Interview with Stacey (FAQ)

1. How long have you been coaching?
   1. While clinical coaching is fairly new adventure for me, I have been listening and counseling for a long, long time. Over 2 decade!
2. How did you get started coaching?
   1. During a particularly trying time in my life, I devoured information that would help me deal with what I was facing. I read books, blogs, websites. I spoke to and interviewed specialists. I questioned anyone who would let me for information. When these trying times – dealing with mental, physical, and spiritual health either in myself or those I closely cared for – started to settle down enough for me to think, I realized I had a really unique treasure trove of knowledge….and no idea what to do with it! I considered going back to school to become a counselor but it just didn’t feel right for me and my life. I wanted to help people, but I didn’t think I could hand bing responsible for the major hurt and heartache people suffer. That’s when I realized, being a coach – more clearly defined as a personal friend who actually has some answers and insights – was exactly what I wanted to do with all this knowledge.
3. What kinds of clients do you work with?
   1. My studies have helped me to develop an in-depth understanding on three main things.
      1. The ‘mental health field’ can’t possible be wide enough or deep enough to meet all the needs of everyone around us.
      2. Our mental, physical, and spiritual (not read as religious) health are inseperably connected
      3. Trying to help people as adults deal with their mentla health problems is like trying to put a bandaid on a compound fracture of your femur. To stop the adults from hurting, we first need to help people as youth!
   2. So, I work with youth and young adults who are struggling with anxiety, depression, self esteem issues, relationship problems, health problems, or just plain stress. I also work with their parents because chances are they need just as much help as the youth. This way we all learn to understand and support one another.
4. How are you different from other types of coaches?
   1. When I first started my actual health and life coach training, I searched for a program that would help train as a life coach specifically for teens. It was a pretty futile search. This tells me that I am different from a lot of coaches because they work with adults. I also believe I’m also different from a lot of therapists or coaches in that most of what I coach on I have actually been through. When you tell me you hate your body, I know exactly what that means. When you tell me you are too nervous to speak in front of the class when the teacher calls on you and you want to throw up, I know what that means. The list goes on and on because of the wide range or struggles I have personally had or worked one on one with in my children, siblings, or parents (meaning I was very closely involved, often the only source of support)
   2. Another differences from some, although these are wonderfully growing resources, is I use a lot of mindfulness, meditation, and will even defer to some Eastern medicine philosophies. I 100% believe in modern medicine, doctors, and Jesus Christ. But I also believe that people have been trying to improve their health and value of life since the beginning of time. They did so by utilizing their surroundings, their culture, and their understanding. When we combine all this understanding, the treasure of insight on health – physical, mental, and spiritual (not religious) is astounding.
5. What kinds of personalities do you work best with?
   1. I I have six kids. SIX. I have five siblings. FIVE. This means in my immediate family – adding in my mom, dad, and step dad plus two husbands - I have worked with SIXTEEN different personality types. My family is NOT one of those cookie cutter ones where everyone is an athlete or a musician or even likeable! And if I’m being honest, I started out as the most difficult personality of them all. Would I love to work with someone who is happy and motivated and ready for change? Of course! Would that kind of defeat my purpose as a teen life coach? You betcha!
6. Who does this program best work for and not work for?
   1. I will start very clearly that I am NOT a licensed counselor. But I have dealt with over a dozen of them myself, so I have a pretty clear idea of when someone needs that kind of therapy and I will be the first to recommend it if I feel that is what you need. That said, everyone – especially teens – struggle with anxiety, depression, attention issues, anger management, body dysmorphis and eating disorders and other problems we too often deem as “mental health” instead of just a byproduct of the complicated world we live in. So, if you are struggling with these things and don’t feel like they warrant ‘therapy”, or if you’ve tried talk therapy and didn’t like it (as most of my kids did) coaching is a great alternative to ‘toughing it out’ or self medcating with any number of this the world provides for us these day. While I have worked with family members who struggle with more serious mental health issues – OCD, ADD, addiction, suicidal ideation and bipolar personality disorder being some of them – aside from a listening ear, I am not trained to actually help you battle these and other mental health struggles.
7. What exactly is your program and how does it work?
