Coach: Talking to the Class or Audience...Okay. So, what I would like to do today is: I'd like to do a demo of coaching. And now that you all kind of know what it looks like on paper and some of you have tried it out, you are all the observers. So, I do need a client. Somebody. Please make it easy so I can look good. We may not change the world today, but we'll do some coaching. So, who would like to get coached today on something that they're interested in?

Client: This is Nancy. I don't mind doing it.

Coach: Okay. Great, Nancy. So, like I said, the rest of you are observers. So, you sort of know now the 3 sections; the beginning, the middle, the end. So, pay attention because at the end we'll debrief. Okay? So, Nancy, thank you so much for volunteering.

Client: Okay. For sure.

Coach: So, Nancy, what is it you'd like to focus on today?

Client: I am really struggling with the upcoming election. I've been losing sleep over it. And it's something that I just need to sort out in my mind.

Coach: Uh-huh. Uh-huh. Okay. So, you want to explore what's going on with you around the election so that you can apparently make your own choice.

Client: Yes. Yes. It's something that's very important to me. And so, I take it kind of personal.

Coach: Uh-huh. Okay. So, by the end of our time together today, what is it that you'd like to take away?

Client: I would like to be able to see a clear choice.
Coach: So, you'd like a clearer choice.

Client: Uh-huh.

Coach: And as you think about this clearer choice, what would let you know that you've come to a clearer choice in this election?

Client: I want to feel better inside about what direction I choose. I want to be content with my decision.

Coach: So, there would be a felt sense of contentment.

Client: Yes.

Coach: Okay. So, obviously, we all know what's going on. But where are you right now? What's going on?

Client: Personally, I am fiscally conservative and I am a social libertarian. So, that would kind of leave me as a registered independent because I have a little bit of views of both.


Client: So, as far as being loyal to one party or the other, I can't say I am. I just always make the best choice.

Coach: Yeah. So, you're walking in both camps depending whether we're talking about money or we're talking about social issues.

Client: Yes. Yes. That's a good thing.

Coach: Okay. Yeah. So, you're a registered independent. And as you're doing this balancing act now of 2 things, you're wanting to see where do you come out on this for this election.

Client: Yes. I want to have some sort of inner peace in the choice that I make and I don't even know if that's going to be possible.

Coach: Uh-huh. Uh-huh. What may make it not possible?

Client: I would say that it's the best of two evils is kind of the way that I think of it if there's such a thing. The better of two evils, yeah. And so, neither one I feel really good about inside.
Coach: Uh-huh. Okay. So, I was going to ask about your vision, but I think you’ve sort of given it to us...that your vision you’re not sure about. What you really want though is this inner peace of some kind between the two choices that you see as two evils.

Well, that's pretty powerful word. What makes it evil for you?

Client: Well, it might be a little bit of a long answer, but I've never enjoyed the celebrity being displaying from The Apprentice. I've never been somebody who was a follower or somebody who respected that particular person and the same with Hillary. So, I'm coming into this election feeling like both candidates have set a negative feeling inside for me and it's getting to the point that I feel like one is so socially awkward that I can't get past it to see who he is. And the other one is so caught up in that dishonesty that I can't get past that to see who she really would be as a president...who either would be.

Coach: Okay. But you used this word “evil.” So, what does that mean for you?

Client: You know, what it means for me is that I truly have fear in my heart about what the future would look like with either one and that puts me in a position of labeling it as an evil emotion for me. It does feel like I'm coming around to go more Trump just because when I analyzed his flaws, it—because he’s, like I said, extremely socially awkward and he is just a rude, disgusting individual, but I haven't really seen horrible things that he's done. I haven't seen that he would do something horrible for the country and then I look at Hillary and I feel like there's so many lies and deceit. We wouldn't even know. We would have no clue as a nation if there were horrible things done to our country. She would be super deceitful and hide everything.

Coach: Okay. So, for you, that’s defined evil.

Client: Yes.

Coach: Okay. So, it's interesting with that word “evil.” If you turn it around, you know, it spells live.
Client: I didn't know that.

Coach: Yeah. If you spell it backwards, it's L. I. V. E. or life. Live or life. So, when you think about the opposite of evil as live if you just turn that backwards, what would that look like for you?

Client: I'm thinking that it would feel very peaceful in making the decision. But it feels like there's going to be no decision made that gives me total peace inside.

Coach: Okay.

