

Dear Jacob,

I have settled to try and write this letter several times, and each time I have struggled to find the words. On different days, I have thought about various aspects of our coaching conversation and found it almost impossible to choose one to put down on paper. However, when I thought about all of the strands together, they all pull in one direction – that our coaching conversation helped create some much needed clarity.

I say this with kindness, but you didn't tell me anything I didn't already know.

Your questions helped me articulate some things outside of my head in a way that I hadn't before. And now that I have said it out loud - I can't unknow what I know. I found your questions helpful in creating clarity.

Here are some things I appreciated about the questions you asked me:

- The questions were short and direct and asked as an invitation to answer - not an obligation or demand. I was in my head and didn't have space for a lot of words or demands.
- Your questions were generous and expansive - they helped me think about my stuff from multiple perspectives, which was very helpful for me. I could feel your positivity and a sense of 'in this together' through the generous nature of the questions you asked.
- The questions were not new, but they were big and significant. You didn't duck out of asking the difficult questions and made everything feel manageable.

It was a life-affirming experience to have my 'stuff' held carefully by another while exploring it and working out what I needed to do. Thank you. I have also done some of the things I said I would, and that is equally life-affirming. I needed time to think, and your questions helped me to do that.

The right question, asked in the right way at the moment, can be transformative.

David Whyte's poem, 'Sometimes' describes this experience and I thought it might be nice to share it with you. I'd love to hear what you think.

Sometimes by David Whyte

Sometimes
if you move carefully
through the forest,
breathing
like the ones
in the old stories,
who could cross
a shimmering bed of leaves
without a sound,
you come to a place
whose only task

is to trouble you
with tiny
but frightening requests,
conceived out of nowhere
but in this place
beginning to lead everywhere.
Requests to stop what
you are doing right now,
and
to stop what you
are becoming
while you do it,
questions
that can make
or unmake
a life,
questions
that have patiently
waited for you,
questions
that have no right
to go away.

Thanks for the questions Jacob and I look forward to our next coaching conversation.

Much Love

Kirsty