   1. While my programs do have a general ‘outline’ to them in order to follow the best scientific methods for change – I will determine the details of each week and each session based on what you and I discuss in your discovery session as well in each session following this. In our first session, we will dial in on what hopes and dreams and desires you really want to work towards at this point in time. We will then meet for 10 more sessions, for a total of 11 transformational sessions. Each session we will review how you are feeling to make sure we are still headed in the right direction for where you currently want to be. We’ll celebrate the wins and progress you’ve made and we’ll honor the struggles that have presented themselves as we work towards our ultimate goal of learning to love the authentic you. Each week you’ll leave with actions in hand for making changes that will altar old habits and create a new you. In our 12th session of the program, we will first celebrate fully all you have accomplished over the past 12 weeks. Before it’s over, we will discuss if there are further hopes and desires you are still pursuing and how I can best help you with these new goals. (There will never be undo pressure to start another program with me, simply the offer for more if that is what you feel is best for you)
8. How do we meet for sessions?
   1. Unless you prefer to meet in person, you will receive a zoom link in an email from me each week where we will connect. In that email will be an action guide and any other resources you may need for the session that you can print out or have in front of you in digital form.
9. Does this really work?
   1. Yes! I’ve been through the program myself and it was life changing. Previous clients have told me it has been like something they’ve never experienced before!
10. What results can I expect?
    1. Regardless of what program you sign up for, the first thing you can expect is to develop a deeper love and appreciation for who you are right now and all the wonderful things you have to offer just the way you arrived on this planet! After that, the results depend a lot on what you are after, but a clear understanding of who you are and how you fit into this world, a respect for what the universe has given you, and overall a happy healthier soul should be expected from all programs.
11. How quickly can I expect results?
    1. That depends on your definition of a result. You can feel results like greater hope and anticipateion with life within the first few sessions. You can expect a greater feeling of control over you outcome in life before we hit week 6.
12. How can I guarantee that I will get your program results?
    1. Show up for yourself. The program? It’s a bunch of tools. Me? I’m a tool belt handing you the tools that I carry. The only way to guarantee any results is for you to pick up the tools I give you. Beyond that, the systems and research I use for my program are put together by very, very smart people who have researched the heck out of this stuff. Not me.
13. What if I don’t have a lot of time for this?
    1. Ever heard the phrase ‘small hinges swing big gates’? The fastest way to NOT change is to take on more than you can handle! My program is designed to be easy steps sometimes taking no more than a mere thought in a day. There will be times where the activities I assign may take a little more time, but within a week’s time it should be very doable. However, I also refer to my answer to #12. We all win the game we play. If you want to win the game of change, you gotta be willing to play the game of change.
14. Will I recover the investment I put into this coaching program?
    1. Let me put it this way. I used to believe a whole lot of our life was pre-destined. I would hear other people say things like “You can manifest success for yourself” and roll my eyes too. Now, I realize there is scientific proof that if you put goodness out into the world, it WILL come back to you. It won’t always be immediate. It won’t always be the way you want it to be. It may not even look like goodness at first. But it WILL happen. So, I now say, you put this kind of goodness towards yourself and the universe is going to reward you with greater success than you can possibly imagine. Especially for the young people of this world who have yet to be beaten down by the more cynical players out there.
15. What if I have other concerns you haven’t addressed here in this interview?
    1. Please feel free to reach out to me by phone or text at 208-921-8912, by email at [climbonrockon@gmail.com](mailto:climbonrockon@gmail.com); DM me on Facebook or Instagram @KeepClimbingCoaching; or send me a message through my website keepclimbingcoaching,com

WHAT IS MY WHY – get super clear on who I am, what I do, why I’m doing it – and always state that when I talk I am a life coach for teens and their parents, as well as those facing a faith crisis of any kind. I stand by their side, I hold their hand, I listen to their concerns, and then I give them the tools to get what they want out of life.

Posting #thatsmywin @careycoaches @stacey\_morgenstern

Sample email

Subject I have som really exciting news

Hi (). I hope you are well

I ave some really exciting news that I am thrilled share with you!

I have started my own practice helping ()

I know how painful…..because I…..

I am now…..

I’d love to know, does my mission speak to you personally

If so, could we arrange a 15 minute informational interview where I can ask you some questions. It would help me so much to hear about your experience

I am free….

Thank you so. Much for your support and I hope to hear from you soon

Sample DM

GET STARTED WITH A SIMPLE SYSTEM