Introduction and Guest Background

Welcome back to the bin. Im so excited today because we have and the goal of Mindbody Coaching Academy Amazon, a mission to help health coaches step into their power, find alignment with their purpose, and gain the knowledge and skills they need to be an impactful and massively successful health coach.

Name is passion for mind. Body work began when she first started her. Tell us about that. During the year? Absolutely. And, really looking forward to it.

You know, why don't we just start the interview and you can tell us a little about your background? Because I'm really excited. Now the tables are turn, because I was just a couple of weeks ago that you interviewed me, and now here we are.

So, Emma, going to start with just saying. Tell us about your background. How did you get into this? And, then we'll get into your program and how that helps coaches be better coaches and make people healthier and happier.

Amazing. Well, thank you so much for having me here. I'm so excited to be able to share a little bit of what I do in my work with everybody who's watching.

So a little bit about me. I got started like a lot of the people who are a part of this summer right now as a health coach. My educational background is in integrative medicine and nutrition.

And so I got out of school and I kind of went down the normal path of getting a job and working in kind of the corporate world within the realms of my health knowledge.

And nothing was sticking, nothing was failing, aligned. And I started to explore the world of health coaching. And I saw that there was this opportunity to go out there and actually be helping people.

And I've always been somebody who is fascinated by health and wellness and obviously went and got my education in it. But I also loved helping people, and I loved being able to work with someone one on one and watch them transform.

So I kind of fell into the world of health coaching, and I started people do with, you know, giving people workout plans and nutrition guidelines. I've been a personal trainer for probably five plus years at that point, so I gave them the information and what I started to notice really quickly is that my clients were seeing results, but they weren't getting transformations.

And I understood that as a health coach, unlike necessarily just a personal trainer, my clients were coming to me because they wanted to transform. They wanted to change their life, change their lifestyle, and really find results that lasted.

And so I started digging. And I'm a research lover at heart who was like, you know, there's something here. There has to be something that's missing. And I had been a client with a health coach in the past, in previous years, and I had that same experience that something was missing.

I was getting the tools, but I wasn't getting that transformation. And so in my research, in my work, I started to realize that this missing piece was the mental and emotional side of of wellness and the understanding that when somebody is working to change their body and change their eating habits and their lifestyle, this is a very, very highly emotional journey that they're on.

And so so I found that as a health coach, yeah, I really needed to be able to build a skill set and be able to learn

how to help my clients, not only with their physical bodies and their physical transformation, but with the mental and emotional one that they needed as well.

So I went and did my work, got my education where I needed it, you know, to be able to do that work. And then it wound up transitioning me into where I am now and what I'm doing now, where I actually offer this education and certification to other wellness professionals and coaches in this mind body work and this ability to actually incorporate mental and emotional work into their practices.

So that's a little bit of my journey and restoring kind of what got me to where I am now. Well, thank you so much. It's a great background and like a lot of health coaches, you start with the diet and exercise and we know for certain that that's good.

And it beats, you know, eating like crap and not exercising. But it doesn't always get you the results you're looking for. So tell us more about your mind body approach.

What does that mean in terms of the actual coaching. Yeah, absolutely. So the mind body approach is based on this kind of psychological theory called mind body monism.

And it's really the idea that the mind and the body are two systems within our bodies, but that they work together. And there's of course, as if anything, there's different theories, there's different approaches to it.

But this specific approach is really based on this idea that the mind and the body are interacting, and that they are always playing with each other, working off of each other.

And that really the approach that we take in, that we use to teach our coaches is that when one of them isn't working super well or is struggling, guess what?

The other one probably is too. And so what we teach inside of our academy is how to first off understand where those different pieces are and how they kind of come together.

But then we also want to make sure that you are able to help, see and then help your client heal from both sides.

Mind-Body Coaching Philosophy

So we know that as a health coach, you probably know how to heal them physically. We're going to teach you how to heal them mentally so that you can make sure that you're giving them every single tool that they need to actually achieve that ultimate transformation that they're going for.

