

Time	Notes: Agenda and General Question Quality (1-5 Score)	Agreement				Partnering			Communicating					Action			Key		
		S	T	A	R	SUP	SPA	FOL	O/C	SIT	AWA	IDE	LAN	EMP	SP	NXT		P/A	CLO
0:04	Well, Nicole, how should we get started today?	4					4	4											Establishing the Agreement
2:47	Wow. Good, good work, Nicole, has a lot of work to reflect on. Such strong words of rocks wounded. So much change during the pandemic. And yet, as you were describing all of that, you were smiling the entire time. Because of the generative process, you went through this past couple of weeks, what's what's going on on the inside, as you're reflecting?		4				2.5	4	3				4	4					S Identify the Subject
4:46	So reflecting generating ideas lead to you. Be more relaxed, recognizing you're stronger and you want to continue that generative exercise with our session today.			4			4.5	4	4				4	4	4				T Top of Mind, Transformation
5:53	what part of the the how should we focus our time on the day?			4			4	4	4.5				4	4					A Areas to Address
6:58	Yeah. So you want to feel comfortable and safe you've already said that you you feel more relaxed what's in what's gonna get in but sorry what's the bridge between the two						4	4	3	3.5	3.5	3.5	4	3.5					R Measurable Result
7:34	plan that feels possible and how will you know that you have a more possible plan maybe by the time we're done talking today				4		4.5	4	4				4	4					Partnering with the Client
8:31	so what's got to changed go from ruminating to doing						4	4	4	4	4		4	4					SUP Support
9:14	quick reflection of earlier you said you want to brainstorm why feels possible here you want to brainstorm what you will commit to how would we How do you want to facilitate or a brainstorming process with these intentions						4	4	4				4	4	4				SPA Spaciousness
9:59	so what know you need						4	4	4	4	4	4	4	4					FOL Following
16:13	might be behind the reluctance						4.5	4	4	4	4	4	4	4					Communicating as a Coach
17:37	should we reflect on defeat her moving past the wounds first						4.5	4.5	2						4	4			O/C Open and Concise
18:20	yeah earlier you had the perspective of I'm stronger now. And I have a sense of feeling relaxed but the defeat perspective sounds pretty drastically different what's Yeah, different?						4.5	4.5	4	4	4	4	4.5	4.5					SIT Client's Situation
20:42	what's the it's that you feel you need to see a bit better						4.5	4.5	4	4.5	4.5	4.5	4.5	4.5					AWA Client's Awareness
21:07	what's in your way then between feeling a defeat in hitting the ground running?						4.5	4.5	4				4	4					IDE Client's Identity
23:09	going back to the way we kick things off here we mentioned that you want to get to those actions because you learn a lot through doing how are you feeling we're we're doing helping you get to that kind of doing						4.5	4.5	4				4	4					LAN Client's Language
23:38	yeah which we'll be looking at next						4.5	4.5	4.5										EMP Demonstrating Empathy
24:28:00	what's your rough draft of possible doings?						4	4	4.5	4	4		4	4					SP Statements with Partnership
26:05:00	Because like your whole demeanor and energy has shifted, as you talked about the program, what's what's happening?						4	4	4	4.5	4.5	4.5	4.5	4.5	4.5				Supporting Action and Planning
26:24:00	But you kind of sat up more, and spoke with more what I would call more confidence as you described it. Yeah.						3	4	4				4	4	4				NXT Next Steps
27:41:00	would make it more possible to share this idea with more people.						4.5	4	4.5	4	4	4	4	4					P/A Planning and Accountability
29:04:00	are what helps you to be brave?						4	4	4.5	4	4	4	4	4					CLO Partnering to Close
30:22:00	makes it worth it to demonstrate that bravery and vulnerability						4.5	3	4.5	4	4	4	4	4					
31:21:00	How's the courage and the connection related to the possible things you want to be doing?						4.5	4	4.5	4.5	4.5	4.5	4.5	4.5					Subject
31:59:00	Worried poverty tech to, to widen the aperture?						4	4	4.5	4	4	4	4	4					
34:07:00	He was like you just entered a very generative moment in our conversation doing a lot of good work. What are you learning about yourself? Through all of this						4	4.5	4	4	4	4	3.5	4					
34:20:00	the generation of ideas that you're sharing in our conversation today?																		Top of Mind/Transformation
35:58:00	the time has been flying by in our discussion so far what do you want to do with the bits and pieces as a result of our conversation with them						4	4	4	4	4		4	4		4			
36:53:00	I'd like to challenge you might view just one action you can take to go from the ruminating to the doing						4	4	4	4			4	4		4			
38:10:00	how possible does that feel?						4	4	4.5	4	4	4	4	4		4			Areas to Address
38:25:00	mean would you get started						4	4	4.5	4						4			
38:40:00	what impact do you feel it might make to have that plan in hand by the time we next meet?						4.5	4	4	3.5	3.5	3.5	3.5	4		3.5			
39:27:00	are you committing to making the plan?						4	4	2					4		3.5			Measurable Result
39:36:00	good work. I appreciate how even though it's been hard with some of the I don't know, moments in the session you've been persisting through continuing to move from the thinking to the doing what do you carry? Ford past our work today.						4	3	4	3.5	3.5	3.5	3.5	4	4		4		
40:33:00	I appreciate you, allowing me to be a part of the journey. And I'm excited to hear what you come up with over this next week. It feels like the planes about ready to land with our conversation, but what else do you feel would be helpful for us to do with the time before we depart?															4			
40:59:00	Thank you. Good working with you, Nicole. Are you okay if I keep the recording?																		
		4.0	4.0	4.0	4.0	4.0	4.0	4.1	4.1	4.0	4.0	4.0	4.0	4.0	4.1	4.1	4.0	3.8	4.0