Introduction and guest background

Hey friends, I'm your host Dr. Elizabeth Samanta, the intuitive psychiatrist, and you are listening to Stepping Into Soul Power. Friends, life rarely unfolds in a straight line.

A lot of the times life be life. Life is life and often we have to start over and that can feel daunting. But today our guest has reinvented himself over and over again, but done it in big ways, gone from refugee to exile to pop icon to entrepreneur to author.

Christian Ray Flores, welcome to the show. Thank you, Elizabeth. Appreciate it. Yeah, so first things first, for those people who aren't familiar with your story, can you give us a little version?

Yeah. I have a very strange, very, strange story. So basically I was born in Moscow, Russia. My mom's Russian, my dad's Chilean. And they moved, I as a baby, they move to Chile.

They were going to spend the rest of their lives there. Everything changed, right? So there was this massive military coup, a bunch of people got killed, tortured, and my dad was in a concentration camp.

So we basically at age five, I find myself, those are my first childhood memories in the refugee facility. You know, we had to leave the country and we got asylum in Munich in Germany.

And we're refugees, so we were starting over. It was very traumatic, you know. Dangerous. And we ended up sort of having these sort-of quick changes trying to find our place.

And from Germany to Russia to Africa, my dad got a contract there as an engineer, and I grew up in Africa.

Reinvention through trauma and change

So it was this strange thing to, I think it's very unusual for people to change four countries by age seven. Yeah. Not only for countries, but languages, cultures, everything is different.

And then, so I spent my formative years in Mozambique, in Africa, and it was both also a strange experience because it's both a great childhood, like just roaming free, no supervision, lots of tropical everything, you know.

And at the same time, there's a civil war going on and we had bombings and food shortages and foot rations and things like that. So, but as a kid, if you don't really pay attention to that, then you pay to the fun you're having with your friends.

I got to have a lot of fun. And basically, and then everything changed again. My parents got divorced. We went back to Russia during the Soviet times, which was super depressing.

It's cold, not enough, like food was horrible. Not enough of it either. You know, entrepreneurship is illegal. it's just a very sort of grayscale kind of world existence.

And then things changed. Again, as I was graduating from college, the whole country collapsed, basically, all around us. And it went from unfree and grayscale to very free and all kinds of possibilities and also dangerous all at the same time, like tanks in the streets, kind of dangerous.

Yeah, another attempt at military coup, by the way. They tried to overthrow the government there, and they failed. You know, most of my friends were going after college, I got a master's degree in economics.

So, you know the rational thing to do is to go professional. And I was not very rational. All my friend went into either academia or trade or banking and I could have done the same thing.

But I went into music and the reason why I wanted to music is because I was a good singer, a dancer, like my whole life. I think was very creative, you know, and then so it's like the most foolish on the surface thing to do, but I just very lucky was at the right place at right time.

And like within a very short period of time was one of the top pop stars in all of that space with 15 different countries. So it was just a lot of turns in life Yes, yes.

That is, it's powerful. One thing I want to ask is because reinvention can look really shiny on the outside, but there's so much that goes on inside. Yeah.

And so I wanted, I'm going to speak a bit to that. Like are there specific inner practices that you, that have helped you stay true to yourself while you're evolving through these different seasons?

Well, I think that's sort of the unexpected gift of so much change and so many trauma is actually that certain qualities or worldview, like certain mindsets that really helped me reinvent myself, because I basically went from that to starting nonprofits, three different businesses in the United States and things like that.

So I changed the worlds and careers even after that several times. And I would say this, And honestly, that's sort of what I do now. I help people that are usually in between seasons.

They're not really satisfied with their professional journey and they want to reinvent themselves for all kinds of reasons. And it's very scary. foundational thing would be that most of us very instinctively we want certainty in life, right?

That's a very primal thing for all people, stability, safety, certainty. So because we have such an addiction almost to certainty, we stay longer than we should in situations where we get out or move on or evolve from.

Mindset shifts for freedom over certainty

And one fundamental mindset shift is that really you want freedom. You don't want certainty. And if you lean into certainty too much, you will lose freedom and then you'll stay unfree for an extended period of time because you're addicted to certainty and the way out of certainty is risk.

You know, you take a risk, have to take leap. And I was able to do that more easily because I forced to really. So I did it several, when you do it two or three times, You stop being afraid of it.

What I do, what I help people is to see that foundational sort of thing and then help them emotionally handle like recalibrating their lives into a little bit more risk.