Yeah, it really is remarkable how much certain folks, you know, everyone knows. I teach a course in the lab work, functional lab work, which I think the data is very critical, you know, figure out what's really wrong with the person, at least in terms of their, hormone immune digestion, detoxification markers.

There's their history and all this sort of stuff. And you can even design a great program for them on how to fix it all. You know, this is what you gotta do.

But then getting them to do it, you know, once you design a pro program, the real key is running the program. So that is where I think the mind and body need to connect very, very definitely.

You know, and how does how does your approach work. Tell us what are the like? Are there certain just things that must be in their pillars, so to speak, or.

Yeah. You know, what's that based on? That's. Absolutely. Yeah. So first off, I mean, based off of what, you know, you were saying that's something that we do to each one of our pillars is helping coaches to understand those different mind body connection.

We can't we call them like brain body connections especially we're talking with as far as, you know, gut health, environment health, those are major interacting factors as far as if your gut health is in order, you have certain overgrowth of bacteria that's going to be affecting your brain and how your brain's functioning.

So that's something that we love to teach you love to kind of help coaches to understand, but really how our work is based on and kind of how it works, I guess, is really an approach of integration. Not like overhauling.

So I always like to start that, because a lot of coaches, when they hear about the mind body work, they kind of assume that this has to be a all or nothing approach, that this is what you teach or nothing else.

And so I really like to teach, and this is work that really can be incorporated into anybody's work. Any health coach can really use this. So what we do is we use four basic pillars to help our clients or our coaches know how to incorporate this work.

So we base it off of firstly mental health. So looking at how somebody's mental well-being is affecting their physical body is affecting their journey.

Obviously, if somebody's struggling with a lot of anxiety or depression, that's going to be impacting their body. So we teach you how to be aware of what's going on with your client and how to, you know, understand how that's affecting your body.

We look at emotional health. So this really we dive into a lot about, general emotional well-being, but also specifically through emotionality. So the relationship that your client has with food on an emotional level, we look at body image.

We look at things like self-confidence and self-worth to really understand how all these different pieces are going to be affecting. The third pillar that we look at is spiritual health.

So spiritual health, we are not talking about like religion, but we're talking about your client's ability to have faith in their journey, and in their ability to have success.

And I sound a lot throughout my work and with my coaches that often when their clients are struggling, it comes down to this fact that they just don't believe that they can actually get the results that they want.

They don't think that they're actually capable of it. So that's really where this spiritual health component comes in. And then the last one, like I mentioned, is that brain body connections and understanding how the brain is affecting the body directly and the body is affecting the brain.

And this is exactly where we would pull in something like the work you guys are doing and how we encourage our coaches to using that kind of work to actually really understand from a physical level what is going on, and then in turn, being able to understand how that's affecting, their mindset and their emotional well-being as well.

So I just want to slow it down just a little bit and see. So it's the mind and, you know, mental health, you said and then the emotions, you know, people being angry or sad or depressed or things like that.

And then then you mentioned, the spiritual, you know, and I, I believe very much in connecting to the source and, the source of all this intelligence.

It's in every cell, tissue, organ system, everything. And then you said, good. Integrating the mind and the body together. I think that's good. So again, I just so make sure when you hear it.

So, yes, you know and know, you know, it seems like it should be really popular. How do you see it fitting in with what's going on today in the, in the, the health industry, so to speak.

Why is it so important? Yeah. Yeah. So I think, you know, right now, the biggest thing that I talk about, there's a

couple things is that, you know, first off, a lot of people right now we're seeing huge spikes in mental illness and that people are struggling, even if they aren't with a diagnosed mental illness, because I also like to put it out there.

I'm not training people to be therapists. That is not what we're here to do. But, you know, people are struggling with mental well-being, especially the situations that we're finding ourselves in right now.

People are just struggling, on a mental level. So I think that this work really fits in from that side of making sure that as a health coach, you're somebody who if your client's working with you, you are the person that they're most likely going to turn to, when they're struggling, when they're having a hard time, when they're having a rough day and so to be able to have those tools and skills in your back pocket to use with them, is going to be really impactful.

