



Episode 116: COACHING VS. THERAPY

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 116, Coaching vs. Therapy.

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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, my friends. Welcome to another episode of the show. Oh my goodness, this episode right here today, I have been looking forward to for a long time. No joke, I could not even sleep, I was so excited to record this episode. I've been wanting to get this information out into the world. I wanted to bring on Kaycee Joy, who you may remember from episodes 110 and 111, where she talks about her coaching story with me and she also talks about her coaching practice in the bodywork episode, back on the show, because I wanted this to be a discussion of us talking about the differences between coaching and therapy.

I can sit and tell you all day long, where I stand with the two, but I wanted to bring on Kaycee because Kaycee has had a different experience than I have had with therapy, and with coaching, because we've worked with different people obviously, and yet, it's funny because we still have come up with the same conclusion. I didn't even realize this until we sat and recorded it. I just really wanted you to see that there's different perspectives out there.

I think a lot of times people like to put coaching in one bucket and therapy in the other and say, "Well, if you have X, Y, Z qualities, you go to therapy and if you have A, B, C qualities, you go to coaching," and it's really a very gray thing. There are people who may be a better suited for therapy if they go and work with this one coach because that coach



may approach their style of coaching in a different way than maybe I do or the way that Kaycee does.

Even Kaycee and I talk about the difference. We both consider ourselves coaches, but yet, our styles are different, the way we hold space is different, what we're asking from clients is different. Again, I just want you to see this isn't a easy-peasy, I'm either here in therapy, or here in coaching, it's really about you finding the right person for you. I love this discussion with Kaycee, I think you're going to gain a lot out of it.

I think too of you have been somebody who has been to therapy, it may have some aha moments for you and you may even disagree with some of the things we say and again, that just goes back to everyone's perspective is going to be different. It's not that coaching is better than therapy or therapy is better than coaching, again, it's just where you're at in your life and where that comes together, but again, as I'm saying, I think it'll give you some aha moments if you've only had therapy.

I know for a lot of my clients, and they'll come to coaching and say, "Oh, yes, this is what I was missing in therapy." Maybe on the flip of that, some people may experience coaching, and then say, "Oh, man, yes, it was therapy that was the missing piece." Again, I think you're going to gain a lot from it. Enjoy this conversation with me and the beautiful Kaycee Joy.

Hey there, my friend. There's an intro upon an intro here because after Kaycee and I recorded this episode, we had a couple of weeks to really sit on what we said, and especially what we didn't say in this episode. There are two things that we felt like we didn't touch on in this episode that I'm going to put it here before we even get into the conversation, versus putting it at the end because they're important parts and I don't want you to miss them.

The first thing that I felt like we missed in this episode, was when we were talking about the difference between coaching and therapy, we failed to mention that generally speaking, most coaches just look at the present and the future when they are coaching with somebody. I even know certain coaching modalities that want nothing to look at your past, and they think it's almost like not even worth their time to do that. I want you to just be aware that most coaches do this.

Now, Kaycee and I do not do this, we both look at the past, we both spend time there and so that's where you'll hear a lot in this episode, how coaching and therapy is in two different buckets, but it's actually very gray and it depends on who you work with. I just



want to make that very clear, most coaches, present and future-focused, and Kaycee and I are not like that. The other thing is, many people say therapy is just present and past-focused and not necessarily future-focus and again, that's a generalization.

While many therapists may do that, there are obviously therapists out there that add in the future element as well. The other thing that Kaycee and I felt that we missed in this interview when we sat on it was, obviously Kaycee and I are coaches and even though Kaycee, I feel like is almost a borderline therapist, she even has a title of holistic counselor. To me, you can really hold space for some deep feelings when we talked about that in this interview, we have experienced the most transformation in coaching and so we're a little biased.

When we left this interview, we just both felt that maybe we didn't give enough emphasis on how important therapy can be and so we just want to take a moment for that and really emphasize that therapy is a beautiful and amazing thing-- I just listened to this interview in full so I know we say it near the end of this interview, but I want to start with it by saying it. Therapy is a beautiful and amazing thing and it can be very transformational for people.

