-hmm (affirmative).

Lira: Um, and writing my lists.

Cecilia: Okay.

Lira: Um, and I want to, I wanna wri-, just enroll my family a little more in this ...

Cecilia: Okay.

Lira: ... in this process.

Cecilia: Mm-hmm (affirmative).

Lira: Um, I think just those things alone could really make a difference for me, even just emotionally. I mean, the, the amount of work might not change, but I just might have a different relationship to it.

Cecilia: Mm-hmm (affirmative).

Lira: Um, and I think that, that would be great, you know, that'd be really great.

Cecilia: I think you said something really profound just now that I just wanted to point out in terms of ...

Lira: Oh yeah? (laughs)

Cecilia: ... in the thing your family's held it might not change what you have, like the list ...

Lira: Mm-hmm (affirmative).

Cecilia: ... but it will change how it feels.

Lira: Yeah, yeah.

Cecilia: And I think that's huge. So maybe the number of things, you know, don't change for you, um ...

Lira: Right.

Cecilia: ... but how it gets done is differently which could open up some breathing room for you.

Lira: Yeah. Yeah, absolutely.

Cecilia: Mm-hmm (affirmative).

Lira: Yeah, no, absolutely.

Cecilia: Hmm.

Lira: This was good, this was very, very helpful.

Cecilia: Mokay. All right, I'm glad.

Lira: (laughs)

Cecilia: So, well thank you for taking the time to, to talk me. I'm, you know, hopeful it's helpful and you're able to have some, some takeaways. Um ...

Lira: No, thank you, it's-

Cecilia: ... you can ...

Lira: No, you've ...

Cecilia: ... [crosstalk 31:28] ...

Lira: ... been very helpful.

Cecilia: ... with. Mm-hmm (affirmative).

Lira: Yeah, no, I really feel like I have a lot to think about, and, um, and I just, it just, a-, just even talk about it is, is very sort of freeing. I just feel ...

Cecilia: Mm-hmm (affirmative).

Lira: ... like, you know, it's just a little bit of a load off, um ...

Cecilia: Yeah.

Lira: ... because I've been carrying this around for some time. So ...

Cecilia: Mm-hmm (affirmative).

Lira: ... you know, it's all, it's all very helpful.

Cecilia: Mm-hmm (affirmative), excellent. I mean, something else you might wanna consider too is, you know, going forward like who can you, you know, talk about it with in terms ...

Lira: Yeah.

Cecilia: ... of other people ...

Lira: Absolutely.

Cecilia: ... who might be in like similar situations and, um, you know, some of it might be to vent, some of it might be to just kind of exchange tips and so forth. You know, so you ...

Lira: Yeah.

Cecilia: ... kind of give yourself some support.

Lira: Yeah, well there's some great, um, great people in my ICoach program, so ...

Cecilia: Mm-hmm (affirmative).

Lira: ... maybe I'll talk to them. (laughs)

Cecilia: Definitely, definitely.

Lira: Yeah.

Cecilia: Okay, well thank you. I guess well end the call now, and then we'll, um, I can call you and we can do the feedback?

Lira: Sure, sounds great.

Cecilia: Okay, sounds good.

Lira: Okay.

Cecilia: All right ...

Lira: All right.

Cecilia: ... Lira.

Lira: Thank you Cecilia.

Cecilia: Bye. Thank you.

Lira: Bye-bye.

Cecilia: Bye.