

PEER COACHING TRANSCRIPT 2

Dear Students,

This is part 2 of the Transcript study ...this is in continuation with last transcript - Small a has not yet been found – Coach needed to ask – What do you want to explore today ?

TASK in comment box – For peer coaching participants to practice and discuss

LEGEND - Events. Impact *My comments*

Process -

TASK in comment box – For peer coaching participants to practice and discuss

Continued from Transcript 1

[00:14:40] **Coach:** From what I hear, it sounds like you want to make a difference in the world. And I can maybe perhaps take that one step forward and say that you want it to stick around. - How to make these small differences stick.

[00:15:02] **Client:** like a fire. I spread it, right? A good fire.

I hear some great thoughts – So what would you like to explore for yourself ? This is another attempt at small a

I hear – you want to spread this good fire of making a difference to the world.

[00:15:16] **Coach:** So then tell me what is the, uh, what is the positive impact that you will get in your life? By spreading this good fire of making this difference stick in the world.

[00:15:35] **Client:** I think, I think it will, it will give me some brownie points, right? Which will make me happy that yes, I made that small effort to help keep this earth a better place for the future generations to come. That's the only goal that I see, right? If you want to have with that small. Action. If I can keep that vision intact, why not?

[00:16:20] **Coach:** While here, I heard two very nice lines over there. I hear you One that you want to make sure that this difference matters. For the future generations of the world, almost like you're like a part of the caretakers of the present.

[00:16:46] **Coach:** The second thing I heard is that it will give you a feeling of validation that your efforts matter and that a tiny bit of effort, no matter how small feels good, feels like you're making a difference.

Good listening by Coach – Tad long

TASK

[00:17:12] **Client:** Exactly.

[00:17:14] **Coach:** Okay. Okay. So with these, these things expressed so far, could you tell me what is getting clearer for you in our conversation today? –

[00:17:35] **Client:** I think a meaningful takeaway would be a way in which. I just realized maybe an app or a checklist, which I can keep with myself. Which says that, you know, on a daily basis, what did I do for such actions and a brownie point, maybe an app, right? Maybe an app that says that, okay, uh, I walked today instead of using my bike or car. I, uh, how much of plastic waste did I generate? And accordingly, uh, the app or list, you know, just says that, yes, you did a good job. You did a good job. And. Maybe if I have this app, this app can be then used by many, I think that is what could be done to start that initiative.

I'm ... just thinking ... like..you know... thinking about a way to measure the impact & difference or what I call change that I can make on a daily basis

[00:18:54] **Coach:** Okay. So you said you want the checklist.

You said you wanted to wait to see those brownie points on a daily basis.

I heard you say that, uh, you want to be able to remind yourself of the actions that are taken.

It sounds like you, it seems like you are thinking about a way to measure the difference you make on a daily basis.

Great Kp Kp and essence

[00:19:31] **Client:** Yes. Yes.

[00:19:41] **Coach:** And, uh, when you say measure, what do you mean by that?

TASK -

[00:19:50] **Client:** Now, as I said, uh, maybe, uh, build an app which can be like an app which measures your steps taken number of glasses of, uh, water glasses that you had in a day or, uh, an app which tracks your heartbeat. Similarly. Why can't we have an app which kind of tracks, not automatically, but maybe manually all of such activities and then kind of a carbon credit thingy, which, which can, you know, be displayed at an individual level. So that is the measuring aspect that I'm looking at. So, which will help me to stay close to my passion and also help others in such initiatives. To take that app, you know, develop it further and answer it further.

[00:21:09] **Coach:** So when I, I heard you say that you are,throughout the conversation ...I sensethat you are quite passionate about this green initiative and making the difference. **GOOD**

And, uh, that now in your thought process of measuring a way to track this difference, on an App etc.and carbon credits etc. That's interesting

Leave it at that. Do not Kp the details of App etc --- It's too much doing. At N and A, we aren't interested in doing- we need to be able to work on thinking, new thinking, realising

[00:23:03] **Client:** Yes. Yes.

[00:23:10] **Coach:** Okay. So in order to, if I had to ask you in order to measure your present level of, connection, the present connection with tracking this mission – to make a difference What do you need to pay attention to ?

[00:23:45] **Client:** Right now, I think I'm at one, right now that I was talking to you, I realized that such a thing, right? A disparity between people who really want to first ensure that they keep themselves warm. And not worry about the environment at all. Right? So this is what triggered to me. So if I really want to

... make this my mission ... So that is the idea that I had with the conversation that we are having today. So right now, with respect to that measurement thingy. I have to really define what all should be part of that checklist, how much effort that I can put into it daily. – Make that list is first

[00:25:23] **Coach:** . Okay. Attention on first defining a list. Ok great ! And what matters most for this definition to be good – so you can measure the difference you are making

[00:25:39] **Client:** I think I'll have ... I must choose any one area of social responsibility. I must make that my priority. Of course, other things can come in, but this one -

Coach: Ummm ... And so

[00:27:42] **Client:** ...this one can be

Coach: hmmm

[00:28:56] **Client:** What I think, is close to my heart... Like plastic usage – Useless, unnecessary plastic usage ... I have seen people do crazy things ... even amazon... you know ...

[00:29:42] **Coach:** Hmmm... That's a good thought you were exploring. Please stay with that thought. What is your priority that you can measure.. Like you're making a positive difference.?

Task

[00:30:14] **Client:** How many people have I educated , on a daily basis. About the bad effects of plastic usage... That is where I would love to be able to do easily and make impact

[00:30:35] **Coach:** That is where you would love to be and measure the difference . What else ?

[00:30:54] **Client:** Hmmm... The anti -plastic man - That is what I want to be. For this year ... Ha ha !!!

[00:31:41] **Coach:** Okay. That's a good one.... All the best Mr Anti Plastic man And Could you tell me what is now becoming clearer to you

[00:32:01] **Client:** Yeah!! Many things actually - I can start small... Look for some funding ,, maybe an app – Get some financial incentives to people around and also make that small change to make this world a better place to live, not just for us, for future generations.

[00:32:38] **Coach:** You mentioned the future generations multiple times now. That's nice that you think about future generation.

[00:32:50] **Coach:** What is the, um, the key learning, you could say, linked to your ability to make a difference?

[00:33:12] **Client:** I think the key learning. To make that difference would be to spread that awareness. So as I said, you know, uh, educate, inform, persuade. So if that app is there, it generates awareness. It also gives back something to the people who use it, right? If I remember in, in, in certain parts of the globe, where you kind of deposit newer, uh, plastic bottles, you get some credits that can be encased at the same store.

[00:33:45] **Client:** Similarly, right. If I'm able to spread that awareness that yes, your small actions will benefit the environment, it will also benefit you. So that difference is what will help me to spread that fire.

[00:34:11] **Coach:** It sounds like you want to be a thought leader behind the green movement in India for this.

[00:34:19] **Client:** And that's what we're asking. Maybe at least, yeah, action taker, some action.

[00:34:28] **Coach:** Okay.

[00:34:32] **Coach:** Interesting. Now, in order to start taking these actions, what are the action steps you need to take?

[00:34:43] **Client:**

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Zoom call ended here on closing

COMMENTS

* Good Q – can ask a meaning Q, when you hear a good / ambiguous/ verb word on the refined a – Helps get client to make more sense

Good Fire – TMM about this Good Fire, you wish to create

\$\$ Notice Coach has gently nudged the client back from E to I