For Kaycee and I, it was a very slow transformation in therapy and then coaching just really pumped it up for us. Especially for people of color, who are really coming into the trauma they experienced, as they experience more and more racism, or they're just opening their eyes to it, that therapy is a beautiful, beautiful outlet for that, but for a lot of people, they go to therapy, they get some transformation, or maybe a lot of transformation and then they think, "Okay, well that's it for me."

For example, I had a consult with somebody last week, who, she lost a child, went to therapy for a while, and then her therapist said, "Okay, you don't need to come anymore because you're at an even ground now," and she's like, "Well, I don't feel that way. I want to keep going up, I want to keep thriving." Those are the people that after therapy do really, really well on coaching, because they're at a pretty solid ground, they've done some healing work.

Now, granted, when I get those clients, like the consult I had last week, I told her, I said, "Yes, you've done some healing work, but we actually need to do a lot more, and I'm going to take you even deeper in coaching, but because you're strong enough, because of the therapy work you did, I can take you there and then we can do this beautiful upswing and get you to thriving in all areas of your life."



I just want to emphasize that, because too, some people will come to me and they'll be very, what's the word? Very-- this isn't the right wording, but very attached to their therapy experience and they feel like I'm diminishing it and I'm not. Kaycee and I are just talking about our experience. Again, this is our experience, and for you to take what you love and leave the rest as I often say. I hope this conversation helps you.

Just know, again, I just listened back to it, and man, I was excited to say I talk really fast. [sighs] I apologize in advance. I was like, "Man, Lindsay, take a breath," but it was just because I was so excited. Again, enjoy this episode, and I hope you take some beautiful nuggets from it.

All right, Miss Kaycee, you're back on the podcast, so thrilled to have you here. You're the only person who's been on the podcast three times. I must really like you or something to have you back.

Said in the intro why I wanted you to come back, because first off I trust you. Secondly is, you've experienced coaching from me, I've experienced coaching from you, so I feel like we understand each other and what we do really well. Then too, I just want the listeners to have a different perspective and realize coaching and therapy isn't a black and white, two different bucket thing, this can be a very gray thing

because I'm going to have a different perspective than maybe you have. I don't even know what your full perspective is, so I'm excited to hear it today. Let's just start and get right into it. What would you say is the difference between therapy and coaching to you?

Kaycee Joy: To me, I would say that the difference between therapy and coaching from my experience is that therapy for me was more of a surface-level healing while coaching really dug down underneath the roots and got to the root of the problem to be able to live the version of the life that I want to live.

While I think that therapy touches on the surface level, there were some great tools that I gained from it. It was just, I didn't know how to really uproot a problem to make life actually better. It was just for a week or two, I'd feel better, I'd go back, and then talk some more things out. I would say, yes, the differences between surface level and underneath the surface.

Lindsay: Explain to everybody listening your experience with coaching because you did therapy from when you were a little girl, right?



Kaycee: Yes. Since I was eight or nine.

Lindsay: Walk us through that.

Kaycee: I started therapy when I was eight or nine when my parents were going through a divorce. I just remember a lot of times just sitting in the room with my siblings and my mom and the therapist was telling our mom everything that was wrong with us, but it didn't ever feel like there was a solution offered. One of us had anger issues, one of us was really manipulative, and one of us was just dealing with abandonment issues. That's what I remember thinking like, "Oh, something's wrong with all of us kids? Now I don't know what are we supposed to do to fix it?"

Then there was a lot of teenage years, a lot of therapists blaming my parents for what had happened and I really wasn't needing somebody to blame other people in my life. I just wanted to know how do I get better? Then with coaching, I feel like it was like, "This thing happened. Let's take a look at it, see how it had been affecting different areas of my life, recognize it, break the pattern, and move on. There's more space and fulfillment in life."

Lindsay: Now, you said before we started recording this episode, you checked in with your wife, Sarah, and her and you, she was on the same page. Did she have a similar difference between coaching and therapy for her?

Kaycee: Yes. For her, it was a therapist would say, "Well, you have this issue." Then a coach would be like, "You have this thing going on, but let's take a look and see how can we break it down?" Her issue, I guess, would have been boundaries and the therapist was saying she had no boundaries, and so she needed to put up a fence around her life with boundaries and she's like, "I don't know how to do that."

"Well, you have to do it," where a coach was like, "Oh, well, we don't have to do the whole fence. We can just do one section of a fence, see if that works for you, see what that looks like, see what it feels like, and then we just add a little bit more." I was like, "Oh, that is such a beautiful example, of her experience of the two."

