



Possibly the Best Coaching Session I've Ever Had

Dear Reader

Ankush Jain has been my coach since the end of October 2020. During that time, I have had almost 180 coaching sessions with him, some of which have been in the form of coaching intensives in Phoenix while Ankush was out there being coached by Steve Hardison.

I have also attended his Powerful Men's Immersion seven times. For me these Immersions are the best and most impactful personal

development events I have ever attended ... and I have done a lot of work in the area of personal development over the last twenty years. Add in, that I have attended his AJC Career Coaching School twice, so I think it's safe to say that I know Ankush pretty well.

As I start to write this, I am just out of a coaching session with Ankush. I think it might just be the best coaching session I have ever been in. So good, that I am going to share some of what I experienced with you. So good, that my already half written newsletter for this week has been filed for future use.

My last session with Ankush was last Tuesday and I was away from Thursday until Sunday on a health and wellness retreat with the group of men I train with each week. It was a bit of a rush getting ready to leave for Cornwall and I've been playing some catch up since I got back, so my preparation for today's coaching session was less than I'd have liked.

We started by following up on the topic we discussed last week. Then we got into the topic of how I can be of even greater service to my clients, as well as to people who aren't yet my clients. Sometimes Ankush says a lot in our sessions, today was one of those sessions when he was quieter and just asked questions. The questions he asked brought massive insights to me about how I could raise the level of service I am bringing to a whole other level. It also gave me great insights about how I can be of even greater service to people who aren't my clients yet and how I can really impact them through being 'in service' from the moment I meet them.

As lightbulb after lightbulb went off in my head about how this could look and what I could do right now, I looked at the clock. We were just 35 minutes into a 90-minute session. I occasionally end a session a few minutes early because I have got a lot from it and don't want to start talking about something new and end up diluting the insights. Occasionally I've ended a session early because there was something I saw that I needed to do and just wanted to get on with it. But I've never ended a session after 35 minutes. I held back for a few minutes before announcing to Ankush that I was 'good to go.'

He paused and asked me if I was open.

My answer to that question is always, 'Yes'.

He said that we could finish now, or we could take some time to slow things down a little and supercharge what I had already seen.

I was all in!

Ankush said, 'You are clear that you want to come from a higher level of service.'

I was very clear on that.

'Peter, this isn't about doing. It's about who you are being.'

'What's in the way of your being a higher level of service all of the time.'

I knew it was self-judgement. I know that self-judgement is the only thing that is ever in the way, yet sometimes I still forget.

Ankush asked, ***'What are the self-judgements that are still lingering? What are the self-judgements that are still in the way of you knowing who you really are?'***

I knew the answer immediately. It was the last thing I wanted to talk about. I went back in my mind to the Immersion in 2022 when I worked on my document. I looked for my notes from back in 2022 where I had listed all the judgements. I couldn't find them. I didn't need them. I knew the answer and even though I didn't want to go there, that was exactly where I needed to go.

The lingering judgement was, 'I'm not good enough.'

While the words were the same as they had been in 2022, I knew the judgement didn't feel the same as it had then. It was less intense. I knew it wasn't there all the time. But it was still present. Still lingering. Still in the way.

Ankush asked, ***'What would happen if you really forgave yourself for that?'***

I sat in silence for a few minutes. My mind was racing. What would my life look like if I really was good enough. What would it look like in my relationships, my work, my friendships ... if I 100% let go, if I 100% forgave myself for not being good enough?

I started to play over in my mind the words Ankush had taught me when I worked on creating my document, ***'I forgive myself for judging myself as not being good enough.'*** I started to say the words out loud. I repeated and repeated and repeated them, maybe 15, maybe 20 times.

Then an image appeared in my mind. It was of a room with thousands of dominos in it that were all set up on their ends ready to be toppled. It would have taken someone, maybe many people, hours to set them all up. I could see the one domino that needed to be toppled to cause all of the others to topple. Each domino represented one of my self-judgements. Toppling just one domino would topple all of the other dominos. I could see words written on the first domino ... 'Not good enough'. I saw in an instant that if I toppled my judgement of 'not good enough' it would bring all the others down.

I knew I had forgiven myself for this before and in many ways, I had let go of 'some' of this judgement. In that moment I could see that I hadn't let go of it fully. The process had been started but I hadn't completed it. No matter how many times it would take, I was going to keep having to forgive myself, I was going to keep having to let go of this judgement until it had no power over me ... no power to impact my way of being ... no power that would lead me to play small in the world ... no power to limit me ... no power over my outcomes.

It also looked like, if I could deal with this judgement fully, there wouldn't be any other judgement in my way. This one would unlock the door to freedom. Unlock the door to me being able to show up fully as me.

My mind was slowing down. I was feeling more peaceful. I was feeling a freedom that I hadn't felt in a long time, maybe ever.

As the session finished up ... on time after the full 90 minutes, I knew something significant had shifted within me.

I didn't exactly know the outcome of the session yet, but I knew as I clicked the button to leave the meeting, I had just had one of the most powerful coaching experiences of my life.

Over the next few hours my knowing about what would happen got clearer.

I know I will be active in letting go of 'not good enough'. I know that will enable me to show up in a more powerful and loving way in my relationships, in my life and in my work. I know I will experience a greater freedom to be me. I know I'll have even less thinking about what other people think of me. I know my client's worlds are going to be rocked.

What judgments are you holding onto? How are they getting in the way of you being more fully you? How are they getting in the way of you having more of the life, the work and the relationships you want? What would be possible if you could forgive yourself and really let go of those self-judgements?

If you're curious about what a transformational journey might look like. A transformational journey that could change everything in your world in a good way ... call me. I may be able to help.

Much love.

Peter



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