**Candidate And Setting**

My first coaching session was with Anat, my wife. She currently works as a software developer at some company where she started only few month ago. Our 3 years old daughter finally went to sleep and we sat comfortably and started our session.

**Performance Prior To The Session**

Prior to the session Anat was a little tiered after a day of work and some jogging she did very early at the morning, she was a little bit troubled since our daughter had difficulties to sleep and it took a long session until she finally managed to fall asleep.

**Description of the session**

Since all the small talk was already behind us I told her that I need her help with some course I’m taking and I need to talk to her around an hour and write down some notes.

She agreed and we dived right into it.

First question I asked was “If your life were perfect and your dreams come true, what your life and work would be like in 10-15 years?”. She though for few moments and started describing her “perfect” life:

First thing she said is that she sees herself as a DJ (she had a pretty big smile and it was noticeable that she’s moving into PEA), she sees herself surrounded by her family consisting of current members plus another child or two. Then she started talking about her career and the smile went away, a troubled look was on her face (I didn’t think she’ll get to NEA so quickly but apparently I was mistaken), she said that she can’t see anything specific regarding her career and that everything is really vague. Seeing her emotions (and that’s she’s clearly in NEA) I tried to redirect the talk back to DJ option , which she rejected as a career because it will interfere with her being a mother , so according to her it can be more a hobby then a career . Seeing that she’s still in NEA a decided to leave the career trouble for another time and ask her “assuming all your dreams turn to reality is there anything else you see in your distant future?”. She started talking about having pet or two, being in a good shape and looking slim (she looks great but she’s always concerned about her weight) and just when I hoped she’ll get back to PEA she said that she’s worried about her looks in the future and she’s concerned she’ll get fat (I could actually see her becoming angry while she talked about it). Reminding her that we assume that “all her dreams came true” seemed to have a good influence and she moved to another goals. She said she wants to own a successful and profitable (on a small scale) company, she wants to live abroad (finally a big smile, she’s back to PEA) , when I asked for specific location she answered Barcelona or New York (and she was very happy about it) , she sees herself with more friends and connections , successful kids .

Then she talks about the kids (our current one and the “future” once), saying that they will grow up being smart and handsome and for some reason dealing with arts (music or painting).

Next question I asked was “What are the values or virtues that are most important to you? What kind of person would you love to be?”. Again she thought a little (even longer than the previous question) and then she answered:

Integrity is very important virtue for her , then I could see she’s struggling and being in stress (NEA again) , and she said that she wants to be more helpful and she wants to be more considerate and thoughtful of others and started to say that she’s not always thoughtful . Seeing her struggling I changed the question to “What are your values or virtues that you are most proud of?”

I could see her relaxing a little and she answered that she consider herself as a smart person , determined one , positive and pretty good athlete (specially swimming and jogging) , talented with languages (by that time I could see she’s clearly back to PEA , she spoke with confidence and was happy about herself).

Next question I asked was “Who helped you the most to become who you are or to get where you are?”

This time she didn’t need any time to think.

“Mom” was the first answer , when I asked “how she helped you?” she answered “She always believed in me and motivated me, had confidence in my abilities, supported me financially and educated me”

“You” was the second answer (with a big smile)

And third answer was “My brother” (again with a big smile) to the question “how he helped you?” , she answered “provided mental support , love , faith and was there for me whenever I needed him”.

It seemed to me that we’re on track and for the last 15-20 minutes she’s in PEA.

Last question I asked her was “If you won $50,000,000 after taxes in the lottery, how would your work or life change?”

To my surprise she said that she don’t believe her life would change dramatically , maybe only few things here and there , when I asked her to be more specific she said she’ll wont to upgrade our living standard and move to a bigger apartment , she’ll have money to study DJ etc … , she’ll donate money to sick kids and maybe others who are in need , support her family , move to New York , and of course invest as much money as needed on our kid allowing best education for her.

**Outcome**

Actually after knowing my wife for almost 15 years, I still discovered some interesting insights, and we had a talk about her career path few days later.

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