Lindsay: My experience is first off, I want to go back to your experience because I have a question. When you were eight or nine, was that led by your parents, was it court-led? How did that happen?

Kaycee: I think it was led by my mom based on-- things felt really out of control growing up. We had some traumatic situations going on with my dad of showing up at our house



unannounced, showing up at random places unannounced, and my siblings and I just really didn't know what to do with the trauma or pain that was happening. We had no space to talk about it. The solution was, "Let's go to therapy," and then it still didn't seem like we had any solutions on how to deal with the trauma that was happening.

Lindsay: I asked because my experience is I went to college and I remember just hanging out with some girls in a car one day and we're talking about something I don't remember and they are like, "Lindsay, have you ever been to therapy?" I was like, "No." They're like, "Oh, we have." There's this talking about this and I remember being so mind blown because here I am, I'm 19, 20, maybe even 21 at that age, and I never really even thought therapy was an option.

If it was something really big and bad and that's why you went to therapy. I remember being so open of like, "That's so interesting." Granted, I'm a psych major. I'm going into school saying, "One day I'm going to be a counselor." That was my thought process, but yet again, it was just a very logical thing that I didn't make a connection that that was for me. My mind was open. I was like, "Okay, people do this thing."

It makes so much sense of my childhood because my parents don't value emotional health. It's just like, "grin and bear it, suck it up." I remember even growing up, someone would cry on TV and they were made fun of. It was like, "Oh my God. Look at them. They're crying. Blah, blah, blah." We just learned we don't feel. We just shut it off, keep going, but again, like I said, my mind was open.

It was like, "Okay, this is something people do." Just keep going on with my life, keep trucking on, and then it wasn't until my relationship with Izzy's dad started to fall apart. I had caught him cheating, not in the big double life thing, but he had come back from a work trip. I had happened to just pick up his phone, which I never did. I happened to just somehow know what his password was, Kaycee. Still to this day, I don't know. It was this angelic download I got. Unlock his thing.

I see all these pictures of him with girls on his recent trip and I lose it. I was like, "Oh my God." We had a two-year-old and I was like, "What does this mean?" I got his mom involved because I kicked him out of the house and his mom knew all about it and she was like, "I'm so disappointed in him." We all just put blame on him for a while and was like, "This is on you. You need to go to therapy." That was like, "Red flag. Okay, come on. Therapy time." He started going.



His mom pulled me aside one day and said, "Lindsay, I really think you should go to therapy." I remember being like, "What? how could she even say that to me? That bitch." This is a woman I deeply loved and I respected. I remember walking away a day or two later and I was like, "Maybe she's right. Maybe I should go to therapy." I just reached out to somebody who was local. I remember her calling me on the phone. I remember I was at a store and she said, "Well, why do you want to come to therapy?"

I said, "Well, I think there's something wrong with me. I think I need to calm." I was like, "My partner is having this moment and it's all about him, but I still think there's something off with me." I went to therapy for a year, every single week and she did not accept insurance. I paid \$150 every single week cash to go see this woman and that was what we did. Every single week was figure out what's wrong with Lindsay.

Now, granted, that was in essence, my goal, and I came in saying like, "Here's what I want to achieve," but it's mind-blowing to me that as a coach, if somebody came to me and said, "Hey, Lindsay. I want to find out what's wrong with me," I'd be like, "We need to change the script real quick." Whereas instead, she was totally like, "Yes, let's figure out what's wrong with you."

It immediately came back, "You have some anxiety, you have some depression, you catastrophized, you're making up these stories about how your partner is cheating on you. He said he just did it once. Why is this a thing?" Every week I would go and I would talk about him and I remember even some sessions. I said, "Isn't it weird we talk about him the whole time and we're not talking about me." She said, "Well, he's the source of all your problems." Again, as a coach now, it's so crazy to me.

Anyways, I made some progress in therapy that year. There was some awareness happening. It was a very slow-moving, but I walked away from that experience obviously than when I found out he had the double life and stuff was like, "This did not work for me," and him and I had even gone to therapy a couple of times and in that therapy experience, looking back on it now from a professional standpoint, she wasn't holding space for us well. It was just we just both vented and it was like, "Well, I'll see you guys next week," kind of thought.

