

[00:00:00] Welcome to the Multi-passionate Mastery Podcast. The podcast where creatives come to embrace their talents as a gift, not a burden. I am your host, D'Ana Joi. Together we'll explore how to finally make friends with focus, ditching overwhelm, and idea fatigue once and for all, and how to be unapologetic about who you are as a multi-passionate. But I'm not just going to pump you up with a bunch of empowerment content. I'm going to give you tools and practices that you can implement starting today. It's time to unlock your multi-passionate mastery. Let's begin.

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[00:01:06] Hello, and welcome back to the show. I'm recording this episode from the bathtub because I can no longer wait for perfect conditions to be available for me to record this episode. I've been wanting to record this episode. It's been on my heart to record But it has been over 90 degrees almost every single day. This week here in long beach, California, where I live. And am I recording space in my apartment?

[00:01:36] Is in my room with the window close the door close, and some pillows popped up around my workspace so that you have a high quality listening experience. That's how I create a very clear sound for you. But with it being 80 degrees already at 6:00 AM. It's really difficult to create those conditions and feel comfortable enough to record, as you can imagine.

[00:02:02] So. I keep waiting for it to cool down or waiting to wake up super early and have the energy to record before it gets hot. I keep waiting for these perfect conditions to arrive.

[00:02:15] And I'm no longer waiting. I've decided that this episode gets to be recorded. And I get to be comfortable while doing that and we'll deal with how it sounds. After the fact. So I'm in a cooling bath right now. The water is not even hot. It's very, very cool . Kinda like sitting in a kiddie pool.

[00:02:34] As you would on a hot day. And I'm feeling comfortable, I'm feeling relaxed. So if you hear some water moving or you hear background noises, Now, you know, why? And I decided to share that because I know that that's medicine for someone. I know that I'm not the only person who waits for perfect conditions at times before getting started or who puts imaginary barriers in front of something that they Devoted to doing right. I could say, well, I can't record this week because it's just too hot. But is that true? Is that true?

[00:03:06] Could I record in a location where I am not hot um, and it's also at a time of day where I feel energized and I can be enthusiastic about talking to you. Yes, but it might not be this perfect condition, but I can still do that. Take what you need from that. And let's get into today's episode.

[00:03:29] Welcome to our coaching series here on the podcast. And we are officially beginning this new series. And I'm so excited to bring this onto the show because I'm a life coach for multi-passionates. I love what I do, but I think that I may have made a mistake of assuming that everyone is familiar with coaching, what it is, when to hire a coach, how to choose the coach for you. And And I realized that not everyone knows that or people have had experiences with the coaching industry that have not been favorable and maybe it's time to open up to new perspectives or something of that nature. So, Over the next several episodes. We're going to be talking all about coaching.

[00:04:11] And a good place for us to start. Is how do you know if it's time to hire a coach? What are the benefits of working with a coach? And why is coaching not the same as therapy? We absolutely have to talk about that as well.

[00:04:26] Before we get into that. Let me extend an invitation to you to drop me a voice note. And submit your questions about working with a Which I will be answering in the closing episode of this series. So as you're listening to this episode, if any questions pop into your mind when it comes to hiring or working with the coach, click the link in the show notes and drop me a voice note, and then I'll answer on our closing episode. Or if you know that you already have a question.

[00:04:55] And you don't have to wait until you get to the end of the episode. You can pause this right now, drop me that note and then come back, but make sure that you do that so that I can make sure that I answered your question on the closing episode of this series.

[00:05:09] All right. So before we can talk about had enough it's time to hire a coach, let's have a working definition of what a coach is and I'm a life coach. So that's the kind of coaching that I will be speaking to today. Here's my personal definition of what a life coach is. It's a person who asks you thoughtful questions to support you in understanding the connection between circumstances, thoughts, feelings, actions, and the results. Those actions create.

[00:05:40] A life coach will also sometimes offer advice or practical steps you can take to create the change that you want to see in your life. And we'll often invite you to continue to have support as you navigate those changes. So I didn't find this definition online, but this is what I believe a coach is. And that's how I define what it is that I do.

[00:06:03] A coach is not the same as a therapist. A therapist is a licensed professional who can help you see patterns occurring in your life and will often help you work through past traumas. There are some coaches who are trauma informed. But in my opinion, that's still not the same as a therapist. Therapists are licensed. They have to uphold certain practices. You can report them if they don't.

[00:06:29] It's a place where if you have deep, deep, deep family stuff or, you know, a lot of things that you want to unpack that carry a lot of trauma. I suggest therapy for that versus coaching. There are coaches who specialize in being trauma informed. But if you talk to a therapist about that, they have strong opinions about it.