A little into more entrepreneurship and creativity so they can find freedom again. Interesting. Okay. So you talked about a mindset shift. It sounds like you've done that for yourself and you're helping people go through that.

I wonder as people are going through these shifts, what are the barriers, the obstacles that you often see that they encounter that keep them from really reaching their potential?

Well, one is that you can't create a new future in a stressed out mode, in in survival mode. Right? Over half of Americans are perpetually anxious. Yeah.

So that's really because those creativity and survival mode cannot coexist. So all you can do is sort of complain and worry if you're in this sort high anxiety space.

The one thing that I really insist on, I'm like, look, I can give you amazing strategies on how to build your next

chapter for your life But you won't be able to even execute or see them if you're stressed out.

So let me teach you How to go from stress to to creative in about an hour Every single day and you have to be to do it on command on demand Reliably so that that becomes a new baseline I call that fuel, the kind of fuel that you're built on, that your going through the day, what fuels you, it's what defines the future.

And if you are fueled by essentially the familiar past or the anxious present, you cannot build a different future, your gonna rinse and repeat and you gonna be on autopilot in failure.

But if I can help you learn how to get from that state to the sense of joy and peace and clarity and creativity, on command, that's a skill. You can totally develop that skill, and in fact, it's sort of the first thing we tackle because without that good fuel, you can't really even find what your gifts are, what you passions are.

we call that the edge that you are in the world, right? The competitive edge in marketplace. You can't really find that fully without that kind of clarity.

So we deal with that first and we go, look, within a week, you'll feel the difference. And it's really like life changing. Now, it doesn't stick around if you don't internalize it and make it as a habit, right?

Because basically people like on week one, they go, oh my gosh, I feel so different. And now my life has changed. No, no, it takes about three months for you to develop new habits and new rhythms and things like that.

But you feel it week, one it's actually not that complicated. That's the cool thing. I love, as a psychiatrist, I, love that. And I feel like that's a point that a lot of people miss that many people think that they're at the mercy of their emotions, but you can command and demand.

Yeah. Totally, totally. I mean, we feel that we're the at mercy. That's really, really good way of putting it. Yes, and when you're able to respond rather than react, there's a lot of power there.

I wanted to shift gears a little bit and ask, There's also something that's really important, especially to our listeners, being authentic and being real.

and in line or aligned with their spirit. How do you help people navigate ambition, authenticity, so that they can reinvent themselves in a way that is really speaking their soul's truth?

Well, I think once you purify your fuel, like you're really going on really good fuel. Not bad fuel not dark fuel light fuel right. Well, dark fuel is, for example, everything from short term to long term.

Short term, it could be, man, I just had bad news, a client canceled a contract, didn't get an opportunity that I was expecting, my kid's acting out, that kind of thing.

My husband is a knucklehead. All of that compounded, basically, right? It creates this sort of baseline of anxiety, and it just never stops. And the thing is human experiences, Suffering never stops actually, you know reasons to suffer reasons.

Managing stress and finding creative fuel

To be anxious. There are always going to be there So one is like these short-term and then the long term part of dark fuel is Look you if you had Insecure and not secure attachment to your parents if they were abusive they weren't absent if there are weak if They were not present if we're not together if that we are not loving if he didn't feel safe and That is like this low-grade bad fuel that will literally continue to fuel you where it's just low grade fuels.

Like you don't believe you can do A, B, and C. Right? So that needs to be dealt with. And that's where psychiatrists, psychologists, they really help with those things.

It's a big deal. I just did like last week, I did 17 hours of therapy. In five days with my wife. Hold on. Let's talk about this. Um, what is that? And then how did you do that was that an intensive or like Yeah, it was an intense We we are sort of we were empty nesters.

We're reconfiguring our lives sort Of entering a new season in two or three different ways. Yes So we were like, okay, this is a new season, a New Season requires new tools, new, almost like a recalibration of our desires, our insecurities, or connection points, things like that.

So, and we are very intentional about our marriage, always have been, we have a good marriage. Because of that, so we're not doing it reactively, were doing proactively, right?

We're not there to go like to spend a week with a therapist and and we are like bringing this disaster, right? Like save our marriage. We wanted to be a divorced type of thing.

Now we're there. To go. Hey, this is challenging. we need to recalibrate, we to renew, and to stop and pause. Let's align ourselves together. To a future that's gonna be even better, right?

