



## Episode 52: CECILIA'S COACHING STORY

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 52, Cecilia's Coaching Story.

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Welcome to the *Become an Unstoppable Woman* podcast, the show for goal-getting, fear-facing women for kicking ass by creating change. I'm your host, Lindsay Preston. I'm a wife, mom of two, and a multi-certified life coach to women all over the world. I've lived through enough in life to know that easier doesn't always equate to better. We can't fear the fire, we must learn to become it. On this show, I'll teach you how to do just that. Join me as I challenge you to become even more of the strong, resilient, and powerful woman you were meant to be. Let's do this.

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Hi, there Miss Unstoppable. Thank you for tuning in to another episode of this show. This one is a treat. I always love it when I have clients come on and tell from their mouths their coaching story of where they started and where they ended up in just a few months of us working together. In today's story of "Cecilia", whose names I'm putting in quotes. We've actually changed her name for privacy because she has a job in which she wanted to talk very openly about. I'm so glad that she did that. She doesn't want to share her name for obvious reasons.

Today she's coming on and she's talking about what life looked like when we started coaching together. She was an anxious person. She described her anxiety at a level 10 every single day. She said that she was just at rock bottom when she came. To be honest, I thought she may be more of a therapy client but she came in and she was over it. She was just so over the mind drama in her head. She actually came in and did my Life Luvers course. First without even doing a consult with me and just showed up 100% and gave it her all, was just getting results like crazy and I thought, "I got to get this girl on the phone. Who is this woman? She's awesome."

She had already decided even before we got on the consult. She's like, "I know I'm going all in. I'm doing this. I'm so over everything. I've gotten more results from you in just a few days than I've gotten in years in therapy." We just went from there. There were some



hardships in this journey, let me tell you. There were at least two times that I can think of that she was not happy with me. I think she probably wanted to quit. We bring up one of the times on the interview. The other time I had called her out on something and I had said, "Hey, this behavior is what is sabotaging you and blah, blah, blah." She came back and she was not happy with me.

That's why people hire me. It's not necessarily to be their best friends but to show them the things that are holding them back. I'm so glad that she stuck in and kept going even though I made her a little bit mad because that's the power of coaching is for someone to call you out on yourself and to see your patterns of behavior that are keeping you stuck. This interview is so much fun as she just talks about the before and after journey. Talks about how coaching helped her with her job. She wanted to leave her job at the time of coaching. You'll have to listen to the interview to see what happened with that, if she stayed or if she left.

She talks about a toxic relationship that she was in and how coaching helped her finally leave that toxic relationship. Very powerful interview in store. I hope you love it. Here it is. Cecilia, thank you so much for coming on the show and for sharing your coaching story with everybody. Can you give us in a nutshell, what was life like when you and I met, goodness, what? Last fall, fall 2019?

Cecilia: Yes. [chuckles] Thank you. I feel very honored to be here. Thank you for allowing me on the show to share my story. I remember it was September of last year. If I can describe how I was doing back then, I always tell people that I felt like I had hit rock bottom. I was having panic attacks. I was very anxious. I was depressed. I remember crying all the time. I always tell people or I would tell myself I felt like I was going crazy. I was extremely unhappy. I really didn't know who I was, what I wanted. I was in a toxic relationship.

Then, at my work, I'm in the healthcare field, I'm a nurse, I felt like I wasn't good enough. I thought no one liked me and that I wasn't the right fit for the job. I remember reaching out to you around that time like, "Oh, what should I do?" Asking you for advice and you gave me some great, great advice. I was just really unhappy and it was just a really dark, dark time for me when I met you or when started coaching with you.

Lindsay: Yes, I remember. Granted you signed up and you did Life Luvers at the time and I hadn't even met you yet. You went against the grain. Normally, I meet somebody and then we do Life Luvers. Now, even Life Luvers is not even a thing anymore. Then you were just showing up and you were rocking it. I was like, "Oh my gosh, I got to get this girl on the



phone. I want to know more about her. I want to know about her goals and see if I could help her more." I remember getting on that call with you and you told me about your anxiety and how it was at a level 10.