And then the other reason and kind of the other way that we see this really fitting into the greater health industry is the big, you know, problems that are with kind of the mainstream dieting industry right now that's heavily focused on weight loss and cutting calories and all that sort of stuff.

Why Mind-Body Work Matters in Health Coaching

And what this does to a lot of people, specifically women, is have severely detrimental effects on their body image, on their self-worth, on their, relationship with food, you know, encouraging things like food guilt.

And if you're eating, you know, a couple of the wrong things. So we like to really see that what our work is doing is making sure that when your client comes to you as a coach, you're able to go, here is, you know, I want to help you heal your mindset, your emotional well-being before you kind of go to all that physical stuff.

And I love sharing that. You know, even if you are a coach that focuses on weight loss, that's totally okay. I want to make sure that your client is healing their mindset and going into that weight loss journey with a really positive outlook and with a very, you know, empowering, journey ahead of them instead of one that's going to be self-deprecating or anything like that.

Yeah, I can totally see it. You know, it just this morning, oddly enough, I was on the phone with one of my coaches who, we've trained and is doing a great job.

She was giving me a success story and how happy she is with this one client that she has right now. And, I said, well, have you run any labs yet? And she said, oh, no, not yet.

Because we're just kind of working on the mindset and getting her into a spot where she'll invest the money in the labs and then really get going on all the physiology and anatomy, the biochemistry and the things that we're we're so good at, you know, so it's really I think it's just super, super timely.

Emma. And so no. How does this apply to health coaches specifically? Is this something anyone could use? Get any coach use this approach with their client or do you have to I mean, if you have the training there's or something special, you have to be a guru.

Yes. So yeah, this work is absolutely something that anybody can be doing. Any health coach can be doing. Really the the way that I like to approach it is that I really believe that health coaches have a very unique position in the greater wellness world, that they may not be the expert at.

One thing, they're not the dietitian who knows everything about nutrition. They're not necessarily, the personal trainer who's an expert at, you know, the exercise and physical wellness.

But they have this really unique opportunity to have this kind of bird's eye view of their client and that they are able to help them from multiple different ways internally, externally, physically, mentally.

And so when you have that kind of role, you're able to see what's going on for your client more so than somebody who just sees them in the gym or somebody who just feeds them once a month, you know, in a nutrition session to,

to catch up on things.

So because of this, any health coach can utilize this work, even as you were just mentioning with the story, to kind of integrate into that journey and I that's why I mentioned earlier, even I really don't believe that the mind body work is something that should be your only focus.

You should have skills to be able to. Then after you've work through this mindset, work to then go do the lab work, get the internal stuff figured out.

You should have the skill set to go and then help your client on the physical level. Work through the healing, the gut, whatever it is that your your passions are around.

But really, at the end of the day, for health coaches or in the work of transformation and of providing transformation to clients, and in order to truly transform, I believe that anybody in their life, whether it's you and me or anybody who's a client, that you have to dig deeper and you have to do that inner work in order to transform, internally and externally.

So because of that, I think that truly any coach can benefit from using this work. But absolutely, as long as you kind of have the tools and knowledge to do so, any, any coach can, can use this work and can integrate it pretty flawlessly into their current practice or future practice.

Yeah. So, in terms of that integration, are there specifically as a better interview question, what are the specific, or ways that you would integrate this as a health coach?

How do you how would you do? Yeah. So, you know, my first step is always get educated. I mean with anything, you have to learn what it is that you're supposed to be doing.

But after that, it really just starts from a basic level of having deeper conversations with your clients. And one of the things that I love teaching inside of our programs is teaching coaches how to ask really good questions, and often with clients, you might be the first person who's ever asked them about how they feel when they eat lunch.

And so if you know how to ask them these questions and start having these deeper conversations, you'll be very surprised how quickly you'll start to be able to pull out information.

