

FLATPAGE

Sample Coaching Report

Author name: [REDACTED]

Project title: [REDACTED]

Call date/time: [REDACTED]

Call goal:

Reframing a dissertation into an academic book—in particular, the theoretical framing of the manuscript, which has caused some anxiety. The client had a topic in mind for converting their dissertation into a book but began to shift their attention toward new topic and needed help deciding which direction to take.

Call summary:

Today we spent talking through **where things are at** between the new topic of the book and the “old” topic of the diss-to-book. You’ve been working towards gathering info on the new topic with an eye to “wrapping it up” for later use, and then returning to the old diss-to-book topic . . . but it’s been a struggle. The new info is enticing but its direction still nebulous (as with any new research path), and it’s hard to walk away from just yet. You’re also feeling behind the 8-ball, so to speak, with regards to your **original goals** for our sessions, which have been slowed down a bit by Life Things happening . . . sometimes feel like they’ve fallen by the wayside. And that is ALL completely understandable.

We talked through those feelings being ok, and **not** about you being somehow inadequate to these tasks. BUT it isn’t necessarily so easy to step away from the new book topic given how much energy you’ve invested, and the personal connections it has for you. However, the new book topic is like a bare chassis and spare parts sitting in your driveway, while your old diss-to-book topic is like a used car that just needs a bit of TLC to get running again—which is to say, **way** less work, and a far more reachable goal for the next 6–8 months.

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Next steps:

To help you absolve yourself of the feelings attached to the new book project before setting it aside for the future, I suggested doing **a little ritual to put it to rest** for the moment, and giving yourself time to process that transition over the next week or so. Since it's also grant application time for you right now, we decided to leave goal-setting a little loose for the next couple weeks, as you also gradually shift your focus back to the old diss-to-book topic. With regard to our **"goals" from last time**: You've already got your archival gathering underway; the other piece of that was looking into more secondary sources on Black placemaking. ***Any* movement along those lines will count as successful progress towards the old diss-to-book project**—no guilt!

You are doing exactly what You need to be doing! Go easy on yourself these next ten days, and we'll check in again then. :-)

Sincerely,

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