

# Coaching Stories: Barbara

With a heart as big as Texas, Barbara serves her clients as an Intuitive Healer, Chinese Medicine Practitioner/Licensed Acupuncturist and Emotional/Spiritual Coach. However, she shared that she was pretty desperate when reached out with interest in a coaching series several months ago. She had looked at her past few years and realized she was just not getting better.

As a practitioner, Barbara is often told how good she is at doing her job – helping others regain their health and life balance. But she had reached a point where she struggled to do the same for herself.

“I had horrible incontinence, a weak cough, lots of phlegm, no energy or drive, and I was totally exhausted. I looked at this as an opportunity to restore my vibrant health and strength so I could continue to support my patients and be fully present for my new husband.”

Here’s what Barbara shared in an interview as her coaching program came to a close:

## **How are you different now?**

I am really close to being at the top of my game. My incontinence is limited to only a small leak with a hard cough or sneeze, my energy is better, and the cough is gone.

## **How do you feel about yourself given these changes?**

I’ve gained real confidence that my body is not the enemy, which is an old familial belief system. I am worthy of whatever it takes to take great care of my body and to relish in it.

## **What are your key learnings?**

I love my sessions with Lauren. I find that when I say out loud what I am thinking is going on with my body – it really makes little sense, and Lauren has a beautiful way of making me think about what is going on. Even though I work every day with my clients, clearing old, limiting thought patterns – its crazy how mine were popping up. I came into this process with Lauren with lots of old “body image” issues that I thought I’d dealt with in the past. But here they come again!!! My old patterns of being and doing really showed up. I think my biggest learning is about being gentle and loving to my body! I look at life and my body so much differently now.

**Is there unfinished business that might bring you back for further coaching?**

Absolutely there is. I’ve enjoyed the journey of learning more about myself, but I think the best part is having Lauren as a beautiful mirror to reflect back to me what I need to look at, to help me see what I am blinded to. Her loving manner doesn’t add more shame to the mix, but just the opposite – all the positives in the grand design.

**What opportunities are now available given your new skills or perspective?**

I can continue to offer my loving services to my clients and move forward with my new healing center and offerings.

**How was the experience of being coached?**

I joyfully look forward to my sessions with Lauren, with no fear or shame of not having performed well enough. I know she is on my side and has such a wonderful empathy about her – and she knew just what to offer me via advice, coaching, Gemmos or homeopathy. I have loved the learning experience and look forward to delving further into Gemmos for my patients. Prior to this, as hard as I tried, I couldn’t absorb the information from the classes and was just in survival mode with my move to a new home, my new marriage, move of my practice and life in

general.

**What advice would I share with readers considering a coaching commitment?**

Don't even hesitate! Lauren's loving guidance is enough, her prices are easy – AND you owe it to yourself!