And for a lot of health coaches, you're going to start hearing some of these things and you'll kind of knowing through it what what's going on there. So that's really the biggest first step is going to be just having deeper conversations, asking good questions, starting to just understand your client on a deeper level.

And never being afraid to ask them how they're feeling about something instead of just, you know, how much weight did you lose this week? But how does how is your body feeling?

How is your mind feeling this week? So that's kind of a big first step. And then and then the second area of that would be to understand where your client is struggling.

And to really narrow down kind of what is going on there, whether it's, negative relationship with food, whether it's a struggle with their self-worth or some combination of of the different mindset things that they're struggling with.

And at this point is where then you would start to use those tools that you've learned to start helping them heal. And so we like to teach coaches a really broad spectrum of different struggles that they might encounter with their clients, with the understanding that they may not use all of them with every single client, but that they have these tools.

So if there's a certain thing that, you know, a lot of your clients struggle with, this would be something that we would teach you how to integrate into your program as a whole.

So you can kind of have it preset, I guess. And then aside from that, would just be learning the tools and the techniques on how to help work your client out of whatever that struggle is.

If they're struggling with emotional eating, the steps, the tools to help them, then work out of that on their journey. And that's kind of how we how we teach coaches to start integrating it.

So, yeah, you know, I'm really interested in your program. You could tell us a little bit more about that. But, in terms of this, idea of, digging deeper, I mean, are you telling people that it's not so bad being fat, you know, or, like, just, give us a bit of the the things. Yes.

It's not like, love me who I am. You know, it's like they really do want to change. I found. And so that it's okay. Be an 80 pounds overweight. Accept yourself, you know, you know, like it's absolutely you know, that's it's really I actually believe that you ask that question because that's a really good question.

And, we actually don't promote any sort of like pushing your agenda on your client. So I, I really like that because there is a big problem of coaches coming to somebody and they say, I want to lose weight.

How Coaches Integrate the Approach

They say, oh, you don't need to, you're fine. And that's obviously super frustrating. So our job and what I like to teach coaches to do is, is instead of saying, oh, you're fine understanding what's lying underneath.

So if somebody comes to you and says, you know, I want to lose these 40 pounds, my first question is going to be, okay, great. Tell me more about why.

You know, let me understand why you want to lose that way, what's motivating you. And then once we start kind of unpacking that, when we talk about really just digging deeper is understand their motivations behind it, understanding the emotions behind it.

And also, we're going to be looking for anything that might be getting in their way. So a lot of times when this mindset stuff does come up, kind of along that journey with your client is when they are struggling or when they hit a roadblock or they start, you know, falling off track.

A lot of the time. This is where we start to, you know, get some little light bulbs going. Okay. There's probably something emotional going on here. So I always like to teach coaches to, you know, keep an eye out for those opportunities when your client is struggling.

And this is where we would come in and take it a little bit deeper to understand what's going on here, what resistance is happening, what's at play and then helping them work through that.

So definitely not about overhauling the journey towards only, you know, love yourself where you're at, but really just making sure that whatever journey they're on is smooth sailing.

So getting kind of those roadblocks out of the way, but also that from the get go, they're doing it for productive, proactive reasons as opposed to something that is because they think they're going to be able to love themselves better if they were to lose those 40 pounds, just for example.

Yeah, I think that's really good. You know, it sounds like your course is full of, you know, listening skills and ways to get deep into the person. Do you, do you find coaches when they do that, get more emotionally involved with the person?

I mean, is it can that cause conflict in any way or. I don't mean like, you know, I just mean like they get too involved, you know, like one thing I found is you can't want it more than the client wants it.

You know, like, yes, that's really important. How do you handle that kind of a question. Yeah. So in our, in our

program, in in our certification we kind of split it up. We do all the education.

But there's also a portion of it that's on building up your skills as a coach and making sure that you are, in the place mentally and physically yourself to actually do this work with your clients, because that is a very real situation that somebody gets really emotionally invested.