[00:06:53] Because anyone who is centering their work around being trauma informed, in my opinion, and in many licensed professionals' opinions. Needs to be held accountable by some kind of board. Because a lot of people who say they're trauma informed can actually create a lot more trauma if they are not licensed professionals. So be mindful of that.

[00:07:13] A coach is also not the same as a consultant. A consultant is someone who tends to be skilled in a particular area or areas. And will offer advice on such. So they're probably not going to sit there and ask you a bunch of questions and, you know, try to understand your thought process and help you get to thoughts and beliefs that feel better for you like a coach would. And they're definitely not there to help you unpack traumas in your life like a therapist would, but a consultant is there to say, oh yeah, I've done this. Or I helped many people do this. Here's exactly what to do. And they'll kind of just give you that information.

[00:07:50] So to reiterate the definition of life coach that we'll be working with for this series is a person who asks you thoughtful questions to support you in understanding the connection between circumstances, thoughts, feelings, actions and the results. Those actions create. And a coach will also sometimes offer advice or practical steps you can take to create the change that you want to see in your life. And will often invite you to continue to have support as you navigate those changes.

[00:08:17] Okay. So now we've got that settled. We have a working definition of what a life coach is. Let's talk about how to know if it's time to hire a coach. I have a few steps that I've identified. And I also asked my clients inside of my program how they knew it was time to hire a coach. And I got a couple of very thoughtful responses that I will read to you here in this episode that I know are going to be supportive for you.

[00:08:41] So one of the ways to tell if it's time to hire a coach is that you've identified a change that you want to make in your life. In my case, my clients come to me knowing that they're tired of trying to do all the things at once and they want to learn how to prioritize from a place of clarity. So that they can thrive as multi-passionate right?

[00:09:03] They know at the bare minimum that that's something that they want to shift in their experience. They want to not continue to try to do all the things at once. Continue starting and stopping, not gaining any momentum on anything, feeling all over the place and everything that comes with that.

[00:09:23] They want to change that they want to see that change happen in their lives. And so that's a great opening criteria for if it's time to hire a coach, is there a change that you want to make in your life that you've identified?

[00:09:36] Some other examples of changes that you might want to see could be feeling more confident. Being more assertive, having a better relationship with your body. Being a little bit better at managing your finances. There are coaches who specialize in all of those different areas. So I'm going to use a lot of examples from my coaching practice, because this is what I know the most intimately, but I want to give you enough examples that you're able to relate. So.

[00:10:04] When I say that you've identified a change you want to make in your life. My clients know that they want to stop trying to do all the things at once. And create clear priority so that they can really thrive and enjoy being multi-passionate.

[00:10:18] If you work with a weight loss coach, Then the problem that you may have identified, or the change that you might want to make in your life might be that you want to lose weight, shed some pounds.

[00:10:30] I have a better relationship with your body or a better relationship with food. So those are just a couple of examples for you.

[00:10:36] Another way to tell that it's time to hire a coach is that you want a greater chance at success when it comes to creating that change.

[00:10:48] So maybe you've tried on your own to create priorities you have bought all the planners with with every different layout. You have gotten all the different project management softwares.

[00:11:00] You've tried time blocking. You tried all of these different time management solutions. And you're still feeling like you don't know what project to start with first. And you're feeling like a lot of these systems are created for people who are already pretty organized. And you want a greater chance at success at being able to create clear priorities as a multi-passionate.

[00:11:26] You want to increase your chances at being able to do that, and do it well and have the change in your life manifest as a result. You're moving out of, it would be nice to have this in my life and into this is a change that I know I need to make in my life. Right. And you want to have a greater chance at success. That's a great reason to hire a coach.

[00:11:52] There are many things that you can do on your own. One thing in the coaching industry that I think is really toxic is creating codependent relationships and making people feel like the only way they can make a change is to work with you.

[00:12:09] A lot of coaches do that because it creates scarcity and it helps to sign more clients because people are afraid that if they don't sign, then they're never going to make a change. I don't think that that's a great way to operate. And I certainly don't do that in my coaching business. I believe that you can do things on your own, but I also know that many of my clients try creating priorities on their own and get stuck again and again and again. And so they begin working with me to increase their chance at success and actually creating that change.

[00:12:45] They're tired of hitting the same roadblocks and they want someone who can support them. In a very specific way, in a way that's going to work for them as a multi-passionate. So. First thing, first criteria, if it's time to hire a coach, you've identified a change that you want to see in your life.

[00:13:02] Second criteria. You want a greater chance at success at creating that change. You don't want to keep hitting the same roadblocks. Maybe you want to try something different. You want to try something And you are aware of a coach who can help you do that. So it might be time to hire that coach.