You just imagined bringing it down just a couple of notches. Our goal was a six at the time. You were like, "Oh, I can't even imagine what that would be like. My job, I thought this was my dream job but I just don't feel like I fit in. I think I want to leave." Tell them what happened next after we did Life Luvers and you said, "Okay, I definitely want to do Unstoppable," and so we started working through that. What happened next?

Cecilia: I remember I used to be one of those people that would change jobs all the time because I thought the job was the problem. I always remember reaching out to you and I asked you, "What do you think I should do?" Basically, you told me stay strong, keep going, and that you were going to be there to support me. That's when I decided to do Unstoppable.

I think with Unstoppable, that program really, really changed my life. Just like I got to know myself. It was almost like I got to know what I liked and what I was good at and why I was basically the way that I was as an adult. I felt like I did a lot of healing work. Coaching really changed my life. Prior to me even doing Life Luvers, I didn't even know what coaching was, to be honest. I'm glad that I took the opportunity to invest myself and really for the first time in my life, put myself first.

Lindsay: Yes, because you were used to just giving, giving, giving, giving. You had been going to a therapist, right?

Cecilia: Yes. I had been going to a therapist but I almost felt like I wanted the therapist to tell me how do I fix this. What do I need to do to get into action? I wasn't getting that from the therapist. It was very inconsistent where I would see her like one month and then she didn't have any availabilities until like two months later. I never felt like there was any progress there because there was a lack of consistency.

I just felt like I want someone to tell me or show me how I can improve and the steps that I need to do to move forward in my life. I just felt like that was what was different with coaching where you can see things that I wasn't seeing. That's where I felt like I grew so much where I was like, "Oh." I could see your perspective or someone else's perspective, things that I wasn't seeing.



Lindsay: It's so interesting, Cecilia because when you came to me, you were almost somebody who would have qualified more for therapy. Like you said, you were depressed and you had huge amounts of anxiety. I was really on the fence. I thought, "Okay, I don't know if I can really help this girl but she's already getting great results on her own. Let's just dive in and see." I think it just shows, again, the power of coaching and especially the power of someone's mind when they're really fed up because I felt like you were really fed up.

You and I had talked about this on one of our calls it was like, with therapy, the therapist would go into the pool of sorrow with you and be like, "Oh, yes, it's really hard. It's this."

You need some of that. You need sometimes to process and sometimes you need someone to hold your hand. Then sometimes you need someone to hold your hand and say, "Let's get out of here. We're not going to sit here and just be in a pity party, here are the tools to get us out of here." That's one of the reasons why I wanted to bring you on the show because I want to show people that even if maybe on paper you qualify to go to therapy, if you have the willpower to change and you really apply what coaching with me teaches you, you can change so much, so, so much.

Cecilia: Yes. I'm glad you brought that up because when I had stumbled upon you, I actually wasn't looking for coaching at the time. I didn't know what it was, it was from above almost that I found out about you. I actually felt like I don't know if I'm confident enough or secure in myself to really be a candidate or I don't know if we would be a good fit. I really liked you. I had listened to some of your podcasts. I was like, "Wow, she seems like a really genuine person." I was hoping that we would be a good fit.

I'm glad that you saw something in me and that you were able to work with me because at one point, I was like, "I don't know if I'm confident enough or I meet her criteria so we can work together." Just working with you completely changed my life. I'm just so grateful that you did take me on at the time. Yes, I did feel like, "Maybe I just need to go to therapy but let me try this coaching thing." It completely transformed my life to the point where I did leave therapy. I guess we can talk about it later but in terms of the anxiety, and I'm just a better person, a healthier, happier person because of coaching.

Lindsay: Let's talk about that. Let's dig deeper into the before. What was life like when you would wake up in the morning before coaching?

Cecilia: I couldn't sleep. That was the thing where I feel like very unrested. The first thing I would feel extreme anxiety and I wouldn't even know why. I would just wake up and my



stomach would hurt and my heart would race. It was just almost like I was scared to face the day. I had dread going into work. I remember telling you because I do have high empathy, it was almost like I was feeling someone else's whatever they were experiencing, and there was like all this stress. Even when you told me or when we came to that goal of reducing my anxiety, our goal was from a 10 to a 7 or a 6. In my head, my inner critic or what you call the inner mean girl, I was like, "I don't know if that's possible for me."

