

Life Coach



Hello, and welcome. I wanted to share briefly my experience with coaching in an effort to be as transparent as possible regarding my own journey with coaching and what I can deliver to you as a coach.

When I first started out, I thought since I was a therapist in the mental health field already the transition to life coaching would be a fairly easy process. I unfortunately was sadly mistaken. Long story short, I'm still in self-exploration mode and I continue to make tons of mistakes, but I've gotten past debilitating fear, and have proudly advanced to just being scared but not paralyzed. I've gotten over my chronic perfectionism and I am assertive with my inner demons telling me I can't do things as well as other people. I remember thinking the day I walked across that stage to get my masters degree, I was done with studying and learning forever. I later discovered that was just the beginning. Who knew?

Throughout my journey in becoming a coach, I made it harder on myself and learned many lessons the hard way, because I like many of you, I knew that pretty much anything I wanted to know about I could find a free article, resource, call, book, etc. However, as a newbie there was no way for me to synthesize the information. There was no way for me to learn how to put all the information together in a way that made sense for me and my unique personality until I bucked up and paid someone to show me how to do what it is I wanted to do in a way that worked for me personally. Which brings me to you now.

I'll be the first to admit, I'm a perfectionist at heart and I beat myself up about it constantly. However, there is something to be said for having confidence when you step forward in an endeavor vs. just winging it haphazardly. Winging it, is simply just not my style. It's the confidence piece that often holds us back. I mean sure, "just do it", "balls to the wall", etc. are all great in theory. Yet, that internal dialogue of, "I suck and the world is gonna find out", is always going to be there and will continue to be true if you continue to believe that, which is why it is essential to always take productive action. This is very different than just being busy. Another lesson I learned the hard way.

I'm more about taking calculated/ educated risks and being smart when taking action as we are only given one chance to make a first impression. I've blown a few first impressions I'm sure, but overall I'm pretty awesome and gosh darn it people like me! (And a smart ass 99% of the time, as you may learn if we spend time together). Our gut is the one telling us there is something more to desire, something more to gain, but doesn't have the "know how" to make it happen,

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which is where coaching comes in. Coaching helps the gut voice remain the loud and constant one vs. allowing it to be drowned out by the inner demons masking as the authority. Don't be fooled.

I've spent thousands of dollars working with the best coaches in the country. When I bought my first product that was like \$97 I thought, "wow, that's a lot of money". Yet as time goes on, I know if I want the personal attention, specific direction or kick in the ass results I'm going to have to pay for it. I share this with you now, so whether or not we ever connect again, you don't make the same assumptions I did and drown in the information cesspool wasting your valuable time.

I'm sure if you're reading this, you're a high achiever like I am who thought, what do I need a coach for? You're exactly the type of person that needs a coach because you recognize the importance of self-development, which many never even recognize in their lives. When I went to Nashville and recorded my CD, my producer suggested I hire a vocal coach. I remember thinking, "hello, how is she going to make me better in a few hours?" Without going into all the details, it was one of the best decisions I ever made. You don't know until you try.

Some of my coaches pay \$100,000 a year to be coached by someone else and they don't blink an eye about it. This simple piece of information enlightened me to there being a world I knew nothing of. I had no idea people invested in themselves in this way until I started doing it on a smaller scale for myself. They say we're the average of the 5 people with whom we spend the majority of our time. Think about whom you spend time with and whether that is going to get you to where you want to be.

I don't know about you, but I'm better when I have someone holding me accountable, driving me to do better, and encouraging me to consistently go out of my comfort zone. A cliché phrase I am partial to is "Go Big or Go home". I'm a believer that we must surround ourselves with big thinkers, we must surround ourselves with people and things that inspire us or we will continue to play small. Don't allow yourself to continue to play small being held hostage by self-doubt, fear, or the unknown. Just remember, it wouldn't be brave if there weren't fear. Those who are brave are simply willing to put themselves out there regardless of the fear. That's the only difference.

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Laurie

I used to compare myself to others like no tomorrow. I would say to myself she has this, or she does that better. Well, maybe so, but I'm realizing by putting the Laurie Knight spin on things that's enough to connect with people right for me. I am passionate about being organized like many other coaches, but I'm not anal freak about labels and Rubbermaid bins, I simply want you to clear the clutter so you can reach your dreams and the life you desire. I simply want you to be free from chaos and unnecessary distractions so you can live your life with passion and not be on the treadmill of a mediocre life. I want you to have the resources you desire to have the personal and financial freedom to enjoy your life.

Although, I'm not a parent yet, I've heard too many mothers throughout my lifetime talk about sacrifices they have had to make in their family lives to accommodate work. I'm sorry, but corporate America has got another thing coming if they think they are going to suck the life out of women today. That model is so yesterday. Women are more technological savvy, have more resources and the power to obtain the know how to not have to be slaves to corporation politics. Pass!

I could go on and on, but I'm fearful (see there's the fear, but I'm writing this anyway) you've not even made it this far, but if you have, thank you from the bottom of my heart for reading this in it's entirety. I'm hoping you will write me back and say, "you had me at hello". In all seriousness, this is my letter to you wishing you well on your journey of self-discovery and sending you good vibes. God bless you and all your wonderful talents, skills, and abilities, and yes you do have them. Use them to propel you in life and to make a difference in the lives of others. It is where your purpose and true happiness lies.

All my love,

Laurie