

THE COACHING HUB

Podcast Episode 8 - Transference and energy exchange

It's all about energy. It's all about the energy that people bring, and it's all about how they transmit that energy to others. And equally, how we receive it.

Hello, and welcome to Conversations to Help You Thrive with me, your host, Ruth Kudzi. I am super excited to have you here. This is a place where we're going to challenge you to think differently, to have those difficult conversations both with yourself and with others, so that you can thrive in your life, in your career, and in your business.

Hello, and today I am talking all about some things that are really associated with that energy that we bring and others bring to conversations. And these are things that we talk about a lot in coaching, but they could be applicable to any situation. We all know about Mood Hoovers, people who seem to suck the energy out of a room, and those people that we seem to meet, and it's like a Barakah. They fizz and they give us some of their energy, and they make us feel good. And, if we're honest, we can probably all be the Hoover or the Barakah, depending on the situation. But we know that some people are more likely to be Hoovers, and some people are more likely to be Barakahs. S.

So what is it difference? Well, it's all about energy. It's all about the energy that people bring, and it's all about how they transmit that energy to others and equally, how we receive it. So, in coaching terms, there's something called transference. And transference basically means that we are taking on the energy of others. So they are subconsciously transmitting their energy, and they are transferring it to us. So if somebody comes and starts talking to us, if we meet up with a friend and they start talking to us, then we start feeling the emotion that they are feeling. They have unconsciously transferred that over to us.

So it may be that somebody meets us and they just got a promotion, and they are buzzing with energy. And then we start buzzing of energy. And we may start mirroring their response, so we may start unconsciously increasing the volume of our words. Our pace of our voice may become more quick. Our tone may change. We may be smiling, as I am now while we're talking. So, that energy has been transmitted. And if we're then receiving that energy, we may then be transmitting it back, with that change in tone, that change of body language, that change in pace. And you can see how that can snowball

because the other person, they then receive that energy and transmit it back. We're passing the ball between us of energy, and that energy is becoming bigger. The energy that started as a positive is becoming more and more and more positive. And obviously that can be a really nice experience. You're amplifying that positive effect through transference.

However, it isn't always about that negative energy. And, I think that many of us have got experience of being in situations where we unknowingly, unconsciously, are taking on somebody's negative energy. They're transferring that negative effect to us. So again, we may feel this physiologically. We may feel a change in our body language, or facial expressions, or our tone may change. Now as a former deputy head teacher, I saw this a lot in schools. And I'm their angel, I definitely did sometimes take on negative energy from students when something has happened, and it's why, if there'd been a fight, which sometimes it was, I was working with teenagers, and somebody had a lot of, yeah, anger or resentment or sadness, you could sometimes feel their energy. And, rather than battling anger with anger, it was about taking a step back and slowing down my pace, changing my tone, speaking more quietly, speaking more slowly, really taking down that situation, and stopping myself from bouncing back and counter-transferring their energy back.

And I feel it now too. I've been in rooms where I've had extreme examples of this. And so for example, I've been in a meeting and somebody has physically got up during that meeting, stood up, and folded their arms. And that's a really energetic disruption, because what they're doing is they are trying to protect themselves unconsciously from energy that they feel is there, but by taking that stance, it's very much transferring the negative energy that they're feeling, back into the room. And often in those situations other people may be feeling symptoms, and they're like, "I felt okay before I came to this meeting, but now I feel drained or now I feel sad or now I feel angry," or you might not even be able to put an emotion word onto how you're feeling. And it's all because there is this unconscious play of energy where energy is being transferred in that room.

And, if we are not aware of this, we can counter-transfer it back. We can send negative energy back to people, or positive energy. So how do we stop doing this? Well, being conscious that this is even a thing, can help us to stop it. So, if you are in a situation and somebody is recounting something negative or they've got a negative effect and you can then feel your physiology changing or you can feel your mood changing, take a step back. And I'm saying this, obviously you wouldn't physically, but take a step back in your mind. And breathe, and remind yourself that this energy isn't about you, this is about them. Because when you get into that game of passing that ball of energy around, that's when things can be amplified.

And really, as a coach, our job is to be completely nonjudgmental. And that is around energy, as much as anything else. So, if we're holding a space for our clients, we need to be aware that we want to hold an energetically clean space as possible. And that means

that we need to be energetically clean and clear when we come into a situation. So, that is about resetting your energy between client calls. That is about acknowledging if there is anything going on for you, and allowing yourself to park that when you're in a client session. And it is about recognizing what your triggers are for taking on this energy. Because, if we all do it, the more we can raise our awareness, the more we can diminish this, and we can really work with what is going on.

So, the Mood Hoovers, or the Barakahs, are merely passers of energy that we can choose to accept, or not accept, on a conscious level. So let's make this process conscious. And, the more that we can do this, the more we can stop ourselves getting in an energy wrestle with people. And, for me, it means that we can lead more with compassion and with love, rather than unconsciously wrestling somebody who's on a different energetic level to us. And this isn't about spiritual comeuppance and saying that we are better because we're more in-tune with our energy, it's more about protection. Protecting the way that we want to feel. And also protecting whoever it is that's coming to us with that negative effect from amplifying that negative effect and that negative energetic way of being.

And the way that I like to get ready for any interaction is to always take some time and check in with myself on where my energies are. And, check in with how I'm feeling. And, to remind myself that everything is energy, and that I'm able to control how I feel and I'm able to control how I respond, and I'm able to support people by not allowing my energy to impact them. And the more that I've practiced this and done this, and practice things like meditation, and mindfulness, and exercise, and slept, and read, and developed, and worked on myself, the less I feel the energetic tug of war. The more I'm able to recognize when somebody has that negative effect and when somebody is transferring that negative energy, because people do it unconsciously.

So I'd love you to start to notice who are those people that make me feel good, and who those people that don't? And what's going on with my energy and their energy? And when people are transferring that negative energy, how can I avoid taking it on? I'd love to hear how you get on. For this and similar debates, you can join my private group, The Coaching Community, for coaches and those who love coaching.

Thank you for tuning in to Conversations to Help You Thrive, with me, Ruth Kudzi. I hope that you have enjoyed this podcast. If you have, please remember to give it a rating and to share it with others. I would love you to continue the conversation over in my Facebook group, it's called The Coaching Community with Ruth Kudzi. I would love to see you there.