

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

**JANE** Hello, there, Tim. How are you?

**TIM** Yeah, very well, thanks.

**JANE** Good.

**TIM** Thanks for giving this time.

**JANE** Not a problem at all. Take a seat.

**TIM** OK.

**JANE** So what would you like to focus on today?

**TIM** So I've got so much going on at the moment. Work is just fantastically busy. And I'm struggling actually to keep on top of it all and to keep my priorities straight. I'm loving it, but I'm a bit scared it's going to be too much.

**JANE** OK. So it's fantastically busy at the moment. You're struggling a little bit, and you're just worried that you're going to keep on top of it. So what would you like to focus on in our session?

**TIM** Yeah, so the focus for the session-- it would be good to see which bits I need to prioritise on, because, as I say, it's just so busy. And at the moment, I'm keeping on top of it, but I don't think my energy will last much longer. If I'm completely honest with you, I'm feeling a bit tired.

**JANE** OK. So you're worried that your energy might not last at the moment. You're feeling tired.

**TIM** Yeah.

**JANE** So tell me what's going on at the moment.

**TIM** So at the moment, as you know, I took on a new leadership role recently, and that's testing me. I was told I was lucky because I got to keep some of my old responsibilities as well. But it means that I feel like I'm being dragged from here to here continuously, and it's wearing.

**JANE** So when you say you've been told that you've been lucky, and you raised your eyebrows and you shook your head to one side, what does that mean?

**TIM** Well, I think that I'm not sure how lucky I am, to be honest. As I say, I do feel quite tired and quite stretched, quite exhilarated, but I'm going to have to focus quite tightly soon, or else my energy will dissipate.

**JANE** OK.

[REDACTED] Yeah.