So that sort of the reason for it. There was a very strategic Kind of thing but 17 hours. That's a lot. I've never done that before right like three hours a day We went over time every time, you know Yeah, yeah, but that that all to feel right that long-term deep origin story like we were like digging up child childhood trauma insecurities things like that and That's that's all that all goes into fuels like it's invisible and that sort of the thing that people have find hard to manage is that It's there and you can't see it.

Just like he it like in the air So and it skews the way you see your future so but I think your original question was something else right was Well, I was asking about ambition.

And we also want to be authentic. OK, so that's why I bring it up. Sorry. So if you have an optimistic, clear, creative way of being, and you can get there every day, you're going to become naturally much more authentic, because you're not protecting yourself from anything.

You're gonna also see more clearly what your ambition is and the dark fuel of let's say, I'm gonna show them, i'm going to show my dad that never thought it would amount to anything, that's why I am doing this.

That's ambition that is infused with darkfuel, right? Over, hey I've been gifted with this gift, with these passion, capabilities and I want to impact this many people in this field and help them in that way.

That's good fuel. Good ambition. We usually have a mix of fuels, right? When I was a pop star, a lot of it was good, and a the bad fuel never helps you, right?

There's all kinds of things downstream from badfuel, even if you have this ambition. So, but going back to ambition and authenticity, what I find to be fascinating is that we're entering this new era, and this is just recent, maybe like a decade, Right?

Maybe a little bit more, But I think technologically, culturally, et cetera, it's really more of a Decade, not more than that. It's that it used to realize our ambitions through a company, through an industry, some sort of institution that was both the regulator and the gatekeeper of the thing that you want to do.

whatever, an organization of psychologists or psychiatrists, a clinic, uh, big company, tech company record label, things like that. Right. So there's all these institutions that are in between your ambition and also your way of expressing yourself authentically and the people that you want to serve.

And then in the last decade, it's a massive shift towards you can actually Go directly to consumer and you can reach anyone anywhere at any time. Yes So there's less gatekeepers and that's where sort of I focus in my coaching into in personal the brand development because that basically the vehicle for that is that if you have an expertise and yeah, I don't know seven plus years of of Specialization in something you of expertise.

You have passion, you know exactly what you want to do when you wanna serve but you Have these gate keepers You know, undervaluing you or whatever, right?

You can sort of shift and reinvent yourself to go directly to the people who you want to serve. So your ambition has this much less restricted sort-of field to play.

Because you can decide what your ambition can be and it's infinite, right, what you could do with it. And then also the authenticity comes in that too, because now if you are in an institution, a company, hospital system, whatever, your personality or authenticity needs to be actually curtailed to fit the policy of the institution.

Right? Don't say that. Don' say this. It's politically correct. Uh, don't have big opinions because then your boss is going to feel like you're infringing.

You know, say something like this in the boardroom because the boards not going approve of that, you know?

Authenticity, ambition, and personal branding

All of those things, right? So there's bureaucracies that happen. They're necessary for bigger places. Well, if you want to go directly to and reach anyone anywhere, That lack of authenticity that you sort of, you're forced to have to do well in bigger places is now a disadvantage.

So if you have a YouTube channel, a newsletter for professionals, an Instagram account, You actually, won't be noticed unless you are authentic. You basically can't compete.

unless you're authentic, because people want exactly you. They want to know your values. Yes. Why they would trust you, right? Why would they buy from you?

And there's been studies done in America where I think it's like 73% of Americans, something like that, they will pay more money and buy directly from the person whose values they are aligned with.

So they trust is people don't really buy from brands, they buy it from people, you know? They trust people. They don' trust an institution. So it's really in the last decade, it is like this incredible shift that is, I find it to be very liberating.

Yeah. It's so, and then you're making it sound liberate. Yes. I, find to it be so liberated. And it, is it scary in a sense that if you are not used to entrepreneurial sort of entrepreneurial living, which means, hey, if you have something to offer, package it, price it.

Understand how to market it? How do you develop a relationship? What's the customer journey? All of those things that you don't worry about when you're on salary, now you And you have to learn those things.

And people who don't want to learned, they're like, I just want safety. I want the secure this and this. Fine, that's great. Then function in those in things, but the upside, you are giving up your freedom in exchange for safety If you want freedom more than you safety, then you'll have live dangerously a little bit.

and go out there and learn some skills and develop a brand and put yourself out and start offering your authentic self to the world. And that journey is harder, especially in the beginning, but it's happier in, in in end because there's no limit to upside.

