

Time	Link to Recording and Full Transcript	Keywords Used	Keywords Present	Agreement				Partnering			Communicating						Action			Key					
				S	T	A	R	SUP	SPA	FOL	O/C	SIT	AWA	IDE	LAN	EMP	DIR	NXT	P/A		CLO				
0:04	Hi, Fiona. So before we start, you're okay with us recording this.																								
0:10	Well, thank you very much. As I said, it's only going to be shared with my mentor, coach		Overwhelm									4													Establishing the Agreement
2:05	That's a huge amount going on. Thank you for sharing, that. Also want to before we begin									4	4														S Identify the Subject
2:38	So, Fiona, how would you like to use the next 30 minutes?		laughter - various ideas, don't want to work, bite sized bit	4							4	4	4												T Top of Mind, Transformation
6:21	You've really done so much work this week to get a handle on things. As we examine e	bite size pieces	control, how we build				4	4	4	4	3.5						4	4							A Areas to Address
8:23	Just to clarify, what you want is just to make sure you've got a handle on things, you're	control					4			4	4	3					3.5	3.5	3						R Measurable Result
8:46	What do we need to explore to make sure and just double check that you are in control	control	complete change (and similar), uh, worry,				4			4	4	4					4	4							Partnering with the Client
10:52	I do... How will working on it changed the level of scariness for you?	scary	right thing vs. right steps in right direction, making sure	4						4	4.5	4					4	4							SUP Support
13:50	What's the first thing to consider putting on your chart?	chart	not that woman, old							4	4.5	4	3.5	3.5			3.5	3.5							SPA Spaciousness
16:03	You mentioned you don't want to be like your friends, what do you want to be like, next	like friends	spontaneous vs weighed down, out of freezer for dinner							4	4.5	3.5	4	4	4	4	4	4	4						FOL Following
19:07	What difference is it going to make to you to be fun, spontaneous, and not have steppe	fun, spontaneous	happier, most important = health and happy vs. anxious, whatever							4	4.5	3.5	4	4	4	4	4	4							Communicating as a Coach
19:29	No if you What difference would it make to you just to be fun and spontaneous and hav	anxiety vs. excitement	not making difference, accepting, tight breathing + anxious thinking about it, end of rainbow							4	4	2	3.5	3.5	3.5	4	4	4	3						O/C Open and Concise
22:30	Can I put my observation on the table? It's only my observation.		Whole demeanor changes - excitement (Solid observation, but could condense down to the one ending question to hand back openly and concisely)							4	4	2	4	4	4	4	4	4	3.5						
22:38	Take it or leave it. When you talk about the now, work and life now, you talk from a posi																								
23:05	And you talk about lead the anxiety go, it is whatever, you know, whatever it is, it is son																								
26:55:00	How close are we to making sure we thought everything through to get you to the other	end of rainbow								4	5	4	4.5	4.5	4.5	5	5								SIT Client's Situation
27:46:00	I think I loved what you said, you know, I'm quietly confident it's there. It just needs to c									4	4.5	4					4	4	3						AWA Client's Awareness
27:55:00	And that's that's great work at the beginning of the session. You were all like, Oh, my G																								
28:26:00	What are you realizing about who you need to be this next year, to get to the rainbow th	rainbow, stake in ground	background noise							4	4.5	3.5	4	4	4	4	4	4							IDE Client's Identity
30:08:00	What's one small step, you can take over the next two weeks to help you get out of her	rainbow - move forward	actually start in evening							4	4.5	3.5	4				4	4					4		LAN Client's Language
30:32:00	Whatever you would like, move forward, what's one small step you could take to move																								
31:29:00	What support do you need from Cliff to make sure that you do, take the time and start t	start things off								4	4.5	4	4				4	4					4		EMP Demonstrating Empathy
32:44:00	Do you want to commit to time diarize the time to plans?	plan								3.5	4	2	4				3						3		DIR Direct Communication
32:54:00	Will you do it?		(good closed questions, but consider announcing them as a challenge)							3	4	2	4										3		Supporting Action and Planning
33:51:00	What more do you know, after this after our session?	do know								4	4	3.5	4	4	4	4	4	4						4	NXT Next Steps
34:29:00	You've done such tremendous work over the last few weeks. Coming to this realization									4	4	4					4	4							P/A Planning and Accountability
34:56:00	How would you like to wrap up today's session?										4	4	4										4		CLO Partnering to Close
36:12:00	Thank you for all the thoughts and processing you put into the sessions. You're the one									4															
				4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.2	3.4	4.0	3.9	4.0	3.9	4.0	3.3	4.0	3.3	4.0				