



Transcript of interview about Transformational Coaching (EN)

Speaker 1

Hello, welcome Amy

Speaker 2

Thank you

Speaker 1 0:09

So good to sit down for a chat. We've been meaning to do this for a while and yeah the moment has come. Yeah. So I think a good place to start is always by just hearing a bit about you. You want to share about yourself, your work?

Speaker 2 0:34

Yeah sure. So my name is Amy Philippen and I'm a Transformational Coach. So I work with women who want to reconnect to themselves. They want to access that inner compass, and they're looking to live more aligned and fulfilled lives. I do this by offering a safe space in which they can explore, unfold and connect to their truth. I think the modality of Transformational Coaching, it differs a bit from the more kind of mainstream Life coaching in that it's offering a healing space in which people can really let go of parts of themselves that, that no longer serve them, and embrace new ways of being that are more in tune with, with their authentic selves. I feel like Transformational Coaching offers a rich space of inquiry, reflection, depth and connection. And it's seeking to provide guidance on fundamental questions, on big questions about who we are and who we want to be in this world. So that's the work that I'm privileged to do.

Speaker 1 2:11

And what container do you use for this kind of work? Do you mainly work with people, one on one, can this work also happen in groups? Do you offer classes? Can you tell us a bit about that?

Speaker 2 2:30

I'm mostly working one on one with clients so far. But I'm interested in offering workshops in different topics related to Transformation. So I've already offered a workshop on intention setting as a tool for Transformation and I can imagine that I will continue to offer some of these tools as I go forward. And also as I'm able to kind of practice and embody these tools, and practices in my own life, because I like to base the work that I do on my own experience. So as I progress in my own journey, I definitely would like to be doing more of these workshops and incorporating different modalities into my coaching space as well, too. As I

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said, I want to help people reconnect to themselves. And that is not only on a mental space, but also on a heart space on an intuition space. So what can help my clients to access these different parts of themselves? That's how I envision I will be kind of broadening the array of services that I offer my clients.

Speaker 1 4:01

So Transformation is really at the core of your work. And I want you to why Transformation, not a different modality, why not something else?

Speaker 2 4:15

I think that I'm really interested in exploring the core of who we are, as human beings. I want to I think I've always been someone that wants to get to the bottom of things, right, that wants to understand the why. What makes us the way we are and also who we choose to be going forward. So it's both of those actions, the real exploration, the real like digging deep into who we are and how we've got to where we are in our lives. And the other one is this whole aspect of choice, right? How can we be the best version of ourselves? How can we be most aligned to who we truly are/ And that's where Transformation, I think true Transformation really happens. So it's got this depth to it, that I feel is missing from other modalities or other ways of coaching, which are more, more surface level. So I believe that in order for sustainable change to happen in someone, these realms need to be explored and uncovered.

Speaker 1 6:01

What comes to mind now is how do we know if we are doing the real work, versus the more surface level change? I mean, the life coaching industry is littered with tips and hacks and all these quick fixes. And there's a lot out there things like four weeks to confidence, or releasing your trauma, you name it, it's out there. And, of course, they sound very enticing these offerings, they seem to offer us tangible results. But how can we tell that apart when we're just kind of like falling for a quick fix versus the sustainable challenge that transformation offers.

Speaker 2 7:00

But I think that's the that's the kick, right? The kick is the quick fix which is not sustainable Transformation. Because Transformation takes time. Transformation is more about the process, than it is about the end result. It's really the learnings are in the process itself of Transformation. And how do you know? This is a tricky question.

Speaker 2 7:44

How could you know? so I feel like you feel it in you. You feel it somehow that shift, there's a shift happening in you. And sometimes it can be a very subtle shift. And I think that's where

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it gets tricky to know if you're making progress. But sometimes, but other times it can be really big shifts that happen. And it almost feels like a reorganization inside of you is happening. And I think what maybe a way to measure the progress is by having those commitments and those intentions to make the changes. Practicing those every day and seeing what comes up every day as a way of how is that intention being embodied in everything that you do. And so it's a continual inquiry into everything that you're being rather than what you're doing. It's more about who you're being rather than what you're doing. And I think that's this, you can try and measure it intellectually and as I said, you could probably set these intentions and just see how you how you're doing throughout the day with the intentions. But it's also like a felt sense of that change within you and you feel like a sense strength and resolve in your journey and your commitment to who you want to be. I don't know if I'm answering that because it feels like a very tough question to answer. And it's very personal as well, how it manifests in different people. But for me, I think it's been a kind of a development of a sense of knowing, knowing myself, and where I'm at, and where I'm heading. And knowing that I, that there's parts of me that I, that are changing, to become more aligned to who I really want to be. And so even if there's a lot of chaos around me, I'm still like, anchored to that, to that sense of knowing, and it's, it's really deep, it's something you feel at the core of your being.