So we actually do teach a lot of skills to kind of learn how to properly detach from the from the result that your client's going to be able to get. And obviously be invested enough that you're going to be there to support them and care for them and love them, but not be attached to their results and not be, emotionally tied to their their state of being to kind of learn how to get put at that wall, when you need to.

So that's kind of how we deal with it from the educational standpoint. But I would say for any coach out there who's interested in kind of digging deeper but gets nervous that they're going to get too attached.

My, yeah, my biggest suggestion would be to just kind of make sure that you are properly putting boundaries in place, that you aren't talking to your client, 24 seven, that you're doing this deeper work with them, maybe on a call or a session, but then after that, you're kind of letting them continue to do the work and you're you're stepping back a little bit so that I hope that kind of answers that question a little bit. Yeah. You did good. You did good.

You know, it's it's kind of like I said, you know, you can't win for them more than they want them as badly as you do. And the other thing that you mentioned that I appreciate is that you're not responsible for the outcomes. We actually the best health coaches I know and I would consider myself, you know, somewhere up there, can't control the outcomes.

Yeah. You know, it's about the person, their body, their weak links in metabolism, how how hard they do the program, their environment. You know, there's a lot of factors going into those results.

And you can only educate and guide and, give them the data. Of course, we get from our lives and things. So it's really interesting. Yeah. Yeah, that we're not responsible for those outcomes.

And then it's kind of a sign, like you said, a certain amount of detachment. Is what I think separates a professional from a hobbyist. You know, there's so many people, and I love them.

People take my course because it's kind of a hobby. They just want to work on themselves and their family, and they don't really plan to be a professional.

You know, but that's my more. My goal is to get because we have an alumni group and it's the professionals. It's the Association of Education Professionals where this is our business and we keep ethics, we keep standards, we keep, things that you do as a professional, like some of the tips that you what are yours, some of your ideas on that, like like keeping it professional or what are some of the standards you would like to see is because this whole movement is growing and the whole the whole idea of putting together this event was to grow the body of, loving people who want to help others.

You know, we want to recruit as many health coaches as we can, right, you know, together and get them all cross-trained and things like that. That's why I, have you here, you know, so I'm asking the guests to talk about those standards.

And what do you think separates the pro from the hobbyist? Yeah. This is a this is a great question. It's something that I absolutely love talking on because I completely agree with you that there is a separation and there has to be a separation.

I always like to remind people that, you know, as health coaches, you're dealing with people's health. And this is an a light topic to be dealing with.

We wouldn't, you know, if nobody would go to a doctor who is just doing it because they thought it was fun or

because it was a hobby? And so I think just from that, having that mindset, you know, is really a good way to go into it that, you know, you are dealing with people's health and you're dealing with people's well-being emotionally and physically.

And, you know, just as much as they can get amazing results from that, there also can be, you know, negative outcomes if it's not handled correctly. So I would definitely agree with you that I think one key thing is being able to attach and understand that your client is your client.

Professional Standards and Boundaries

And they aren't somebody who is, you know, that you have a personal relationship with. But I think some of the biggest things for me, and that we really promote with my work is the first thing off the bat is getting educated, in whatever facet that is, whether that's in general, you know, health coaching or something more specific, making sure that you have the proper knowledge, the proper tools to actually help your clients and to go out there and serve them and not just be, you know, dumping a supplement on them or something like that, but that you're actually have the knowledge and the skills to teach them and to help them.

So that's a big one. The next one for me that I think is huge for people who really want to become a part of that professional level is to make sure that you are doing your own work and that you have your own program.

And you're not just obviously, you can pull pieces from different educations that you've gotten in different, programs that you've been through. But in the end of the day, really creating something for your own, for yourself, and not just using something that somebody handed you a PDF for that.

Then you go ahead and and regurgitate to your clients. And I'm trying to think I think, the other one that I, that I think is important too, for kind of really crossing that line into professionalism, as of any other professional in any industry, is really knowing your scope of practice and knowing what you are able to do and where that line is, is drawn.