I had heard what your clients, everything they've been able to accomplish in their life, but I wasn't sure if that was possible for me because of the level of anxiety that I had that I would cry from these panic attacks that I would have. I would shy away from challenges. I was always scared that I'm going to do something wrong, or people weren't going to like me. Because I had a really hard time with setting healthy boundaries with people, I always was a pleaser and I would do whatever they wanted me to do even though I was already overwhelmed.

It was very difficult to go through the day, where the only days that I really enjoyed were the weekends, and even on the weekend, life was so hard. Even on the weekends, I had a really hard time relaxing, and I could never really be at peace with myself at that time. It was just horrible. I thought of myself I can't live 30 or 40 more years waking up this way. I don't know where I'm going to end up. I just can't continue doing that to myself.

Lindsay: Even though you have this almost debilitating anxiety outside, you're successful. You're about to finish your master's degree, you had a leadership position at work. That's what people think sometimes it's if somebody's externally successful, then internally, they must feel that way too. It's not the same. You're really wanting more than internal success?

Cecilia: Yes. You're so right. If someone will look at me, they'll be like, "Wow, she has everything going for herself. She's very successful." For me, I always felt like maybe when I get my doctorate or maybe when I do this next thing, I'm going to feel better about myself. That wasn't the case. You're right, I wanted to be at peace within myself. There was a lot of chaos inside of me. I was at a war almost with myself.

Lindsay: Yes, you couldn't take in the success because you had broken so many barriers in your family and all that, and you just needed your mindset to come up with it. We had to do some healing. Yes, it was so good. What I love about you is, A, you did the work, you trusted the process. When you didn't feel like you could trust the process or something goes wrong, you were always super honest with me. That helped us really focus in on things when things weren't going well of like, "Okay, let's look at it this way."



That just so worked in your favor. We had bumps, we had some major bumps, especially with your relationship with your boyfriend. You guys would have a fight or something, and then you would pull away from the process, and I would try and bring you back. There was these times where it was stop-starts. Tell us about how that all ended up with the relationship and where you went with that.

Cecilia: I'm so, so glad you brought this up because I do want to mention for me, I felt like every time that I was trying to make some progress, or every time that I was just growing in this program, or just with the coaching process, the person that I was with, he would bring me down. It was almost like he held me back from where I needed to be. I also had certain friendships or relationships that it was the same thing where I was growing or just moving forward and it was almost like they held me back. It was a very toxic tumultuous relationship. I'm no longer in that relationship. I no longer have those friendships around me.

The interesting part is, when I was in the relationship and I have those friendships, I felt very lonely and alone. Now that I'm not, I feel really happy, really at peace. I don't know what I would have done during the COVID-19 pandemic thing if I hadn't had the coaching before. Just where I was naturally all my life an anxious person, I could honestly say that during the pandemic was probably the happiest times of my life, even though I do work in the healthcare field and I am in the frontlines because I knew how to manage myself and I had to manage my thoughts.

Lindsay teaches you so much. She teaches you all these tools that are tools that you can use for any situation for the rest of your life. That's why I say that coaching for me was like a saving grace because it's almost like it opened my eyes to things that I wasn't even able to see. Like how certain things held me back and were not good for my progress or just not even good for my inner peace.

Lindsay: That's why when everyone's like, "Oh, Corona is giving me anxiety," the rest of us that have done coaching and such are like, "Corona doesn't cause anxiety. It's your thoughts that cause anxiety. When you change your thoughts, you change everything." That's what's so interesting because again, you grew up in a childhood that was pretty hard. Then you up-leveled externally but yet your brain didn't know how to uplevel and so it just kept self-sabotaging with relationships and friendships that were bringing you down. We changed a lot in what? Nine months or so?

Cecilia: Yes. I always tell people really what it takes for a baby, nine months to grow for new life to begin. I always feel it took me nine months to be born or my mom's pregnancy



but it also took me nine months to be born again because I'm completely different person than I was. I never thought with coaching that I could do that. I never imagined myself to be at this place. I never even dared to dream that far.

Lindsay: You're just getting started. We just wrapped nine months of coaching. It's incredible. So incredible. Tell us about life today.