Client: And so, yeah, the opposite would give me more peace.

Coach: Okay. Right. So, when you are in places like this where you're conflicted and you see both people like in this case...they are certainly flawed individuals like we all are at some level...how do you usually work with that?

Client: I rely on logic. I would say that I kind of try to break down the facts and I try to eliminate the emotional aspect in it. I think that way I have kind of decided I'm leaning towards Trump, is because my disgust in him is emotional and my disgust in Hillary is more factual.

[0:10:01]

Coach: Okay. And so, one you see as an emotional response, the other is you see more factual.

Client: Yes.

Coach: As you think about this, what is it— Let's approach this from a different because you're looking— we're looking sort of at the pros and the cons right now, aren't we, from what you're talking about? And we're looking at the emotional versus the factual.

Client: Yes.

Coach: And you see with Hillary, it's more factual right now. And with Trump, it's more emotional.

Client: Yes. Yes. Definitely.
Coach: Okay. So, let's switch 'em.

Client: Okay.

Coach: What do you see that's factual about Trump?

Client: I don't really see a lot of factual speculation. I see a lot of maybes and that's not tangible. I don't think that there's been much proven on him other than just— Like I said, he is such a disgusting human being to me. And so, that's why I stay in the emotional. Okay, what do I know factually? I know that he has an incredible running mate. I really like Pence. I think Pence is fantastic. I think that some of his entourage is unbelievable. And I have to hope they can keep Trump in check. And so, the emotional focuses on the lies with Hillary. I don't like to be lied to. I just don't. I mean, I am such a fact person. Please tell me the truth even if it's hard. I don't care. I just want honesty and truth. And I look at her and I look at all the little things that have come out and she just got me too upset because she flat said she hate— I mean, she, she's finding disgust in humanity now and in people and that I can't get over certain things that I'm hearing. And so, there is an emotional aspect I guess that intertwined with her factual and less factual with Trump's emotional.

Coach: Oh, really. Okay. So, there you were combining the two with Hillary and you're saying that, for you, Trump does not have as many facts.

Client: Well, the facts aren't as damning maybe unless there is something I don't know. It just seems like speculation and I also don't like to be told what to think. And so, I don't watch a lot of news. I don't know if that helps in this, but I don't like...I feel like I can come up with my own views if someone would give me the facts and you just can't hardly find that anymore. So, if I go in for news, I read it on the internet. Just the facts! And then I don't listen to commentary. And that has probably helped me more...to be open to go one way or the other because commentary kind of pushes you in one direction or the other.

Coach: So, where are you getting— Since you want to rely on thinking this through on your own, how do you go about then getting the facts for you? Or maybe I should use a different word because, facts, you're using that in a certain way and you're using
emotional in a certain way, but how do you get the information then?

Client: I read the news out of London...BBC and another broadcasting system in London. I was turned on to those years ago by a naturopath. They said you'll get the most fantastic news here. And so, that's where I go to get a lot of the information. I do hear a little bit of CNN. But you know, again, my trust is so low with American news because it's so tainted.

[0:15:06]

Coach: Okay. So, right now, where you're getting your information is from the BBC and the CNN. And that's what you're listening to or not listening. That's what you're reading.

Client: I don't listen. I read. Uh-huh.

Coach: You’re reading.

Client: And I like doing that because then— You know, just like after the debate, one of the top stories for CNN was discussing all the body language about the debate. And I don't care about the body language. I want to hear substance. So, when you read it, you can go down to #4 or #5. It actually is tangible and you don't have to listen to the hoopla. And I like that. That's why I choose to read instead of listen.

Coach: Uh-huh. Okay. And so, what are you learning now for you? As we're working on this, as you're exploring this, where are you now as you've outlined that they're both evil from your perspective?

Client: I feel a little bit like I shouldn't— I’m sorry...


Client: I feel a little bit like I shouldn't vote just because I’m so tainted, but then I don't know who wins then. You know, it's like...Then I can't gripe about who wins if I don't participate in voting.

Coach: Yeah. There's that conundrum...if you don't participate, then you can't complain later on.

Client: Yeah. Yeah.
Coach: So, you have this dilemma between two tainted people obviously showing their humanity in Technicolor depending on which way you look at it for either one, right?

Client: Right.

Coach: And you're saying which of these 2 people since I want to cast a vote. Which of these two do I want to vote for?

Client: Yeah. That's where I'm at.