And that's something that specifically in our we do talk about a lot, because I never want one of my, coaches to leave our certification thinking that they can go be a therapist and go out there and do that work, because that's not, you know, that is a much, further educational journey that you have to go on.

So just really, as a health coach, knowing your scope of practice and knowing what it is that you're capable of doing and not. And with that, also knowing when and how to properly, you know, kind of refer out to different professionals.

So I love to give all of my coaches resource lists of, you know, different natural paths and, different integrative wellness professionals and different people that they can go contact to get some information on, you know, when should I refer my client out to you?

When should I share them, you know, to get further help from you. So I think that kind of, wraps up how I would really tell people to kind of go from that hobby to, to a more of a professional.

Yeah. Good one, good one. Good answer. I think you covered my main one, which was walking the talk. You know, it's it's like, yes. People ask me what does it take to become a health coach?

You got to be on the path yourself, you know, or a court like a stairway, you know, and there's there's always someone maybe to follow, you know, who's healthier, has better habits or, you know, more knowledge or skills or something like that.

And our job is to, you know, seek that always. By the way, I don't know anyone who's at the top of the stairs yet, do you? You know, like. No, that's not perfect. Yes. No.

And then then we help others up the stair. Some people have more stairs to go than others, you know, some

people have. Right? You know, a thousand miles to go and we just take the first step.

Whatever it is, as long as it's in the right direction. Other people have absolutely fabulous steps. So it's really a good, good thing. And it's I find that pretty common among all the different health coaching type programs. Now.

So tell us, you know, how long it takes to take your course with the core requirements you have to show up for class. Is it recorded? Give us a little bit of the, you know, behind the scenes, the details.

Yeah. So, you know, our program is the Mind Body Coaching Academy. That's our school. And at the you know, I guess our top level program would be our certification program where you actually can't get certified.

But we do have programs before that. If you're just interested in kind of getting some of the basic knowledge on some of this stuff to start using it, but you're not really ready to do, you know, to go all in for the certification yet.

We do have those options available when it comes to our actual certification program. What we really pride ourselves on is the personal aspect of it. So we have you'll get access to kind of our full online library.

So this is, I would say at this point, hours and hours of, of educational material on all different topics that we teach you on. There's resources and, you know, workbooks and all that kind of stuff to help you with the educational standpoint.

And then in addition to this, we actually do get on group calls every single week. And our goal with these calls is to, took me and my, my co coach that host them either together one at a time and we will go in and on these calls for talking together.

We get together with the whole group. And this is our opportunity to discuss things, to ask questions. But also to help teach you and help you start to actually integrate this stuff.

So this would be the opportunity for you. You know, a coach is really struggling with one of their clients, and they want to kind of work through what that struggle is and get some opinions from everybody else.

Is that that opportunity. So you really like to balance that kind of education standpoint where you're going to go in like you're kind of traditional course, you're going to watch your training modules, you're going to get that education, but then you're going to be able to come to this open space every week to discuss, to help learn how to integrate this stuff better.

And just really feel like you're being supported in this journey because as we even talked about earlier, that, you know, this is easy work to kind of get yourself very invested in along the way.

And so I like to make sure that my coaches are feeling supported and are feeling okay. And if we get to a topic that for some reason is triggering for one of them, there's an open space for us to to talk about that.

So that's kind of the gist. Our program is 16 weeks. So we come together for those 16 weeks and talk about it. And then there is options after that. If you feel like you still needing some more support to to continue on after that.

But that's our core our core certification program. And you'll leave as a certified mind body coach.

Program Structure and Enrollment

And that's pretty much the details. Perfect. So, the system's all ready to go. What they need to do to get start. Yeah. So it's very simple. You just go to our website, which is my buddy coaching academy.com, and you just go to the page for our course for the academy.

And you can learn all the information there. And you'll go ahead and apply. And as soon as you apply, you'll have either me or my coach will be in touch with you.

And we'll get on the phone and and chat. Make sure that this is a good fit for you. Make sure that you're kind of at the point in your journey where you're ready for this step of actually getting certified in this work and that you're emotionally, mentally ready to kind of take on this challenge.