Oh, I love that. So harder in beginning but happier. The word that comes to mind fulfilled. Very, very much so. Yes. Because you are directly serving the people.

You can see the results. Money doesn't make you happy, earned money makes you very happy. When more people go, I want this. This has helped my friend, my relative.

I've heard this, it helped this person. I'm that guy. Can I come to you please?" And you know what you're doing exactly, what your focus on and you are confident and they see a result and it's just amazing.

It's magical, right? Oh, I love it. Yes. You talked about that it is a little riskier when you go about having your own business, living the entrepreneur life.

Maybe give an example from your life or someone, I don't know, a client that you've worked at, something that was really a risk that they came across, but with some of the techniques that are teaching have transformed and changed.

Okay, so for example, I'll give you like two or three very quick ones. Because I think what people, sometimes they go personal brand is 100% entrepreneurial.

Actually, it's not. You can develop a personal brands as an entrepreneur as your, let's say, side gig and then it becomes a main gig. you can developed it as a intrapreneur, meaning you start thinking of your work within a bigger corporation differently.

Your basically thinking as entrepreneur within an corporation. You can be a socialpreneur, right? You could be an nonprofit leader, a pastor, and the same principles actually apply as well.

So I'll give you like something to put some color around it, so for example, I moved to the US, So, entrepreneur, right? I moved to the US 21 years ago.

And my first job, I was the director for Latin America for this nonprofit. Then they gave me this national grant in the U. S. to teach inner city youth healthy lifestyle habits.

Basically, it was like a $2 million grant, and they had to develop everything from the ground up, meaning curriculum, how it's going to be delivered, by whom, where, etc.

So that was sort of my gig. And they offered sort-of consultants to do that and go, okay, what does everybody do? And because I'm a creative, I can't just do what everybody else does.

I was like, OK, we're going Like young people in churches who will go to camp and things like that and we're gonna teach them this curriculum they can go To the inner city set up schools camps and thinks like then and teach him because they're peer educators, right?

They're not grown-ups their peers teaching peers. Okay. We're going to gamify. I'm gonna make it fun Okay, we gonna do a multimedia thing where you put in a DVD.

This is DVD time still and there you can watch something and that's gonna be delivered in a very entertaining and fun way and have some exercise on the back end.

Okay, we can't have like a boring person presenting that. So at the time, this was what, oh, four or five, there was this movie called Clueless. It was like, a young crowd comedy, right?

So I knew somebody who knew a guy in Cluelless, his name is Sean Holland. He's one of the actors. Yeah. And he was super funny and he wasn't also in the TV series Clwelless after that, So I basically sort of networked my way to, so Sean's like, hey, Sean, can you be like our guy?

He's, like absolutely. So we flew him out. He filmed this thing with us. It was like a virtual set. it was really good and funny. And then we implemented that and that basically that even the multimedia thing was a.

was an award-winning program, got two Telly Awards, it got implemented all over the US, Mexico, Jamaica, some Asian countries later, like adopted to their context, obviously.

But my point is, when I approached a corporate job, was a government grant, all kinds of restrictions, not as just a person who wants to check boxes. Yeah.

I approached it from what's the brand, what is going to get results? What's going connect with the young people? How is it going be fun? Are people going tell each other about this thing?

Because it's so distinct. That's a personal brand. Right? That is a brand in general. A good brand and that's entrepreneurial. My personal branding within that is I get to the reputation of the guy who did something like that.

It was not demanded by the corporation. So, I get reputation, get status, and get invites to other things.

Community, mentorship, and reinvention

It might not monetize directly, but indirectly you get a very amazing career path even within the corporate ladder if you learn how to approach things just differently.

So many gold nuggets there. Reinvention also doesn't happen in a vacuum. What role does community have? What family mentorship, what are the roles that plays in, even for your own journey?

Yeah, that's a good, really good question. You know, I think for most people it's almost impossible to reinvent yourself unless you're outside of certain ecosystems.

I mean, it really is. So for me, What was that again? It's a strong statement. Well, I'll give you a quick example that is almost on the extreme, but it's the thing that's dear to my heart.

So we have this after-school academy. We started in Africa, the place where I grew up in Mozambique. And it is to get people, kids, about 9, 10, that when they start, into this After-School Academy.

And instead of sort of giving them fish, we teach them how to fish. We also feed them, obviously, but because they want nutrition. They won't learn if they're not fed, right?

But the big thing there is the Big Gap is not just that they can't Learn a trade. The Big gap, the main gap. the first gap is that They don't know anyone who's successful.