Coach: And what you're saying is that with Trump, your disgust with him is more on an emotional basis. And you're thinking that, you know, what has come out about him has not been proven. If you're looking at Hillary, you're believing from what you're reading that the facts are there...that, you know, she's lied and then there's some emotional attachment to that as well.

Client: I think that's a fair statement. Yes. Yeah. Like I said, I just don't like to be lied to. But then at the same time, sometimes I ask myself how many times have we had somebody in office, a President, that has been like that and we haven't known because they haven't been vetted like they are nowadays.

Coach: Yeah. And then through history, you learn about them. Right?

Client: Yeah. I mean, look at what happened to Bill Clinton and then you think how much JFK is loved and he slept with a lot of women. You know, nowadays, people are so dissected that you get every point.

Coach: Yeah.

Client: And I also feel like I haven't heard a lot of talk. Like I mentioned that I get news from CNN. I feel like CNN doesn't compare. I would love for somebody to compare, you know, factually instead of being tainted one way or the other just literally across the board. You know, this person is going to offer you this and this person is going to offer you something else and have it very spread out correctly. But now, it's just hard to find that anywhere.
Coach: So, in your exploration what you said is that you want to read things. What other sources could you read that might give you more information?

Client: I would say local news. I could probably read the paper more. I just don't usually like American...Reporters aren't reporters anymore. They're all commentators. They all give their opinion. Every one of them! And even if they say they don't, they're all so tainted that it's just disheartening to me.

[0:20:00]

Client: Like I said, I would love raw honesty. I mean, let them be brutally honest.

Coach: Uh-huh. So, something’s been coming up for me as you've been talking about this wanting to read and I'd be willing to share it with you if you want to hear it.

Client: Absolutely.

Coach: Okay. So, have you gone to each candidate's website and looked at what they're proposing?

Client: I thought of this because it kept getting mentioned in the debate. I did watch the debate, but it’s what kept getting mentioned in the debate, was go to my website, go to my website. And I don't want to hear things from their side as far as vetting the other person. I want to hear their facts and their plans, but I don't want to hear them vet one another because they're not going to give an honest vet. They're going to just demonize each other so bad that...I mean, they're ripping each other to shreds and they're both so flawed.

Coach: Well, they are. But apparently, what I am understanding is that each of their websites tells you their policies or what they want to accomplish.

Client: Yes. Correct.

Coach: So, that's what I was referring to, not that they bash somebody else.

Client: Okay. No. I have not read their policies off of their website.
Coach: Okay. So, what else do you need? You've talked about that you want to use the written word, that you're not using U.S. reporters. What else is it then that you need to make your choice?

Client: I don't think I'm going to get what I need because I really need a straight comparison by somebody that is neutral. And I don't think that that's out there or possible. So, I'm just going to have to keep digging through what...I don't think this is the situation I can come out with exactly what I want. And I have to come to terms with that.

Coach: Okay. So, what would that be like for you than for you to—because when you started out, you were very much more in turmoil and you're sort of reconciling now that you probably—there's not going to be any definitive way to discern this, that it comes down to what you read and learn?

Client: Yeah. I guess. I'm constantly second guessing myself. I think I've made up my mind and then I came...I am the perfect example of an independent. I truly just can't figure this out. There's one situation that I do find important and that is closed borders. I live in Arizona and anybody that lives over on the West Coast truly knows what it's like to have an open border. The East Coast has no clue. Those on the East Coast, it is brutal, brutal, brutal! Like if you guys think you know, you don't until you live over here. It's so bad. An open border is so, so bad. I mean, living here right now, pour into country. It's like a revolving door and I have friends that are even illegal. So, I'm torn between the decision, but I think it's what's safer for the country. So, that one issue I kind of lean towards making sure that's important. I think Hillary said that it's important to have completely open borders. That scares me.

Coach: So, that's a major concern for you, the border.

Client: Yeah.

Coach: So, how can you find out more about the stances on borders? And what do you mean by closed borders versus open borders? How does that get defined by each candidate?

Client: Even keeping the status quo, it's scary to me because it's more open than people realize. And so, working towards more
regulation and, you know, catching people and releasing people is not okay.