[00:13:20] This third. Criteria. Uh, for knowing whether or not it's time to hire a coach is something that one of my clients said to me, Chanel Carter, you're going to hear my interview with her next week. It was amazing. Something she said, when I asked: what would you say to someone who's not sure whether or not to invest in the program or work with me? She said, are you ready to invest in yourself?

[00:13:50] And so. That's going to be our third criteria here.

[00:13:54] Coaching is a very powerful investment and I'm not talking about monetarily. There are some coaches who charge thousands upon thousands upon thousands of dollars to work with them. I personally charged less than a thousand dollars for lifetime access to my course and a year of group coaching and community. That's just how I've decided to price my work.

[00:14:18] Or you can join my program for 12 payments of \$89. There are many coaches out there who charge. \$5,000, \$10,000. So when I say, are you ready to invest in yourself? Part of it is monetary. Right? Part of it is that.

[00:14:34] But. It's also energetically.

[00:14:40] Have you cultivated the belief that you're worth investing in? That tends to be the very last step that happens before you decide, okay, you know what? I'm going to join this

program. I'm going to work with this coach. You identify change that you want to make? You know that you want to increase your chance of success.

[00:15:04] When it comes to making that change. And then the next thing is you say to yourself, I'm, I'm worth this. I am worth this investment. It is worth me investing in myself. If I don't invest in myself. Someone's not going to magically drop down from the sky and say, Hey here, Seems like you need help with this. I've hired a coach on your behalf.

[00:15:30] You know, you have to do that for yourself. And, you know, it's time to hire a coach when you've reached the place where you are willing to say yes to you. Now I am not saying to bypass your budget. I'm not saying to, uh, put yourself in any position where you cannot meet your needs in order to hire a coach. I'm not here to shame you and say, oh, well, you know, if you believe that investing in yourself as important.

[00:16:01] You would come up with the money. I don't have those kinds of conversations that that's, to me, that's just like extremely toxic and. I don't do that. However, when you find someone that you want to work And their pricing feels accessible for you. Or maybe it feels a little bit out of reach, but you know that you can make it work, right? Like, okay. I can do \$89 a month.

[00:16:24] I can do that. I can figure that out. I can cancel a couple of subscriptions and boom, I have that. Right. So either it's within your budget already, or it doesn't take too much to figure it out. If that's already true. The next thing is believing that you are worth it, that you're worth the investment.

[00:16:41] That you deserve to have high touch hands-on support. With this change that you want to see in your life. So those are the three criteria that I've come up with. For how to know if it's time to hire a coach. And now I want to read you a couple of responses from my clients who hired me as the coach.

[00:17:05] Here's what Jocelyn, one of my clients inside of prioritize and thrive said, when I asked the question, how did you know it was time to hire a coach? She says :

[00:17:15] I have been struggling for a long time to even put a name to why I always felt so overwhelmed, trying to figure out what I should focus on. And how does she focus on it? I came across the multi-passionate hashtag on Instagram. And suddenly I made so much sense to myself. There was nothing wrong with me. In fact, there's a whole community of people just like me who have had the same gifts and the same struggles.

[00:17:39] Through that hashtag I found your podcast. And while you were midway through season one, joy, I've binged it all in like two days. I couldn't get enough. So when you shared

about offering coaching, I had already put some of your suggestions into practice and benefited so much. It just made sense to me to ask you for more help.

[00:17:59] Honestly, the coaching world has historically not felt like the right fit for me. But seeing the benefits of your practices in real time was undeniable. I decided to take the plunge and invest in the program because I finally felt ready to invest in myself.

[00:18:15] If there was nothing wrong with me as a multi-passionate and there was someone out there who not only understands that, but walks the walk of how to treat your passions. I could get to not a burden. I couldn't not go for it. And I'm so glad I did.

[00:18:30] So that was Jocelyn's response and you can hear. In her response that it kind of mirrors these three steps, right? So the first. Change that. Jocelyn lent it to make, even though she couldn't quite figure out like why it was so difficult was. Figuring out what she should focus on and how she should focus on it. Right. She had identified that that process was overwhelming for her.

[00:18:58] And then she found my podcast and started to put some things into practice from season one, right? Season one of this podcast is full of so many tips. And so. Jocelyn started to put those things, to practice and realize that those practices and, using some of the tips that I had been sharing.

[00:19:18] We're helping her increase her chances of success. And so in order to boost that chance of success even further, she decided that it was time to get even more help directly from me. She took the plunge and invested in the program because she finally felt ready to invest in herself.

[00:19:35] Next, I'm going to read you another response from another client named Yves. Yves joined prioritize and thrive pretty recently. And so it's really great to get this response from her because this is a decision that she made not too long ago. So it's still fresh in her mind. And she gave us a list and we're going to read it just like she wrote it.