Speaker 1 11:19

Yeah, that that makes a lot of sense. What I'm understanding from what you're sharing is that Transformation is a process of, I believe you said rearranging is almost like this internal rearranging of yourself. And it operates at the, at the core of who you are. Yeah. So comparing that to a process of change, of change can be something very tangible, very much getting from A to B, and we can see the results. And it's clear. Transformation, however, is much more complex. And even though there are markers that we can use to possibly measure or understand if we are transforming, shifting, being in a transformational process, it is It is a lot more subtle, and complex. And what's coming up for me as I hear all of this is how this to what a lot of what's offered in the market. Like this is very different. And I can imagine that for a lot of people, it can sound because the process itself is complex. It can sound maybe too big, too abstract, to grasp. And so I wonder when people do come to you, when people reach out? What is it that is going on for them that makes them want to get into the process? Even though it seems vague? It seems scary? Even if it seems like it doesn't quite make sense. I mean, it's even it can be hard to put into words even

Speaker 2 13:18

Something that came up for me is the word a word that came up for me as radical. It feels radical. It's a radical change.



Speaker 2

So if you think of us, as I remember this from the course, if you think of as an operating system. What's going on internally for us as an operating system, it's such a radical reorganization of that operating system operating system within us. So it's not like, I imagine other types of coaching to be just like, oh, you know, there's, there's a little bug over here. Let's just fix it. There's a little virus that came in here, this this part needs a software update. It's a bit like that, right? You still have the operating system, but you're like, there's things that are going not so smoothly, so you're tending to them. And this is like, let's change the operating system. Right? Let's like you have an Lenovo, you have an HP and then suddenly you want a Mac, it's you know, it's really like complete overhaul. So that's what Transformational Coaching is about. And because of that it's so radical and it can feel like someone is pulling the rug under your feet and you're just like I don't, I don't know what's going on. It's can feel very destructive at times, it can feel very lonely. It can not make any logical sense what's happening to you. Because you're accessing all these different parts of yourself that you that you hadn't connected to, it's ever more important that you surround yourself with people who are going through a similar experience. And as I said, many people can feel very lonely. So just to have a safe space, which Transformational Coaching offers in which to unfold, and share and connect with another person who's going through the experience, because we're all going through the journey together, is very healing in and of itself.

And I believe it can help to keep you on the journey. Because there's a lot of moments where you feel like you can't carry on, and it's too much. And I think having that space just gives you the strength to continue.

Speaker 1 16:54

So, if people come to a Transformational Coach, if people start with you, at this point where the overwhelm, confusion, loneliness ... What do you observe? As people started working with you? Where do people move to?

Speaker 2 17:20

I think my aim is to normalize their experience. So everything that they're going through is normal, every feeling that they have is valid. All the parts of themselves are welcome. In this space there's nothing off the table, there's nothing that cannot be shared or discussed, or will be judged or invalidated. And I think that for many people, they don't have that in their lives, they don't have a space, a safe space, they don't have someone who can hold that space for them. And allow things to unfold.

And so I think, giving them that space invites, or can invite compassion. It can invite tenderness and invite love and acceptance of the process that they're going through.

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Because so much resistance is created in this process, right? A lot of it is we don't want things to be that hard. We don't want the pain, we don't want the discomfort. We're always fighting it and learning to sit in that with someone else. Because you know that you have someone else to hold your hand in that. It becomes I think more manageable.

And I think in a way in those moments of discomfort and pain, if like if you're able to sit through those I feel like that's where possibly the biggest changes happen in you.

Speaker 1 19:57

And how has this This work impacted you personally.