Again, what you're saying surface level is what it felt like. I was like, "I need healing. I need transformation now. I can't stand this." Then I enter coaching and many of y'all know this story that listen to the show of it was on a whim. I went a tarot card reader and she said, "You're going to be a coach." I was like, "No, no, no, I'm going to be a counselor." She's like,



"No, you're not. That is not a good fit for you" Even my own poor experience with counseling.

I signed up for coaching still just thinking, "Oh, I'm just going to try this out to see if it's a good professional fit." I get my butt kicked. The first month I'm like, "Holy crap. I had no idea. I needed this amount of healing." And experiencing the transformation in that first month. I remember at that time I had just started dating Jason and he had taken me on this beautiful trip to Vegas where we stayed at this amazing hotel, in this suite, and I remember actually being able to feel joy for the first time and being like, "Oh my God, this is why. This is incredible."

I was hooked. I was like, "I want to be this coach, I want to do the thing." It's so interesting that you brought up the difference between at surface level versus deep, because if you hear many other people say the difference between therapy and coaching, they will say, "Well, therapy is for people who aren't functioning and coaching is for people who are on an even ground who are ready to thrive." Would you agree with that at all, Kaycee?

Kaycee: I guess I never thought of it that way before. Could you repeat it?

Lindsay: Yes. I hear many people say therapy is for people who want to become functional, or in essence, be on an even ground. Even some people will say being neutral and coaching is for those who are on even ground, who are feeling mostly neutral who are ready to thrive.

Kaycee: Yes, I would have to say that even somebody who is wanting to function is still also ready for coaching.

Lindsay: Yes, I agree. Because I think about too like my coaching process and what you do is like, especially for me, the first three months, I'm getting people to neutrality. I'm thinking about the work I do with you and the work I know you do is you're getting people out of those really deep-rooted emotions, like sadness and anger and feeling those deep things that some coaches be like, "Oh, no, well, I can't do that."

Even, between me and you Kaycee, you go way deeper into that than I do. That's why many times I'll have a client that needs to go deeper and I'll be like, "Kaycee, I have a client for you." That's what I wanted to present today too is, again, this is not black and white. Because even the difference between me and you is different. Let's talk about that Kaycee. What are your thoughts about the difference between me and you in regards to how we coach in our practices?



Kaycee: I think that it's a-- I'm willing to go into the deep-rooted sadness and anger, because I'm like, that's where the secret sauce is, for me, from my perspective, and I feel like, it's just something that I'm gifted at being able to do. Where I'm like, "Let's go, let's get under those roots, and let's get it up and out of you." Where I think you have this beautiful way of doing all the mindset work, and tapping into the body. When there's stuck trauma in the body, I'm like, "Okay, let's go underneath that trauma and pull it up and out of the body."

Lindsay: Yes. Many times when I'm referring clients to you, I'm like, "We've uncovered something," and they learn the tools from me that they can go hold the space for themselves, especially with the mind to be able to go and heal that, like what we call hyper-venting or releasing, but if they're wanting someone to hold space for them, and at least in our session, if not longer, and go really, really deep to really feel the pain of that, I'm like, "You need to book some sessions with Kaycee."

Even too, what you and I have talked about, in another podcast and we've talked offline about, is I'm so good in the mind and in my coaching worlds, it's been like, the mind, the mind, you fix the mind, and they're good. It hasn't been till recently that everyone's like, "Oh, shit, the body."

[laughter]

Kaycee: The body, yes.

Lindsay: You even said it to me whenever I had a consult with you, because I was like, "Kaycee, I just need something else." You're like, "Lindsay, your mind is totally on board to have this amazing life but you need some bodywork." I was like, "Yes, I do."

Kaycee: I get the body on board.

Lindsay: Right. Again, it's like-- How I see our differences is you're able to hold that deep space, you're getting more of that bodywork, where I'm-- We both do it because you uncover things for me all the time. We're both uncovering things. I think sometimes, too, and I love your perspective on this, Kaycee but, I've told you, I share a wall with a therapist now and so I hear a lot of those sessions.