Not one person. So it's an extreme example. So we put them in situations where they have mentors who are professionals in Mozambique. They could be whatever, policemen, bankers, lawyers, teachers, things like that.

And they're hanging out with them and they are saying, hey, you can be like me. Right? So, it is that basic, but it an example, really descriptive of what happens in real life now.

Like if you are in an ecosystem, like an eco chamber, where no one develops a personal brand, knows how to do an online business, hasn't seen any money from it or freedom or creativity or fulfillment from.

You'll just go, well, yeah, I know that it exists out there. I see these influencers. Like, you won't do it, although you're perfectly equipped to actually develop something that brings your income impact and all those things.

If you hang out with people like that, it's gonna normalize it for you, right? Not only the gain that you're gonna go, oh, I can double and triple my income just like that so quickly.

There's no way I'm gonna do that with a salary. All the way to, oh, there's actually a lot of struggle involved and I need to sort of buckle up and also teach myself some skills to emotionally self-regulate and deal with the downside.

So if you're around people like that, you get a shoulder, You can cry on, get person to speak into your life. If you have a mentor to a coach, that's why coaching is so valuable, is that a Coach can give you you know, a life.

Yes. And you can spend a hundred grand on an education in college and it gives you almost nothing. You know it, gives your degree a little piece of paper.

So like it's, you, know and I think that's the shift in education as well. People are understanding that I don't have to get like, I do not have go four years to an institution pay like being dead for another decade.

I can go to this specialist and this expert and learn this thing and put my own thing together and go, go do it. Right. Um, and I think that's happening quite a bit.

Yeah. The role of mentor, the role coach is honestly, it's priceless. And the education landscape is also changing. In education, you can be lucky to have a professor who also is a mentor.

Yes. But it doesn't always happen at all, actually. That is very true. It doesn' always happens. So I think having people in your corner who are genuinely interested in you and then also people who aspiring to do what you want to is invaluable.

For you, it sounds like you've done a lot of different things, right? A lot. I mean, I'm hearing you talking, just even checking them boxes. Like one of your boxes is someone's whole life.

So, but you checked up with no, no problem. In my mind, when I hear your story, the word that comes to mind is visionary pioneer. As you're moving into a new season.

Tell me about your vision what you're thinking about as we're moving into 2026 and beyond Well I'll tell you and i'll give you a little bit of context because that might be helpful to for your audience as well and you yeah, so So I I see there's force as as a human life We have all kinds of changes and things like that.

Obviously. It's not a straight line But there's in the professional development piece there are four distinct seasons right like a bigger seasons and The first one is your student right you're in high school your middle school in High School you learning about life and about that world that you not participating in it in a significant way You're just learning.

About it. You know in college the same thing then you become a practitioner. And you're now, hey, you are getting a steady income, and you have a job.

You're excited because you haven't seen money like that ever, right? But you don't really know your way around the craft or the art business that you were in.

Your just learning about it based on the student season.

Life seasons and the move into sage mode

and You can see a defined shift between student and practitioner, the things that and loved in student, or by the end of being a student you go, I'm sort of done being broke.

I want to make some money, right? You're dissatisfied with that season so you graduate to the next season. In the same thing with practitioner, in the beginning you're just happy to be there and get any like grown up money and maybe have mentorship with somebody or learning something and getting into important rooms.

By the end of it, you go, actually, no, I want status, respect, progression, and I have, like, a vision. I now have maybe a family or something like that to support all of those things.

So you become dissatisfied with the same thing that got you very excited just a few years earlier. And that's because you're now ready to graduate into the next season.

The next is Master. Because you know your stuff, right? You know what you are doing. And in that season, you are

a builder, right? You build a company, a department, to career.

You're doing projects, your hustling, You are the peak of your physical abilities. So you don't get tired. you can fly all over the world or all, all of the country.

And you will, will you know, work to death now. Though I got you excited then, at the end of that season it's going to start getting old. You're going go, why am I like slaving away?

This is not cool, right? Like I've missed out on this and this, and now I'm feeling my age and like, I don't want to miss out things like that anymore.

That's why, because you're graduating into a new season called Sage. And that Sage season is where you naturally go. I want to be a little bit more low key, and I also value hustle less, but I value legacy more.

I want to pass this on, I have wisdom, and I see patterns that other people can't see. This is the treasure. I don't want just to run around. So anyway, that's a slightly extended entry point into my season, so I'm entering the sage season.

