

Rock Your Brain Rock Your Life

EP 7: Therapy vs. Coaching

Welcome to the Rock Your Brain Rock Your Life podcast. The only podcast that teaches unfulfilled, high-achievers like you to rewire your brain, get unstuck and smash big goals. Here's your host, rockstar entrepreneur and bad-ass certified life coach, Sarah Moody.

Hey rockstars. How are you? I've been experiencing some deep sadness lately. As you all may know, I live in San Francisco and I'm feeling a lot of grief about the wildfires happening here. So I'm just allowing that feeling just to vibrate through my body today. But I'm super excited to talk about a topic that I get asked about a lot, the difference between coaching and therapy.

And before we dive into that, just a quick reminder that I've set a goal of getting 100 reviews of this podcast in the first month, September, 2020 my friends. And I'm so committed to that goal that we're doing our first giveaway. You could win a month of membership to my private coaching program, the Rockstar Program.

Now, why do I have a goal? reviewers help others find this mind blowing work to build massive confidence in ourselves. So all you have to do to enter is leave a review and you'll be entered to win. And if you tell a friend about the show and they leave a review, direct message us on Instagram, and we'll give you a bonus entry. We'll draw prizes at the end of the month.

So I have decades of experience on the topic of therapy and coaching, as I met my first therapist when I was 20 and was in therapy weekly and for many, many years, twice a week for just about that long, 20 years. I was in therapy for about 20 years. And I've had a coach for one year. So as many of, you know, I had anorexia and then bulimia, that started when I was 13 and lasted through my early thirties.

So I have had incredible therapists who helped me process a lot around my parents' divorce....the role I took on as the eldest taking care of my two younger sisters... and many other limiting beliefs I adopted from society and from my family that I didn't even know. But they were keeping me unfulfilled small and not going after all my goals and dreams.

My therapists were mostly Jungian, which is an in-depth analytical form of talk therapy that was designed to bring together the conscious and the unconscious parts of the mind so that a person can feel like a balanced and whole individual. And

I've had a coach for exactly one year, and I've also coached myself daily during this time.

As I've shared in other podcasts, I knew one thing about the life coaching industry until one year ago. My family and friends commonly referred to me as the CEO of the therapy club up until the last. But it was only with coaching that I've been able to shift massive belief in myself, shifting from being solely a technology entrepreneur to also being a certified life coach and the founder and CEO of the Rockstar Program and Sarah Moody Coaching.

And my mission, as many of you know is to de-mystify life coaching and deliver tools and lessons my unfulfilled, incredibly high achieving students can use to get unstuck, define their purpose and live their dreams daily. With 12 months of coaching, this is what I've done for myself. So on my mission to demystify life coaching, here is something I want to address head on: a few misconceptions about life coaching, now that I've been in it for one year. Number one, misconception that it's like "therapy in disguise" or worse yet, therapy from an unlicensed individual. Life coaching is not that.

Another misconception is it's fluffy and woo-woo and not bad-ass. It's not well done. It doesn't materially change your life. In reality, the life coaching I do is truly its own unique service with frameworks and tools, all grounded in cognitive therapy, all designed to help high achievers create results that will bring fulfillment and the outcomes they want in any event, all areas of their life.

So what are some of the differences between life coaching and therapy? Let's first just start with like, what is therapy? And y'all can go to Google and just read this. This is all like out there published. So therapy, also called psychotherapy, is typically a long-term process in which a client works with a healthcare professional to diagnose and resolve problematic beliefs, behaviors, relationship issues, feelings, and sometimes physical responses. And the idea behind therapy is to focus on past traumas, past issues, to work through major depression or an illness that affects your ability to function at home or work.

What does a life coach do? The difference between a life coach and a therapist is that a life coach set students up with a process, that may be longterm or short term. And in life coaching, a client works with a coach who is not a healthcare professional, and they do this in order to clarify future goals, identify obstacles and problematic thoughts and behaviors in order for the student to create action plans to achieve the desired goals and results they want in their lives.

A coach works with students and teaches them to understand what they're doing in their cognitive, emotional, and behavioral lives and how to make those previously

thought impossible dreams possible. The process of life coaching takes the client's current starting point and is more future focused. There is an investment in shifting belief in oneself and taking massive action from a new belief, a new level of self confidence.

A life coach enables their client to take control of their life and take action to steer it towards their goals. Life coaches do not diagnose the people they work with from a healthcare or an illness perspective while therapists do. Life coaches show their students, their minds and the problematic beliefs that they have, so the student can work to modify them and take new actions from that place of new, intentional beliefs.