Cecilia: Life today, I finished my master's degree, which is really exciting. I wake up and I do my journaling, which I love. I love writing. I have this inner peace. I'm so proud. I'm able to be proud of myself and I'm able to talk to myself in a nice way, in a nice manner. I'm able to have compassion for myself. I think for me what was one of the biggest things that I learned is I was able to not only learn about myself and understand myself but also I understand the world and I don't take things personally. Before, I would take everything personally. I was very emotionally reactive.

This is just an example, but if Lindsay didn't respond to me in the way that I wanted or gave me the answer that I, in my head, wanted, that in the past would make me, pre-coaching, so upset or if somebody wouldn't respond a text within a certain amount of time, I would make it about me. Like "Oh, they don't care about me or I must be a bad friend to them." I don't let what's going on in the outside world bother me anymore. This is the happiest I've ever, ever been in my life. I was able to accomplish that happiness without external things. We're staying at home, I'm not going out and traveling or going out to amusement parks, which were things that I really enjoyed in the past.

I'm by myself, I feel just very grateful to be alive and I'm able to appreciate the little things in life. All I can really say is I don't have anxiety. It's insane that I would say that that number went from a 10 to a 2 or 3. I never thought that was ever possible. I think that I could have gone to years and years of therapy and I wouldn't have been able to drop it that quick. To me, that's amazing that I dropped it that quick from a 10 to a 2 or 3. The panic attacks are gone.

I know I didn't mention this before but I had gastrointestinal issues, I had IBS. I remember Lindsay saying "Oh, yes, some of my clients, they got rid of their IBS." I am in the healthcare field so I had a really hard time in the beginning, like "I don't know if that's possible." I don't have those issues anymore. I had stomach pain beyond my belly button. I thought it was the foods that I was eating, but it was really the anxiety and the stress that I was putting myself under. To me, I still say it but I still can't believe that even happened.





Lindsay: It's crazy, again, just how much you changed. I have to ask because so many people will come to me, Cecilia, and they'll be like "Oh, I want to change and I want this so bad." Then they don't. Then they maybe not sign up for coaching or they just passively listen to, podcasts like this and they don't say, "Today's the day, I'm fed up. This is the time". What was it for you to say, "I'm done, let's do this."?

Cecilia: I think it was a few things. The first one was I felt like I've already tried the therapy and I felt really alone and I just felt like I need to do something because felt like I had hit rock bottom. I need to do something. For example, I was doing so much for other people. Just so much even for the person I was with where I would work around his schedule and do so much for my friends. I was last always on my list. If I even made it on the list of things In terms of importance, priority, I never prioritized myself. I never put myself first. I would say if you're thinking about it, this is like an investment for life.

It's not something that's going to help you for the next year, the two years, but it's going to help you for the rest of your life. I think us women, it's so easy for us to put our kids first or our husbands or other people. I would say think about the person you want to become. You have to live with yourself for the rest of your life. That's the one thing that's for sure. You have to live with yourself for the rest of your life.

Just for me, I couldn't keep waking up and having those negative self-talks and I couldn't live with that anxiety anymore. I thought of myself like, "I can't do this for 30 more years, I just can't do it". I would say just think about yourself and use this opportunity to put yourself first because you matter and you're important. Everyone is unique and everyone is beautiful and you have so much to offer the world.

Lindsay: Yes, it's so true. You mean the investment pack, right? You have gotten bonuses and stuff at work?

Cecilia: Yes, because when I had signed up for both Unstoppable and when I was with you, they were separate courses, Authentically Awesome. It was that time where I was like "I don't know". I was worried about my finances, but I invested it because I believe that whatever you put out there in the universe, it's going to come back to you. I remember we were talking about it and I did make the investment, but it came back in two different ways. One was bonuses and another way where I got what I invested back within months. To me that was amazing because it wasn't something that I was like, "I need to get this money back somehow." It just came to me.





Lindsay: Yes, so cool. Now you have all these tools for life. You have these programs. I'm updating them and you guys get the updates and we get to go through them again and again for every uplevel because this is only the beginning if you want it to be. You can keep going from here. So many people, like we've talked about, just stay stuck. They just keep the same thoughts, the same behavior on repeat. Now you're at a place where it's like, "Okay, I'm at this new place, this is really awesome. Maybe I'll stay here for a little bit and then I'll want to uplevel again and again and again." Now just the whole world feels like an opportunity, don't you agree?