[00:19:56] She says there was an alignment of many reasons. Number one, I was and am venturing into career and lifestyle territories that I've never experienced before. So I knew I'd run into problems that I had no idea how to solve. I know that I need all the resources and support I can get in the process. Number two, I was overwhelmed and feeling lost with all the options that were in front of me. I was going through peaks and valleys that excitement and fear, doubt, and motivation.

[00:20:25] I knew it would be better to have knowledge of how to navigate them at the beginning of a new journey rather than struggling and learning the hard way. Even though these are natural

parts of life and career change. I knew that more ease was available to me. Number three, I knew I was up against a mental, spiritual and a practical challenge coaching and your offering specifically seemed like they would provide me with the morale and pragmatic support that I needed.

[00:20:53] Number four timing. I didn't know that multi-passionate people were a thing. The idea showed up in my life at a time when I was struggling with the symptoms of being a multi-passionate and what felt like an insurmountable way. And the concept resonated with knowing that multis passionate, specific coaches existed felt like an invitation.

[00:21:15] Number five intuition. My initial reaction was that it felt right when I sat with it a little longer, it still felt right. And when thinking about the energy exchange of investing money for the coaching, it felt right. So I had to trust myself.

[00:21:30] Number six. I had the time and motivation to actually show up for the knowledge that I had the potential to gain through coaching. And I felt confident that it wouldn't just be a thing I invested in and didn't actually use. Number seven. If it makes sense, I felt like I needed it. Like it was imperative that I get coaching and not optional.

[00:21:53] So that is adding even more juiciness to the three things that we already talked about. Some of it is repeated in Yves response, and some of it is new. I love the piece about intuition. Feeling that it feels right. I also love the piece about finding a coach in both Joslin and They both mentioned this, finding a coach who you resonate with. Right.

[00:22:18] If it's time to hire a coach, that doesn't mean you just go and hire any coach. Hire a coach that you feel resonant with. And if you're a multi-passionate person, even if you do not choose to work with me, who is a coach for multi-passionate. Please make sure that whoever you do go with is aware that you're multi-passionate and has the tools to coach you, because there are many, many coaches out there who do not understand the multi-passionate experience.

[00:22:46] And it's no shade to them, but they will not be able to support you in a way that's going to work for you because they might just say something to you one day, like, Hey, you just got to choose one thing And it sounds like you're a little bit all over the place and it could really, really trigger you.

[00:23:00] Whereas a multi-passionate coach. Isn't going to say, well, a good one anyway, isn't going to say that to you, right? They're going to understand that that's not how your brain works and that's not going to work. So finding someone that you resonate with is important as well.

[00:23:14] And both of these answers. Talk about that investment. What Yves said was I had the time and motivation to actually show up for the knowledge that I had the potential to gain

through the coaching. So when you consider, if it's time to hire a coach, you do want to consider how much time you have.

[00:23:33] And I want to add to that by saying when you choose to say yes, when you choose to make that investment in yourself, part of that is carving out the time.

[00:23:44] Like in my program for the coaching aspect, we meet bi-weekly for one hour. So that's two hours a month of active coaching. The rest is course content that you can go through in your own time. So a program like mine does not require a huge investment of time. It's made to fit into your lifestyle. It's made to fit into whatever you already have going on. And because I'm a coach for multi-passionate, I'm assuming you already have a lot going on. And so I created a program that could fit into a lifestyle.

[00:24:17] I've been in many, many programs where those calls every single week and that felt overwhelming for me. So I chose to not create a program like that. So you want to also consider the time that you'll be investing.

[00:24:29] And that's how to know if it's time to hire a coach.

[00:24:33] As we continue on in this series, there'll be client spotlights where I interview clients from my program. We'll also talk one-on-one coaching or group coaching, which one is right for you and so much more. So please stay tuned for the rest of the coaching series. The next episode will be out next week. We're going to keep it rolling.

[00:24:53] And as reminder, if you have any questions about what we talked about in this episode, about how to know if it's time to hire a coach, click the link down in the show notes and drop me a voice note. I will answer your question as we close out this series. Alright, thanks for tuning in I'll. I'll see you next week.

[00:25:10] Thank you for tuning in to this episode of the multi-passionate mastery podcast. If you received anything valuable from this episode, send it to a friend. I know you've got some creative people in your life who needs to hear this. Also, please take a moment to leave a review.

[00:25:27] Even sharing one sentence about how you feel about this podcast can help us reach the hearts and ears of more multi passionates. If you're not exactly sure how to leave a review, I've left some instructions for you down in the show notes. Thanks again, and I'll see you in the next episode.