Speaker 2 20:06

Um I feel like coaching is my calling. I feel like I I feel like in each coaching session, I'm also growing and learning and Transforming through my clients, it is part of my journey. And more often than not, people will come to me with things that I'm working on myself. And so it's a chance to learn from them as well, and what they're going through. And some times, it feels like it's healing, it's healing me as well to be part of their journey and to experience what they're experiencing, because it's a very Transformational Coaching is a very it's a sensing journey. It's very experiential. And so I feel like that experiential side of things. It helps you also connect to those parts of yourself at a much deeper level than if it was just an intellectual exchange.

And yeah, I feel like through my own work on myself, I have the capacity to hold more more and more space for other people. So as I transformed myself, my ability to hold space for others, and their experiences and their pain and their discomfort, and their joy in the celebration gets bigger and bigger.

Speaker 1 22:40

It sounds like transformational work, it's rooted in connection and partnership, there's a real sense of partnership in what you're describing in that, it acknowledges that we go through the journey together, that there isn't this hierarchy that is so often presented to us of coming to someone for help, because they know better than us, or because they will show us the way which has its space. I think, for example, when we work with mentors, we definitely are wanting to go to someone who will have had certain experiences or that will have studied something that we are interested in, and we want to learn from them. But in what you're describing the work is done at its core in partnership, and it acknowledges how the partnership benefits the whole system. And I think, you know, it sounds beyond that also the collective.

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Speaker 2 23:59

Yeah, I mean, I think there's elements of the coaching that can be more more mentoring, or can be more in terms of someone who's new to the process, explaining some of the dynamics that happen in Transformation, right, letting go and letting come are two big, two big movements that are experienced in Transformation. So I think at the beginning when someone is on their journey, and I had this myself, there is a big sort of push to want to intellectualize the experience and understand what's really going on, right? Because that's giving us a sense of safety and what's happening, and that's really important to feel safe. And you have this kind of thirst for knowledge and you just want to read all the books do all the self help quizzes and all this stuff, right. And so I feel like there is a time and space for these kind of, I guess more like intellectual conversations, also sharing of experiences. Explaining structures. But as time progresses, as you go further down down your journey, it becomes more of a, of a sensing and an experiential journey, rather than an intellectual one. And that's where the changes occur. But it's almost like you need to have that you need to have that foundation of understanding what's going on more or less, in laymen terms, you know, but only when you really experience it and feel it, can you start to process those changes. If they stay in your head, then I don't know, of a sustainable change really happens.

Speaker 1 26:21

I wonder, has there been anything surprising about going into this work?

Speaker 2 26:49

Um I think that I underestimated a lot of aspects of this work. And I think it's something that, you know, I invite anyone, if they, if this resonates with them, they find it interesting what I'm talking about, to really go and have a coaching session, you know, try it out, try a Transformational Coaching session, because I feel like, I always feel like words, don't do it justice, to the experience that you have. Um, it's almost like words aren't enough to describe what happens inside of you, and a transformation, coaching setting. And I feel like I was the same as well, I read all about what it what it was, what it meant, what happens in the session. But I only when you do it, do you experience the magic, the magic that happens in the session. And I think a couple of things also, like really surprised me. One is the importance of the connection with the Coach, the connection that the client and the Coach have, is really important to catapult that change, I think it makes a big difference, whether you feel connected to your Coach or not, whether you feel truly safe, whether you really trust them with the deepest parts of yourself. I think that that will change a lot. The quality of the coaching, and what can happen in the session. And the other thing is ,the other thing that really surprised me is the parent holding space is really wow, I think it's it's just such a beautiful thing to be able to do for another person and I I try and practice that not only in my coaching. I try and practice it also in my relationships, you know, with friends and family. And I really feel like it's, it's just improved my relationships overall. And it's given them a

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depth that they didn't have before. And you just realize how healing is to have that safe space to have that person holding space for you. And to have a place where you can like totally be yourself without fear of repercussions or judgments, resentments all of these things, it really changes the nature of the relationship.

Speaker 1 30:23

Could you describe what holding space is for someone who is new to the term?