I've told you even sometimes I just want to bust in and be like, "Here's the problem. You do this. You do this," and they dance around it. Whereas in coaching, it's a lot more direct. You told me recently, "Lindsay, when did you just throw away boundaries when it's not fun or



something?" I was like, "Oh, shit." [chuckles] Whereas my experience in therapy has been like, "Oh, they don't really go there and say those direct things." This is danced around. What do you think Kaycee?

Kaycee: I would agree with that, or they don't call it directly or they blame somebody else versus being able to directly call you out on your shit.

Lindsay: Yes, I think that's the difference too. I know, the Life Coach School, for example. They're a big leader in the coaching industry that I consider and they're to me very much straight coaching. If I think coaching, it's them, it's mindset work and the big thing with them is, we don't ever jump in the pool with our clients ever.

I get coached by them all the time, different coaches from that school and there are some days that I'm like, "Dude, just jump in the pool with me a little bit," like, "Give me a toe, give me a foot. Give me something." I think there's a beautiful balance with that, because I think some therapists they just jump all the way in the pool and they're like, "Yes, that person's horrible," or "Yes--" You feel shitty, and all that, whereas in coaching, it's like, for me, I do feel I have my foot in there sometimes. Sometimes with more established clients, I don't.

You and I have talked about this, it's like some of my clients are used to me jumping in a little bit are like, "Why aren't you jumping in the pool with me?" [chuckles] It's tricky. I do think there's a beautiful balance between that of like-- I think you did this beautifully, Kaycee of like, "Oh, yes, Lindsay, the sadness," and you get into it with me, but you know that I'm strong enough and you know how to guide me that I will come out of it. You know that I'm not indulging in it, that you're just holding space for it but you're eventually going to guide me out of that. Am I explaining that right or are you on the same page with what I'm saying?

Kaycee: Yes, absolutely. When I can see it, I'm like, "Ooh, we're right there. Let's just lean into this badness, lean into the anger and lean into the rage, just a little bit and press your body into it and then I'll just bring you right back up." If I feel like you would need at this a little bit more, then I would invite you to go back into the sadness and feel it just a little bit more, but I'll always bring you back to you.

Lindsay: I think it goes back to a couple of things. I think each client needs a specific balance of that. For me, Kaycee, I think I need more somebody who's like, "Let's jump in the pool a little bit." When I have people that don't jump in the pool with me at all, I'm like, "Listen, I could give that to myself all day." I need somebody that's going to honor my



emotions, where I think for other people they want-- They're so deep in the pool, and you getting deep in the pool with them is not helpful. Like almost, you're the one pulling them out of the pool a little bit. If that makes sense?

Kaycee: Yes, absolutely. Because we don't want somebody to be stuck in the pool, especially if they're really submersed into it, then it would be yes, the job of us to get like, "Let's come up to the surface of the pool." We don't have to be down there.

Lindsay: I consider like the pool of misery or of suffering, of suffering in their mind. Yes, so it's a beautiful balance between the two. I think for me when I'm looking at somebody who's coming to me and wanting coaching, I'm like, "Are they strong enough to be able to pull themselves out of the pool enough?" Because for some people, they just need more time and space in the pool.

They need someone to just slowly pull them up out of the pool and that's where for me, I'm like, "Maybe you should go to therapy." Or even like-- I think, again, Kaycee, you do this differently than I do and so sometimes I'll refer people to you of like, "Oh, I just feel like you need a little bit more hand-holding." Versus for me, I'm like, okay, "She's feeling but she's at the surface level of the pool of feeling and she's ready to be fully pulled out." Does that make sense?

Kaycee: Absolutely. [chuckles]

Lindsay: I'm good at taking people like, they're just swimming up top and it's like, "Well, let's get out and let's go." Whereas I feel like for you, it's like, they're a little bit deeper in the pool and you're able to still pull them out. You still have your own boundaries with how deep you will go. Right?

Kaycee: Yes, because I can't work with somebody who just wants to swim in the misery or stay in that space. If I can't even get them to budge a little, then that's my boundary. Then you probably just need more time to go through therapy, before coming back to me. Or I could work with them simultaneously.

Lindsay: Yes. Let's talk about that. Because my antiracism coach, Alyssa, she's a big advocate that everybody has a coach and a therapist and her big thing is, I'm not going to bring to coaching what I'm going to bring to therapy and for her, it's like, I go and I get coached, and sometimes it'll bring up stuff for me that then I take to my therapist, which makes sense. I think that's where you and I have had a balance, especially with the Living



the Dream group program is like the coaching in there can be very powerful, and that we bring up a lot of stuff.