[0:25:12]

And you know, the drugs just pour into Arizona. There are places in Arizona you just don’t go because it's basically Mexico. And it's really scary. And so, that's what I mean by...I know it’s technically our U.S. soil, but it's not okay to go there. And I don't know. I just think that some sort of stipulations that are put on the revolving door is important to me. My cleaning lady, she just told me the other day that she goes back and forth whenever she wants and nobody bothers her. And she's illegal. And so, I don't know. I'm really, really a stickler on that one topic.

Coach: Yeah. And I'm picking up that you're sort of conflicted about that in some way.

Client: Because I have friends and I understand. At the same time, we gotta be safe.

Coach: So, there’s that conflict again. So, just in the interest of time for today, Nancy, ‘cause we could go on with it, what have you sort of discovered or talked through today for you so far?

Client: I really feel good about going to the website. I’m so glad you mentioned that. I think that's going to help a lot. And you asked me a question about the emotional...being so emotionally entwined with Trump, Trump’s disgusting and who he is...And I didn't even like “The Apprentice”. So, I’m coming at it at the beginning not being fully honest. I’m bored with him. So, I need to feel...I need to really rely on my facts and what is proven and go back to the drawing board and do my own comparison because I'm not going to find it anywhere.

Coach: Okay. So, with that in mind, what are some possible ways you could move this forward for yourself?

Client: Well, this is not a topic you ask many people because it's so emotional. It's so personal to people and the tolerance level that people have for other human beings is almost gone right now. They don't respect the fact that people can have different views and still like ‘em. You know, they stop liking ‘em because of their views. And so, it's so scary to compare notes with anybody. So, I
kind of refrain from that. I think that just making my own list on each side with what...my own pros cons and try to stay away from the emotional.

Coach: Right.

Client: I think that will help.

Coach: Make your own list of pros and cons and then you had talked about going to the websites. Another possibility you can do. So, over this next period of time...and I'm going to say a week because we often use that in coaching. Over this next week, what is it that you want to commit to doing?

Client: I commit to making my list and I will try to research each topic and find out if it’s just somebody's opinion or if it's tangible. I want to know where it came from and why. Like I said, it’s very important that I'm not lied to. And so, I need to know truly if this is who this person is before I could vote for Hillary, you know. I need to eliminate that possibility. It's a big deal to me.

Coach: Okay. So, what support do you need, Nancy, to support you as you go through this, if any? This process you’re laying out.

Client: It would be nice if I had someone to talk to about it.

[0:30:03]

Yeah. My boyfriend is an independent as well. And so, he's kind of on the fence like me, but he's a businessman, hardcore businessman. And so, he always votes Republican just because it's so important to his income. So, he is decided. And so, I don't really share a lot with him because mine's not decided.

Coach: Right.

Client: But this is truly helpful.

Coach: Okay. So, we've been talking this out and it has been supportive you're saying.

Client: Yeah. It is still good to say these things out loud because I could...Like I said, I'm afraid to tell anybody this stuff because I don't want to get judged for being confused. I don't want to get
judged because I heard something and they don't believe it. I've seen it happen. I went to get my hair done and somebody got mad. They ended up with a confrontation. So, I just refrain from saying anything.

Coach: Uh-huh. Yes. So, it shut you down.

Client: Yeah.

Coach: Yeah.

Client: Not with me. Not with me. I didn't have one. I just watched.

Coach: Yeah. You watched it. Okay. So, finding someone perhaps that’s open enough that you can have an open dialog with would be useful if you found somebody. Right?

Client: Yes. Yes.

Coach: There you go. Okay. So, Nancy, what have you learned today or what are you taking away from the call today?

Client: I'm taking away how much research I didn't do and I need to look into it more.

Coach: All right.

Client: I thought I was a little more educated on politics because I read every day, but there were questions that were hard for me.

Coach: Okay. So, that was enlightening. How about that? So, you know, Nancy, today, you brought a topic that was really close to your heart. I mean, it's just been very important to you and you were willing to dig into it, lay out your perspectives on it, and even explore some other perspectives. And you're going away now with a plan to get some more facts, which are so important to you so that you can separate opinion versus fact, so you can make a clearer choice for yourself.

Client: Yes.

Coach: Okay. Well, thank you. Thanks for bringing this very fascinating topic. So, we'll look forward to hearing from you.
Client: I appreciate it. Thank you.

Coach: Okay. Absolutely. So, Nancy, thank you so much for stepping up and taking the risk of putting out this topic since it's not exactly a charge neutral topic, is it?

Client: It isn't, but it is something that I do see people struggling with everywhere.