Speaker 2 30:30

Okay, um, holding space. I think holding space is just about not influencing the outcome of what is being shared with you. So it's giving it the space of whatever you're sharing to just unfold as it might, and allowing it, allowing it to just be without wanting to change it, without influencing it, without commenting on it. You're just giving the person that space. You're holding that space. And I think here, something that we practice a lot in Transformational Coaching is the energetics behind holding that space for that person. So you're holding a space of trust, of trust that whatever is unfolding is as it should be, and of non judgment, um, and, yeah, just just being there for the other person. And it's not. It's a very energetic approach to being there for the other person. And it's, yeah, it's just being there. It's slowing things down as well. I think that's a very important part of it so it's there's no there's no space, there's no place to get to, there's nowhere to go. There's just what is in that moment. There's no outcome that we need to get to. It's just whatever that person what needs to unfold for them in that moment. And sometimes it doesn't even have to make logical sense what they're saying, you know, because it's coming from their soul. It's coming from the depths of their being. Yeah, I think that's as well as I can describe it

Speaker 1 33:27

As you were describing that I imagine someone deeply, deeply listening, yeah, listening without judgment and making room and being present to the other person's experience fully. Yeah, and when as a listener, you can be in that space. You can hold the other person's experience, witness it without getting in the way, yeah, without judging and just allowing that person to go where they need to go. And also trusting, you mentioned trust, trusting that whatever is naturally happening for that person is the right thing. And again, the partnership, you don't need to help them, you don't need to change it in any way. You just need to let it unfold.

Speaker 2 34:34

Yeah, much better said than me.



Speaker 1 34:42

I'm rephrasing what you said. Um, yeah, I mean Coaching as you are defining it definitely sounds like it's a very particular flavor. It's a very particular flavor of coaching, and it very much departs from what I see a lot out in the industry, that is very results driven. It also sounds like the kind of work that you do over a longer period of time. Is that right? Because I reckon that, you know, when I see a four weeks to a confident you program, I think, okay, that that's so I see that, and I think to myself, Wow, this is just this really condensed experience of four weeks. But I imagine that as you work with people at this deeper level, you it needs something different, and it probably needs more time. How what do you see with your clients? Do you usually contract to work with people for a few weeks at a time, a few months at a time? Does it depend? Does it change from person to person?

Speaker 2 36:06

I think there are periods in transformation where it feels like you need more support than other times. There are periods that are quieter. It depends what's going on in your life, right? There are periods that are quieter and a more kind of self reflection time, this integration time of all the changes that have happened, and there are periods where it feels like a lot of things are converging at the same time, and the changes in you are the changes in you internally are causing you to want to take big decisions externally, and then it becomes a question of navigating, how to navigate those big external decisions in a way that's internally aligned to you. And it's in those periods that clients will come to you because they need more support. So I feel it's, it feels like a bit of a wave of up and down. You know, sometimes you really need a lot of support. Other times you have, like, quieter times, or just kind of going into yourself and just integrating the changes. But I think a lot of a lot of struggle that I see in clients is related to how to navigate these internal changes externally. You know, because it it will mean a lot of losses happen on this journey, a lot of a lot of letting go of old ways of being, letting go of relationships, letting go of lifestyles, all of this. And so the conflict and the struggle is in how to navigate that while still remaining anchored and grounded and committed to your transformational journey.

And when you feel like you're wavering and you're like, oh, I don't know. This is too hard, and that's when people also need the support more, right? So clients might come for certain periods in their journeys, at the beginning when they don't really know what's going on, and they're like, I. I need someone you know beside me, then they might disappear, and then, you know, big changes will happen in their lives, and then they need the extra support.

That's when I anticipate that clients will be kind of interacting with me.

Speaker 1 39:22

It sounds incredibly organic and also very respectful.

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I have had this experience only with a select handful of people that I have sought support from where there is this openness of you know, to the seasonality of these changes, where they say I'm here when you need me, but they don't make me feel like I'm bound to carry on working with them just for the sake of carrying on some work. And I find that that in itself, is such a profound experience for somebody else to demonstrate that trust that you know what's best for you, and you know when you need support, and you can trust that I'll be here when you need me, but I'm not going to push our work together. That has been life changing for me, getting that level of support from other people, as I'm sure your clients experience with you, because not everyone sees their service offerings through that lens.