And as long as we think it's a good fit and you think it's a good fit, and we'll go ahead and and get you signed up for our next round. And when we start, you'll be they'll be a part of it.

And so last question, this is to get there. And, what kind of qualities are you looking for kind of sort of who's your target audience and what are you looking for in that person?

Yeah. So our biggest criteria is passion. It's something that we're really, really big on because this work isn't your typical just learning how to write up a nutrition plan.

This is work that you have to care about. And you have to really want to do this work with your clients. It's not always easy. It's not always pretty.

And so we want to make sure that you really have that, that passion underlying it to go for it. And I, I do believe that one of the, you know, main qualities that any health coach need is that passion.

Health coaching in general isn't easy. It takes a lot of work, and a lot of time to build up a quality practice. So as a health coach, being able to have that really deep running passion that's kind of unshakable, that actually is going to be able to carry you through is is really one of the big things.

So for our program specifically making sure that you have a deep passion for wellness, that you have a passion for this work, for digging deeper, and that you're somebody who really genuinely cares for their clients and cares about that major transforming mission and isn't just looking for another way that you can, you know, up the price of your own program, but that you really can actually have the tools to to go out there and transform people's lives.

And that you have that is your kind of driving factor. So those are really the two biggest things that we look for. But other than that, you can be brand new to coaching.

You can be a seasoned veteran, whatever it is. We're happy to to help you out. That's a fantastic answer. Gift you. It's been a lot of fun. I think, it's worth making a comment here that, it's okay to up your program to, you know, health coaching and health coaching should be a very successful, endeavor.

You know, if you're going to work that hard as you just described it. You know, sometimes we work. I mean, I've been doing this 20 years. I still work some 12 hour or 14 hour days.

Mostly it's on my program and handling things, but but still, you definitely need to be driven. And success is, I think, partly the ability to walk the talk in a big way.

So you need to afford a lifestyle that's very conducive. You know, you have to buy the best foods, you have to have a nice place to lay your head. You know, you need, to have your gym memberships and your, your, your acupuncture and your massage and your personal trainers and your thing.

And so you want to, surround yourself with, with other successful people. So you kind of have to be willing, you know, and so, I just want to make sure people know that it's okay when you are a professional, you do this for a living and you want to reach, you know, pretty high up in that in that field and, have the things and do the things that you want to do to make you happy.

So, and because if you're not happy, it's going to be hard to help other people be happy. And, you know, obviously today that includes some some level of financial success.

So we do a lot of coaching that too. And I'm glad that you, brought that up. So we could we could infer that you do pretty well with this, don't you? Yeah. No, absolutely.

And I absolutely would agree with you. I encourage all my coaches to make sure that they are they are charging their they're worth and that they're making, you know, live being able to live the lifestyle.

And I also I'm definitely a a firm believer that you have to invest in yourself if you expect other people to invest in you. And I know that's something for me and in my business, but I've definitely taken very seriously of making sure that I always am working with mentors and always investing in my own growth and business, whatever, you know, wherever that might be.

On that point, yeah, I absolutely agree. And it's, it's a good word to be to be in it's beautiful work to be. Well, thanks so much. And for the folks listening, we're going to have lots of information about Emma and, you know, show notes here.

And we encourage you to go ahead and, you know, buy and get the recordings now while there's still facilities. Once the events over, they're not going to be available anywhere.

So you want to go ahead and join our VIP section. And you have access to this and, you know, do what you want with it. But we're here to encourage you to go out there and get these trainings, raise your game, and bring your game up so you can help more people, the better your game, if you will.

That mean that use that expression, the better results you're probably going to have. And the more results you have, the better health coaching looks in, the more people who start looking. You know what I need?

It's not another doctor visit. It's a good health coach. So that can actually help me apply the things that I know I should be doing and maybe teach me some new things to be doing too.

So that's fantastic. So glad that you're part of the community. And, we'll talk to you again. Emma. Pleasure. Thank you so much for having me.