It's like, you're going all in your life. You're creating a dream life. That's not some small goal. It brings up a lot of stuff for people. When it does, I'm like, "Hey, you need some extra sessions with Kaycee." I view you as like almost a therapist in my pocket, even though you're not a therapist of like, "Hey, here's some extra space there."

That for me is my balance between the two. Again, I'm not taking on clients who are really deep in the pool. Now you and I have had an experience with a couple of people who we found, they just keep going deeper and deeper, in the pool, even through both of our work. It's not like a one-size fits all thing. For you, when a client is like, "Should I have a therapist as well?" What would be the qualities they would need or have to bring on a therapist?

Kaycee: Would that be more of like the results gained from therapy?

Lindsay: I don't know. Just tell me intuitively what you do?

Kaycee: I don't know because I feels like--

Lindsay: You feel like you do it?

Kaycee: Yes. I have one client that I've been working with since September And every single week. She's like, "Therapy hasn't worked for me. It's been a very slow process." Because we meet every week and there's additional support in between, I'm like, "I don't think that you need therapy." Now, if somebody came to me and they were like, "I really would love to see you and do therapy." I'm like, "Great, as long as they love the reasons for it."

I think that as long as another person believes that they need therapy, then I'm all for it. If there's something that they feel like they're not gaining from working with me though, I'm open to hearing that and being able to see, is it something that I can offer? Is it something that I just haven't been offering? Does more space need to be held? Do they just need more time to process? I always am willing to honor the other person and what they're really feeling I think.

Lindsay: Again, it goes to like, it's not a one-size-fits-all answer here, but if a client comes to me and says, "Hey, I think I want to add on a therapist." I'd be like, "Okay, what are your reasons why for that?" I have some clients that come to me and say, "Listen, I have a



therapist. I love her. I want to keep working with her." Maybe them they don't even tell me about it until later.

I have a client right now who is Asian. All this anti-Asian violence has brought up a lot for her. She has said, "Hey, Lindsay, I want to keep coaching with you, but I want to pause it and work with my therapist to process this." I'm like, "Okay, if you ever want sessions where we can process, you can." She has made the choice, she wants to do that work with her therapist. I totally honor that.

Then I have another client who I'm thinking of who is like, "Lindsay, I want to keep coaching," but she's had so many massive life changes over the past few months, and it's brought up some stuff for her. Where we are in the coaching process is like, "You've got to be more emotionally regulated than where you are, but she's still committed of like, "I want this to keep coaching."

I'm like, "Okay, well with that said, I've mentioned you before." She's like, not into that. You've got to bring on a therapist because you need some space to work on that emotional regulation because you're so committed that you want to keep coaching. Does that make sense, Kaycee, as I'm explaining that?

Kaycee: Absolutely.

Lindsay: It goes back to like, everyone's like, "Should I do coaching or therapy?" It depends on where you're at in that specific time in your life and who you're going to in essence, like who you're seeking out as that person because right now it seems like we may be dogging on therapy, but I know there's some great therapists out there.

I haven't yet to find them as a client where I'm like, "Oh my gosh, that was transformational," but they're out there for sure. You may find that they have a more coaching approach or the therapy that they do works for you. That's totally your thing. Kaycee, the next question I want to ask you is, how do you know when for you, it's a client that's going to be a good fit for you?

Kaycee: I love this question. For me, I feel like I know it's a good fit for me when there's somebody that's really desiring the change. Probably, somebody who feels like they've done everything and they still have the hope within, like, there's got to be a better way, there's got to be a different way. It's those people wanting to try this, like one more option. I'm like, "Okay, yes. I'm willing to work with you." If they're willing to put in the work and



show up, they're committed to the transformation for their life. That's when I'm like, "Okay, this is a good fit."

Lindsay: I think for me too, it's the same way. It goes back to, we keep talking about this pool of misery. That's why I think that a lot of my wording I'm like driven people, go-getter people, growth-oriented people. As long as somebody has hope and determination of like, I'm going to make this work, and some belief of like, there's got to be something out there, anything's possible, really.