Cecilia: Yes. When I signed up, I always felt unsafe and I had trouble trusting people. When I did coaching with you, I felt really supported in every which way. I think the community that you have built, part of Lindsay Preston network, it's so supportive too. Nobody judges the other women, everyone's so supportive. I felt like I wasn't alone in it. I always had Lindsay or I always had the women that are in that group.

I always felt extremely, extremely supported. I felt like I have access to these programs If I want to do them again, and if there's other things that I want to work on, other aspects of my life. I felt like you get so much more out of the investment. You get so, so much more. That is for me, it was completely worth it and it continues being worth it.

Lindsay: I'm so glad you say that. It's so true, I think. I know, it is for my coaching. What's so funny is there was even a part where you stepped away process and you said "Lindsay, I need a break." I think we took a month or so. I respected that. Even though I really wanted to keep going, I was like "Okay, I'm just going to give her this time, I'm going to see where she comes," because you were working through some stuff. I kept just gently reaching out to you, where are you at? In essence, I was trying to still hold space where we were going but still let you have your own beliefs in where you wanted to go.

It was so cool that we were able to come back and really finish strong because I was a little worried. I was like "Oh, man, she's going through this thing. Is she going to be able to process through it?" You did it. It just shows, A, your strength, and two, the power of the tools. You kept using those tools to get through it. It was good that you trusted me enough to do that, because our brain can self-sabotage, like "Who's Lindsay? What is this?"

Again, it was just so great you were so open about everything because a lot of times, people, they won't tell me when they're mad at me or what's going on. They just feel like they need to be perfect. No, we're here to just dig deep. Tell me all the things, tell me how you hate me, let's coach on it because I really want to take you to where you want to go



and I know it's uncomfortable. I'm glad you felt supported even though there were times I know I pushed you to look at things a little bit differently.

Cecilia: Yes, and that's one piece of advice that I would tell people because I think when that happened where I was, "Oh my God, Lindsay is going to be mad." That was in my mind. My thought, "Lindsay is going to be mad at me." That was my thought that I had in my head. Then when I decided to be honest and upfront with you, I felt like you really helped me. It was just an opportunity for me to grow. Even the time I took the month off, it was because of the person I was with. I just felt like I couldn't handle everything. I like that you weren't pushy about it. You were just checking in on me and I think that's something that I want people to know that you are very genuine.

I always felt like you actually care about all of your clients. For you, you are really here. You really care about helping us grow. I think that is your purpose. You're just a very loving person. I felt that and that's why I stayed so long and I'm going to continue staying. With some other people or coaches, it's more about the money for them. I think for you, it's very different. Where it's like, "Lindsay does care about me and she cares about my growth." Even when I did take the month off, I felt like you were there for me and you really genuinely cared about how to help me and help me grow.

Lindsay: Good, I'm glad you felt that. I always say that getting to work with you all is what I strive for, and then the money is the cherry on top. It's like, "I have to get paid somehow, it's the way the world works." I'm so glad that comes across. Is there anything else that we left out of the journey that you want to share?

Cecilia: I think yes. I don't know if I already mentioned this. One of the biggest things that I got out of it was that I didn't know who I was when I started coaching with you. I know it sounds weird but I didn't even know what I valued. I didn't know what my beliefs were. I didn't know what I liked or disliked. I just didn't know myself. Coaching really helped me discover who I really, really was.

Looking back on it, I don't know where I would have been going down the line at 40, 45, 50 being that type of person that didn't know who she was. I think when you don't know who you are it's so easy to go along with what other people are doing or just be in relationships that are not healthy for you, that are not adding to your life. I can't tell people enough how this coaching changed my life and just meeting you changed my life. That's the last thing I wanted to tell people.



Lindsay: Oh, good. I always say coaching is the best investment you'll ever make. [chuckles] It has been in my life every time. Investing in yourself continues to pay you back because that's you, it's not like a purse that's going to wear out or a vacation that will end. Like you said, you're with yourself all the time. Thank you for sharing your story today. We're so appreciative of you. I know we're keeping your privacy so you don't have any way for everyone to reach out. Thank you again for being so vulnerable and so honest.

Cecilia: Thank you for having me.

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