

What if We're Just Not Clicking?:

Episode 263

Elena: If you've ever had a strained relationship with a client or struggled to make a strong connection, this one's for you. Hello friends. Welcome to the Bright Morning Podcast. I am your host Elena Aguilar, and in each podcast episode, you'll learn how you can lead conversations that build connection and spark change.

So today we're tackling one of the most tender and tricky parts of coaching when you and your client just aren't connecting. Maybe they cancel sessions. Maybe they answer every question with fine. Maybe there's a quiet resistance that you can't quite name, but you feel, okay. So we're gonna talk about what to do when you're not clicking with a client and how to show up with curiosity, care and courage.

So here's what's at the root of this challenge as a coach. Connection is everything. Without it, our conversations stay surface level trust is thin, growth is limited. But when there's a disconnect, most coaches do one of two things. They either push harder. And unintentionally strain the relationship further, or they pull back and become avoidant and kind of hope that things will just resolve somehow.

But neither response works. So what do we do instead? So many of us have been taught to be professional, not get personal, but coaching is personal. And sometimes the discomfort we feel is a signal that something important needs to be addressed. So the key is in how we respond. Let me tell you a story. I once coached a principal, we can call her Cecilia.

I was really excited to work with her. I thought that we had a lot in common. But in session after session, I felt like I was talking to a wall. She was always polite but distant, and I felt like I couldn't read her. I couldn't tell if she valued our time together. And I started doubting myself. And finally I said something along these lines.



I said, “Cecilia, I would love to check in on how coaching is going for you. I'm sensing a bit of distance and I'd love to hear your perspective on what's working and what's not.” And this felt so vulnerable to say, but it opened up a door and she said, “yeah, I've been feeling unsure too. I just didn't know how to bring this up.” And that conversation changed everything.

What I have learned is disconnection is normal. What matters is how we respond. So in my Skill Session called, when you're Not Connecting With a Client. I walk you through how to raise concerns about the relationship with care. I give you scripts for clients who are avoiding or canceling or checked out.

I give you strategies for exploring dynamics across lines of difference, and I give you suggestions for how to know when to persist and when to pivot. In this Skill Session, you also get downloadable reflection tools to help you prepare for and process these conversations. Okay. Here's a challenge for you this week.

Think about a client where the connection feels thin, and write out one sentence that you could say to gently open up a conversation about how things are going. And then practice saying it out loud. Notice how saying that feels in your body. Try it and remember, disconnection isn't failure. It's feedback.

It's an invitation to slow down, get curious, and build the relationship that you both deserve. And remember this, you don't have to do this alone. You will find the Skill Session called when you're not connecting with a client in the Coach Learning Library, and you get practical tools and precise language to use right away.

Thank you for being a coach who is willing to stay in the discomfort long enough to create trust. That's brave work. Thanks for listening or thanks for watching. If this podcast or this video sparked something for you, then give it a like, share it with a colleague who might also find it useful. And if you are listening via podcast, then you could leave us a five-star rating and review on Apple Podcasts.

If you wanna go deeper, explore the linked resources below to keep learning or check out the show notes. And don't forget that this episode is part of our weekly podcast, and so subscribe and then you won't miss any future episodes.



Okay folks, thank you for being here. And the Bright Morning Podcast is produced by LesLee Bickford and Stacey Goodman does the sound engineering.

And I'll see you next time.