It's when they're like, these are all the illnesses that I have, and this is how the world works. You're like, "Hey, you're not really coachable. You're really thinking that that's the way the world works for you, but you've got to have some sort of openness of seeing things in a different way and being willing to show up," and like you said, do the work, and make it happen. Just that one little trait really driven this.

Kaycee: Driven and open-minded.

Lindsay: Open-minded and hopeful. Some clients will lose hopefulness. I'm like, "Oh, we're fucked." You got to keep the hope alive in essence that it can change. It goes back to what I just keep saying. It's like, you got to find the right person or people for you and to get in your mind what are exactly the results I want to create. Then it is like magic how the universe brings it to you. I love hearing from clients all the time. They're like, "You just appeared." There's some saying with that like, "believe and the teacher will appear" or something.

I believe that's true because even with you, when you told me you were really pursuing this coaching thing and we got into a coaching relationship again, I was like, "Oh, this is interesting. I can't wait to see what Kaycee's been learning." Then as I saw your transformation in front of my eyes and how you were interpreting our coaching and stuff, I was like, "What she has is what I'm missing. I want some of that in my life," and it's just like you appeared. Right?

Kaycee: I do feel like as long as the person is wanting therapy, it's great. There are beautiful things that people can gain from therapy. I think that some of the things that I've taken notice too of that people can gain from therapy is that there is more space to talk and cry and just let the emotions go. There are times where I've had therapist that have validated my feelings and while it did come from like unvalidated, because my parents were awful.



I was with this person, there was a lot of blaming, there was a piece of me that was validated for feeling the way that I was feeling. Then I think that because therapy is talk, therapy that you can walk away with a lot of communication tips, and skills. I don't want it to sound from my perspective, that therapy is a bad thing because I think it's a beautiful gift in the world.

Lindsay: Agree.

Kaycee: I think both of us absolutely wholeheartedly believe that.

Lindsay: That's so important you brought that up, and it goes back to the story. I wanted to tell that I would have forgotten. When Jason and I, we did couples coaching at the end of 2019. We were just at a place where I would say our relationship fulfillment was like at a seven, eight, and then we would have these moments where we were brought down to like a five or six in regards to how fulfilled it felt in the relationship.

Granted most people would be like, "Oh, a five, six, that's average. Seven, eight, that's above average." At the time it was like, "I want a 10 relationship. I want to do this." That's when the bud forming in. I was like, "Let's go to this couple's therapy and really figure out what it is." Right out of the gate, she presented to me that I had this, we now call it the inner mean girl voice of this vacillator.

I had no idea of what this was. With that was like, "Well, here's likely how your childhood was, Lindsay. You also have this really big avoider, you're too self-sufficient." It blew my mind. I was like, "I just had--" She just presented to me this awareness that was just so mind-blowing to me, which is what coaching does, of like showing you your blocks in a very powerful way at times.

It was so powerful to me, Kaycee, that she wanted me to then move forward and to say, "Okay, now you're going to start doing this thing called this comfort circle where you're going to see Jason for comfort, and you're going to look at his eyes, you're going to lay on his lap and do all this stuff." I was like, "Listen, I'm just not there yet. I need some time to really just process that my childhood was the way it was, and just take some time for that."

I needed about a good month, I ended up getting really sick during that period of time. I had the worst cough I've ever had in my life, because my body was just like, "Oh my gosh, I've actually been validated. Look at me." I remember thinking that was the first time I was like, "Should I get a therapist?" Because I just needed someone to hold space for me and just to really process like, yes, that really happens.



I ended up giving it to myself, and then coming back to coaching and be like, "Okay, now I'm ready," which goes back to a story, I was telling earlier the client with the Asian violence, she's like, "Lindsay, I just need some time to process and I want to do that with my therapist." I was like, "That's awesome." I think that's where therapy can be really powerful, of let's just hold space and freeze in this moment. Again, we go out to the pool of like, I wanted someone to jump deep into the pool with me and just be like, "Yes, Lindsay, this was really shitty," and be like, "Yes, it was."

I'm glad you brought that up. Because I think sometimes we as coaches can be like, "Oh, we're-- It seems like we're better than therapy," and therapists need like, "Oh, coaching, they're not as qualified and they're just positive focused and da da da." It's just not true. We work together in a very, very beautiful way. I'm glad you brought that up. Anything come up for you as I tell that story?

