

PODCAST TRANSCRIPT



EPISODE 1

Why Choose an Executive Relationship Coach for Women?

heo

HAPPY EXECUTIVE WOMAN

Episode 1

~~~~~

## Why Choose An Executive Relationship Coach

I was once asked the question of “Why should women come to you for both Executive and Relationship Coaching vs. going to two separate coaches?” Great question and one that I will answer for you today here in this episode.

While there are good reasons to go to one or the other, there are benefits to working with a coach with the combined skill. No different than going to a therapist specializing in several areas to help you manage your emotions through different lenses.

If you are like most executive women, hiring a coach or consultant is not a new concept. How often have you hired an outside firm to help with team-building exercises, diversity, equity, inclusion initiatives; agile project management; taking your organization to the cloud, etc.? When they arrive, you expect them to understand the different systems you are currently using at your company and how they all work together to bring about the environment you want, right? In this episode, I will show you how working with an executive relationship coach is no different.

I remember when I started my dating and relationship coaching business over 20 years ago and just how new dating/relationship coaching was at that time. I was still in the process of healing from an abusive marriage and had so many things that came up for me in therapy and when crying myself to sleep at night.

After years of working with traditional therapists, it was my Metaphysician that spoke to my spirit. She helped me move through the anger, fear, pain, and uncertainty in one session where I had only scratched the surface with previous therapists. So you see, I’m that person that will continue to try new things until I finally find that “one thing” that worked, and I’m so glad I did.

I had tossed around the idea of majoring in Psychology; however, the idea of not sharing

# Episode 1



## Why Choose An Executive Relationship Coach

real-world experiences and all of the restrictions that would come with my board certification led me down a different path. So I chose to get my degree in Metaphysics and follow in the footsteps of the woman that “gave me my life back.”

I’m a lifelong learner, but I promise you that this was one of the two times in my life where the curriculum required me to bare my soul. I had to “unearth” parts of myself that I had buried deep down inside, and I had to face the truth that several of the situations that I had found myself in were strictly of my own doing. Accepting my role in my life did not take away while this did not take away the responsibility of the perpetrators; it did open my eyes to how my actions played a part in these experiences.

Once I was able to see the part I had played in my story, I set out on the path to help other women “write/rewrite the story” they wanted. The only way I saw to do this was to begin sharing my experiences with other women to help them know that they were not alone and that no matter what their life story had been, they could always make edits or rewrite the narrative.

Since I had so much success with my metaphysician, I decided to become one myself. So what is a metaphysician, you ask, here; to put it simply, it is the equivalent of a “spiritual psychologist.” We work with the individual to help them understand themselves and the world they have created around them on a deeper/spiritual level, regardless of their religious practices.

Ever since I was a little girl, I’ve been interested in spirituality. I’ve been blessed with the ability to read another person’s energy and could pick up whether or not they were telling the truth or just what I wanted to hear. I was the person that others would come to for advice, for understanding, or just to feel better. Unfortunately, as this skill grew more and more, I became frightened of it and “shut it down” for years.

# Episode 1

~~~~~

Why Choose An Executive Relationship Coach

As I started on my healing journey, searching for answers as to how I could have married a man who would be abusive, hiding from the shame, guilt, and second-guessing myself that came along for the ride, I needed to go deeper. Not just surface “pray about it type” actions, but actions that would speak to both my heart and soul. I needed to take the type of “action” to get to the core of my pain. I needed to do more than just “pray about it,” as a woman of action, I needed to DO something about it.

I experienced this shift in my energy during my first session with my metaphysician, and I wanted to provide this same type of gift to other women, just like me. And so, I obtained my Bachelor of Science in Metaphysics and am on the path to receiving my Doctorate in Metaphysical Psychology. While religion taught me about God, metaphysics taught me

how to build a relationship with him by understanding myself more, loving myself more, and accepting myself more.

My personal experience with my metaphysician helped me understand how to reach the center of a broken heart. It also led to creating my signature course, “5 Ways to Spiritually and Emotionally Disconnect From Your Ex.” This course uses the exact five practical and spiritual exercises that I used to grow through my pain, to give you physical activities to shift the energy and disconnect from the “negative energy” associated with certain people and memories. Science has that putting pen to paper helps you gain clarity, learn new things, free up mental space - consider this course as an eviction notice for those taking up space in your head and your heart.

In addition to my metaphysical training, I served 14 years in the United States Army Reserves as a noncommissioned officer. I hold a Bachelor of Science in Business Administration. I have received training and certifications in the following areas, Sacred Healing Meditation, NLP, Trauma-Informed Yoga, Business Relationship Management

Episode 1

~~~~~

## Why Choose An Executive Relationship Coach

Professional (BRMP), and I have been in the business of relationships since 1999.

I have also been a single parent, a woman in a black body in corporate America, and now a daughter in the process of moving an elderly parent into an assisted living facility.

So when it comes to understanding executive women who are...

- Juggling their professional, personal, and family obligations
- Trying to advance their careers
- Wanting to attract a relationship that will be a compliment, not a complication
- Build a team that allows her to run the business vs. be an employee of it ● Be present for their children/grandchildren, friends, employees
- Trying to “carve out time for love.”
- And do it ALL with hormones and emotions blazing inside...

I’m well aware of these challenges and how to navigate them.

As an executive woman, you understand the importance of a well-rounded consultant. To get better at basketball, you work with a coach. To get better at golf, you work with a coach. To get better at dancing, you hire a coach. To get better at singing, you hire a coach. To get better at swimming, you hire a coach. I think you’re catching the pattern here.

What do you do when you want to improve the quality of the relationships in your life? Who do you hire when you need to learn how to navigate your work, home, and love life with confidence and calm, all while being in command of your emotions? Who do you turn to when you wake up one day and realize that you want out of your marriage, your job, parenting, being a daughter to an aging parent?

## Episode 1

~~~~~

Why Choose An Executive Relationship Coach

You turn to someone who has walked in your shoes and has experienced enough lessons to fill three lifetimes. You hire someone who has navigated all of these things (plus more) simultaneously and has found a way to do so without losing her mind.

You hire an Executive Relationship Coach!

Have you taken my free video training, **“Can He Handle Your Grind?”** Honey, what are you waiting for? It is not just for single women; it’s also for women already in a relationship or married. [Click here](#) to gain immediate access to the training and be sure you bookmark the page so that you can come back to it as time permits. Once inside, you will understand why you can’t seem to attract the right one, how you woke up one day and realized you married the wrong one and what you can do about it.