And I am shedding too many things that I was doing. And that's a painful transition because you have to say no to things, to even dreams. Like you go, okay, I wish I could have taken this thing to here, but I never got there.

But I do have say, no, this doesn't really correlate with my season in life anymore, right? And I think, incidentally, a lot of people who mature into going, I want to develop a personal brand, are going from mastery to sage because they're much more interested in passing on wisdom and legacy and creating a legacy.

And they are very confident in their expertise. And they realize that they under-deliver that expertise if they're just sort of doing the same thing over and over again, rather they would like to organize it into some intellectual property that can be monetized.

So a lot of people like that are the people that going from mastery to sage and they don't want to hustle as much anymore, they just don' enjoy it anymore.

Their values shift, you know? So that's sort my transition into this new season. And basically the way it looks like for me is that I'm all in on to the coaching piece, like I used to do three, four things and I'm doing one, right?

Coaching is my passion. I love my clients. Have a vision to, to create tribe of people who are right, basically in the same ecosystem. Oh, absolutely.

Lovely, lovely, I can feel the passion that you have for it. And, um, yeah, it is, It is inspiring. I wonder, for listeners who are at a crossroads right now, feeling the call to evolve, to reinvent themselves, what's one simple daily practice you'd recommend to keep growing and evolving while staying anchored in their spirit, in Well, I would say develop.

I call that the quick win is basically, okay, this is how you can being proactive rather than the reactive, right? You move your body because that activates everything, including your brain.

You moved it every day, you move it as much as you, but at the very least half an hour to an That activates your full self. I think it's really really important and people just forget that their body is part of who they are, you know You Meditate so any spiritual practice prayer Meditation journaling things like that.

There's a slew of things you can do and if you do that every day as well because that will give you sort of the sense the ability to Set aside time and to practice what they call metacognition.

It's the Ability to Observe from the outside what you're thinking if that thinking is constructive, if thinking that is true. Or is it just you, you know, losing your mind.

It gives you the ability to self-regulate emotionally, spiritually. So the meditation is to meditate every day. The third piece is master a new skill.

So move, meditate, master. And mastering a new skill is super important because you can learn how to close the gap between where you are and where want to go.

Because there's always several skills that you must master before you get there. And most of us, especially when we sort of reach that mastery level of professional development, we have clientele, whatever, right?

We stop learning new things in a systematic, daily, deep level. Like every once in awhile we attend a conference, take notes, get inspired, or whatever.

That's not what I'm talking about.

Daily practices and where to find Christian

I am talking daily. Every day. There's something that's keeping you from being that person you want to be tomorrow, and that something needs to mastered.

And it could be all kinds of things, it can be mindset, diet, marriage, parenting, marketing, finance, investment, all kind of thing. It could online presence stuff.

There's like always a lot and people just don't do it because it's crowded out by the urgent. The important is crowded by urgent, so if you move every day, if meditate every and if master something every.

If you do every, like if it is just an hour, 20 minutes, you will not recognize yourself in a month. I believe it. Yes. Well, Christian, for our audience members, they're going to want to get in contact with you.

Tell us, how could we find you? You can find me on Instagram, christianrefloresasthehandle, my full name. I think that's a good place. Yeah, I have a newsletter that goes out twice a week.

We have like 12,000 plus subscribers right now. Also christianrefluorist.com is the URL. It's called the XE, Exponential Edge Newsletter. And that's a really good one because you sort of get something in your inbox that is valuable twice a week.

If you are even more serious than that, you go, oh, this guy has something that I probably should be to look into. You can go just on my coaching website.

It's exponential without the E. So it starts with an X. Exponential.life. And you can see sort of the broad strokes of what we do. And there's a really good tool there, a free tool, that evaluates your readiness to start a personal brand.

I mean, it asks you like 30 different questions, you know, five, six minutes, and you get the results in your inbox, And it's pretty cool, pretty insightful, actually.

So if you want to just sort self-evaluate, That's really a good thing to do Oh, lovely. Christian, thank you for sharing your extraordinary journey, your expertise.

You are reminding us just how powerful we are and we have the capacity, the capability to live in a way that's in alignment with ourselves and reinvent ourselves when it needs to be done.

Thank you so much for being here. Elizabeth a pleasure. You've been a joy to speak to great questions. I really appreciate it as well If you haven't heard it yet today I Appreciate you the soul in me honors the song in You if you'd like to see more episodes like this, please subscribe or click here and friends if this spoke to you Leave a comment below.

We would love to hear from you.