Kaycee: No.

Lindsay: Okay. You feel like we got it all out?

Kaycee: Yes. We begin from coaching.

Lindsay: Oh, let's talk about that. Well, we've talked about that with your story and my story. Obviously, let's just put it out there. Kaycee and I are biased. [chuckles] We got massive transformation from coaching. That's just what we needed. That's just what we needed at that time. We got the right thing at the right time. I've had other coaches I've worked with and that was like, "That was okay."

I've even worked with somebody who was a therapist and a coach and when we started doing coaching, she was like, "Well, Lindsay, I really think that we should move into coaching or into therapy for me and you." I was like, "No, I have the tools." Then I went and I did all the coaching tools that I teach and I came back a couple of weeks later, and I was like, "I'm ready to move on," and she's like, "You are?" I was like, "Yes."

I told her what I did and she's like, "Lindsay, you're psychologically gifted." I was like, "No, these are just the tools that I teach." [chuckles] That's what I think is so important is, again, it's like, for me and my coaching, I teach all those tools, for the most part in the mind of how to heal yourself. People have to be strong enough and willing enough to hold space for themselves to go and do that. Sometimes you just need somebody to hold that space for you.



I think that's why I brought you in my life to be my coach, which I consider you're my coach/therapist in some ways because we're moving very slow through some stuff in my eyes of feeling the feelings. Now, of course, I'm getting powerful results from this, but it's not any other kind of coaching I've experienced. It's more of a blend between the two.

Kaycee: It can definitely be a slow process and then like, it feels then afterwards, it's like the fireworks go off. I can't really quite explain what happens in those sessions but then afterwards, it's like, bam, bam, bam, bam, bam, all these things happened. I love that.

Lindsay: Well, and I think for me, it's like I said earlier, I think where my healing is right now is, I'm so good at taking action, I'm so good at changing my mindset. I'm so good at denying my feelings in that sense. That's my work is not to deny those feelings and to feel those feelings and to tap into my body. That's why when I leave, I can just take massive action, because in many other areas of my life, I'm in alignment, and I can move forward.

I think that's where you and I have talked about too of like, of when we both have clients and they're just not progressing, they're just getting stuck there. They say they're going to do X, Y, Z work between sessions, they don't. They show up again, they still haven't done it. That's when for me, I'm like, "Okay, I think you need to go to a therapist." Would you agree with that, Kaycee, for you?

Kaycee: No, because I would first try to figure out what's going on to make them avoid the thing to see if we can get to a root, and then if we can't, then it would be like, "Yes, let's go to the therapist."

Lindsay: Yes. If you can't get to the root, then you send one.

Kaycee: Yes.

Lindsay: Yes. I agree. I send them to you first.

[laughter]

Lindsay: Go to Kaycee first because Kaycee knows-- Because you know my work and you have this extra layer and if Kaycee can't get to it, then, damn. Then we need to bring in a therapist.

Kaycee: The work that we do, your work and then my work and then combining it really is like this beautiful dance of a person as a whole being. It really is the mind, body soul emotions, combining all of them together.



Lindsay: When you and I have talked, it's like, especially with my group program, the Living the Dream with my ongoing clients, it gets more into a masculine energy of like, "Let's go, let's go, let's go," and if you need more space, and you book a one on one call, and so then I have more space for them to feel deeper but I bring you in, of like adding that feminine element and to me, that's just such a beautiful dance because it's like, I'm the dad and it's like, "Come on, let's go. Let's get this going." If not, we can spend more time together. If you're really needing that feminine element and that feeling, here's Kaycee.

[laughter]

Lindsay: Okay, Kaycee, just in case people don't know where to find you and to reach out and to work with you. Tell us where they can.

Kaycee: Yes, so the best way to connect with me would be on Instagram, @Kayceejoyhealing. K-A-Y-C- E-E Joy Healing.

Lindsay: Yaay. I think too working with either one of us, is a great dance and If you work with me, you're going to work with Kaycee at some point. Get ready.

[laughter]

Lindsay: Thank you Kaycee for sharing your wisdom with us today.

Kaycee: Yes, thanks for having me.

Lindsay: You're welcome.

[music]

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