In my coaching, by the way, I don't coach on actions. I don't profess to know what's best for each of my students. Only they knew. I teach them how to coach themselves during our coaching sessions, and this process also teaches my students how to build massive self confidence and belief in themselves. So much so, that when they reach a point where they graduate from the coaching program and maintain their mindsets, they move on and continue their very powerful self coaching.

I like to paint this picture with my students of just, Hey, just imagine you and I are sitting on a couch next to each other. And we're looking at a screen of your thoughts and limiting beliefs. And we're looking at, huh? Which ones are serving you, which ones are not serving you and how to shift them.

The question I've heard a lot, is should I seek out a therapist or a life coach? And the decision to seek out a therapist or a life coach is really very personal. But it might help to imagine yourself getting ready to say, climb one of my favorite 14,000 foot mountains in Telluride, Colorado. Maybe you've decided to climb my number one favorite Mount Wilson. So you could either hire an expert guide for your climb or a doctor. What should you choose? Which one will be most helpful during your climb?

If you're not in great shape or ill, an expert guide won't do any good. You need to be in pretty good health before you can make that long climb. So if you're not, you might need to see the doctor before trying something that challenging. 14,000 feet is a lot a vertical feet! However, if you're generally healthy and just eat someone to help you with climbing strategy, carrying supplies, finding the best path, the guide is the best bet. The guide is an expert in climbing 14,000 foot mountains, and can help you get to that peak safely and crush that climbing goal.

In this example, the therapist is the doctor and the life coach is the guide. So a life coach's guidance is going to be around clarifying and guiding around achieving personal and professional goals...and how to use your incredibly powerful three

pound brain to shift belief in yourself. With a life coach, you know you're healthy, but you're not operating at the level you know you can. The life coach is going to get you to take on major challenges in your life and get you to that next level. You're going to explore your mental and emotional wellbeing. You're going to shift massive confidence in belief in yourself. To believe that your enough, whatever that limiting belief is.

Whereas a therapist is going to work on recovering from past traumas, to work through any major depression or an illness that affects your ability to function at home or work. My experience, you guys is life coaching is the opposite of woo soft or simply a watered down version of therapy. It's an incredibly dynamic discipline designed to help motivate and inspire high achieving people to achieve more than they are ever believed is possible in their lives.

In my experience, the type of life coaching I do, which is all based on cost native work or thought work has shifted my belief in myself exponentially one short year, it has done the same for my students. Oftentimes in two months, six months. They see massive results. One of the students in the rockstar program had this to say, the first month we started working together: "You know, Sarah, there's a place for therapy and there's a place for meditation, but this is the most practical approach I've come across to see immediate change in every aspect of my life. "

I love fast cars and I love driving in car rallies. And for most of my life, I've driven cars with manual gearboxes. And the analogy I have for you is this. After 20 years of therapy, my life was cruising along in third gear. I was a high achiever. I had a tech business that I loved life was good, but I still had so many unintentional, negative beliefs about myself.

Like , "if I change my facts or circumstances, like make more money, get more students, et cetera, I'll feel better." Or another thought on repeat was "I feel unfulfilled and I don't know why." " Another one was, I wish I could build my business at scale, but I know I'm not smart enough to do this." The list was endless.

I still had many thought distortions, negative beliefs about myself that were not going away after 20 years. And if you've listened to prior podcasts, you've heard me talk about my frequent flyer limiting belief, which is, you know, I'm not X enough. I'm not smart enough. I'm not successful enough. Like just fill in the blank.

This was stubborn. This had not shifted with therapy. Within three months of having a coach, I felt like my life was in fourth gear within one year. My life is in seventh gear. That's the max you guys, years ago, I drove up you Bugatti Veyron. They had seven gears. The drive was incredible.

This one year journey coaching has been incredible because every day I get to demonstrate the power of this thought work and shifting belief and creating massive confidence in yourself. And I know for a fact that anything I want for my life or you guys want for your life is possible. I just have to take one step. That's it. Keep iterating my negative unintentional thoughts, to powerful, intentional thoughts about what I want from my life. That's it. And that's what we do in the Rockstar Program. We just keep iterating our thoughts. We're learning how to normalize and de-stigmatize the power of personal development, self care thought work and building massive confidence in ourselves. I hope you'll join me and the rest of us in the Rockstar Program if you're not already there. I hope you have an awesome rest of your day. Thanks again for leaving a podcast review on iTunes and I'll talk to you next week.

If you're loving what you're learning on the podcast, then you need to come check out the Rockstar Program. The Rockstar Program is the coaching community you've been looking for to help you take this work deeper and really transform your life. You can follow us on Instagram at @sarahlmoody and on Facebook at Sarah Moody Coaching.

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