**Candidate And Setting**

My second coaching session was with Natali, my sister. She currently study physiotherapy and has moved in with her boyfriend to a new apartment few weeks ago.

**Performance Prior To The Session**

Natali came over to our place for the weekend and we were just back from a family dinner (with my wife’s family). We took advantage of my kid being already a sleep and did a session.

**Description of the session**

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 started saying that she’ll have a huge house with few kids (smile started spreading on her face, sign of PEA). She is working at her field mostly doing community works helping the needy and the poor. Her husband (current boyfriend) is working and making lots of money, thus allowing her not working for the money but for the soul. She stated that she’ll be happy (adding “pretty much as I am now” which can be interrupted as PEA). She wanted family relations to stay as they are now, to be hosting friends and family a lot, going for fishing with her dad, then she went into “dreamy” state and started talking about taking a boat trip with her dad (she seemed very pleased and in PEA state), getting some gift for our mother as well, my kid visiting her a lot and going abroad each year for a month or so. When I tried to get out of her where to she claimed she had no specific location, when I asked “so where to are you going to buy tickets first?” she answered “Ethiopia” with a big smile explaining that Africa intrigues her and she wants to visit there (yet again she seemed to be in PEA) . She also sees herself on a road trip in USA in a caravan with her family, since I also want to do it someday, we agreed to do it together.

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?”

She said that those are two totally different questions. Most important virtues for here are:

Reliability, punctuality, sense of humor, cynicism and intelligence.

Regarding what kind of person she wants to be , she said she wants more will power and started describing what she is not doing correctly right now , seeing she enters NEA I had to change the question to “ What are the positive values and virtues that you have?” , she replayed she considers herself as a smart human being . I asked for examples of why she thinks so and she was happy to give me some and I’ve seen her switching back to PEA , she said she considers herself as a good friend , also an aspirational person (“in a good way”) , having a sense of humor and a reliable one . She was happy to find that the important values for her are also the ones that she poses.

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

Before even finishing the question she said “you !”

I asked her “how did I help you?” and she said that I was always a role model for her, pushing her for her achievements while always being there when she needed help or support. She leaned towards me when she spoke and touched me while smiling (I believe she was in PEA, I also know that I was ☺ ).

I was a little disappointed when she said that that’s it, no more other people besides me and herself helped her become who she is. When I asked about her boyfriend (whom I know she loves and thinks very high of), she said he gave her lots of love and direction and guidance but he came a little too late when she already “formed” her true self.

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

She said she’ll buy our parents a huge house and send them for a long trip abroad, then she’ll buy a house for herself, then for our aunt, then to me (for some reason she assumes that I won’t need her help and I’ll manage on my own), then a trip around the world for a year or two (spending all the money that is left), then back to normal life. She seemed very excited to talk about it and I was pretty sure that she is in PEA state since she spoke with high enthusiasm and emotions.

**Outcome**

Well, there was no direct outcome. I recalled how I miss our talks and that still after 24 years of knowing my little sister there are still things that I don’t know of. I also found out that I also can be in PEA and NEA (mostly PEA) while doing those sessions, and this observation actually made me feel good about myself for some reason.

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