Speaker 2 40:38

Yeah, because it's at the end of the day, it's, uh, for me, it's a commitment. It's a commitment to be of service to others beyond anything else, and that service might look different in different periods of their lives, right? As we said at the beginning it might be a bit more of a of a mentoring role. It might be a bit more of an explaining role, you know, then it just might be of holding space for that person, a safe space. Then other times, it might be more of helping them to access other parts of themselves that need strengthening. You know that inner commitment, that if they make a commitment to want to live more from their heart space, it might be more of a focus on that. So it's very much client led. Like, what does the client need at this point in time, and how can I be there for them in these different capacities? Right? Because you need different things at different points of the journey. And it's, it's more, I guess, about offering these, I don't know what I want to say. I don't know I want to say ways of being than it is about getting to a certain outcome, right? Because we said it's about the process and it's not about the outcome.

So what aspect, quality, way of being. Is the client needing from me in this moment in order to support them? Because it might be that the client needs more of a soft space, more of a tender space in this time, or it might be that the client needs a bit more of a let's you know, let's push them a little bit. Let's kind of, maybe you sense that the client really needs to let go, or needs to let come. Okay. How do I create that, that container for that to happen? If, if you're sensing that, but I think always being respectful of letting them lead lead you where they where they want to go.

Speaker 1 43:42

Is there anything else you would like to share as we approach the end of the interview? Is there anything else you feel worth mentioning?

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Speaker 2 44:00

I think just to reiterate that if this is something that resonates with people and sounds interesting, don't give it a try. You know, like book yourself a session with a Coach with me, if you want, but just just really open yourself up to the experience of Transformational Coaching. And yeah, because it's not, it's not an intellectual experience, necessarily.

I think now we're we're discussing it, we're intellectualizing it. We're trying to give it vocabulary, we're trying to give it wording, and we're trying our best to do it. Hopefully people have a better idea of what it means now with this interview, but it's it is much more of a sensing journey than an intellectual one. So give it a try.

Speaker 1 45:19

Yeah, and the only thing I would add, is a reminder of something you shared earlier, that if you do give it a try, and you do go into that experience with openness, one of the signs that will tell you that you are with the right person is, do you feel safe? Yeah, and that sense felt, that felt sense of safety will be very much in your body. So just listen. Listen to how you feel. And yeah, just be open. Be open to your own voice, to your own feelings as to how you feel in that space. I do believe that it's worth saying. I think that you should always shop around if you're looking for somebody to work with. Definitely have one session. Many Coaches offer an introductory free session. And if not Book One, pay for one, but just commit to the one so you can really, um, get a sense for what the person can offer you and figure out is this the right thing for me or not. And definitely do that before you commit to any package or number of sessions so you can avoid buyer's remorse. And to be honest, I think from all the things that you can purchase, that you may regret, these kind of stuff, may be one of the worst that you really don't want to have buyer's remorse when signing up to work with a therapist or a Coach, you should really go in there with that openness and knowing that you're in that safe space. So definitely just give it a try first.

Speaker 2 47:14

Yeah, I totally agree, and I think you touch on a really good point, which is listen to yourself first and foremost. How do you feel with that person? What's coming up for you? Do you feel like you can build trust with them? What's your intuition telling you?

And I think that's a good way to practice as well. You know, opening yourself up to these new experiences by really paying attention to yourself, putting yourself at the center of that experience, right? Because that's the point. The point is that in that partnership, you are at the center of that partnership, and the Coach kind of follows you in many ways. They're

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following your rhythm, they're following your guidance, they're following your intuition, and it's more about them providing the space for that to unfold.

So if you don't feel comfortable and safe and trust, then things aren't going to shift, and things aren't going to move. And what's more if, if you don't feel those things, you might actually revert even further into yourself, right? And that's precisely what you don't want to happen.

You don't want to feel that there's just another person offering you advice, telling you what you have to do, not really listening to you. I think we already have enough of that in our lives, in society and culture, and what we're seeking is the opposite. So pay attention to your experience in that more than, more than the, I don't know how to say it, but more than what the Coach is promising you that they're going to deliver, right?

It's more about what do you feel you can get out of it? More than them saying, Oh, I'm going to do this, and I'm going to do that, and all of these things.

Speaker 1 50:00

Excellent, excellent points.

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