

Christie McLennan's Interview – 9 July 2013

Hi everyone, my name is Colleen Roberts and I am the creator and founder of www.colleenscoachingcorner.com.

This evening I am interviewing Christie McLennan from Perth Western Australia. Christie is a fellow coach who studied Transformational Life Coaching at The Coaching Institute in Melbourne. I did my coach training with the Inspired Spirit Coaching Academy (ISCA) which has been totally life transforming for me. It is also so wonderful to be talking with like minded people all over the world with so many different niches and expertise and I feel very privileged to be doing so.



Name: **Christie McLennan**

Business: CMC Coaching & Training

Website: Christiemclennan.com.au (coming soon)

Facebook: facebook.com/CoachChristieM



Hi Christie welcome to the call and how are you this evening?

Christie responds

Please tell me what inspired you to create your business or how it came to be?

I've always had a little fire inside me that kept me hungry for more. I wanted more than just working in a job. I have always been passionate about the mind and what makes people tick, and actually, how we can change to become who we really want to be. I want to make a difference in this world beyond my neighbourhood and my own family. My mission to impact hundreds or thousands of people and to empower them to grab hold of the steering wheel and drive their own bus!

For years, I know I was not in charge of my own bus. On the inside I had the potential to be a strong, confident woman but I was acting like a wussy and a victim and I let people, especially my boyfriends push me around. It's possible to choose a different path for yourself if you allow it to happen and I know that from personal experience. For example, I used to be an insanely jealous person but one day I decided enough was enough and so I 'chose' not to be anymore!

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Also I wanted life on my terms and I was sick of being told when I could take holidays and being so tied to my job. Now, I can organise my diary as I wish and I love my work. It really satisfies me!

What made you become involved in your chosen field or choose what you are doing? What is your story behind it?

I started this whole journey mid last year, when I was going through a tough time. I'd just come back from 4 years in London where I travelled the world and taught secondary school Maths and science. I tried to quit teaching to try something new, and I hated that so went back to teaching. I still wasn't happy and was searching high and low for something that would somehow combine my experience as a teacher, my love of Psychology and my skills of speaking to a group. I had no idea what it was and spent so many hours scouring online jobs.

My relationship was on the rocks and I was lost. I then entered a really dark time where I experienced depression for the first (and last!) time. I used to think depressed people should just get over themselves and cheer up! I know now that it's so much more than that, but I have also learnt that I created it. It was my state of mind that started the downward spiral and facilitated the chemical imbalance that kept it going.

I also wanted to learn about myself. I had some tricky relationships with boys fairly early on in the piece and there were aspects of those which were still affecting me and that had to change if I was to be fully self-expressed and move beyond mediocrity.

I stumbled upon a free 3-day seminar called "personal Power" run by The Coaching Institute in Melbourne and it literally changed my life. This was my first intro to 'coaching' and Neuro-linguistic programming and really to learning about emotional intelligence not from a theoretical psychological perspective. I signed up for my Diploma of Life Coaching on the Sunday and haven't looked back. Joe Pane was the facilitator and he is a dear mentor of mine and when I grow up I want to be able to move and hold a room like he does, the man is phenomenally inspiring! Sharon Pearson is the owner of The Coaching Institute and she is also a phenomenal business woman and coach. To see that woman work her NLP live in the room just inspires me to be the best coach I can be.

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Describe your ideal clients, customers or how the information you have learnt can benefit your clients or other people?

Oooh, well my ideal client is someone who has loads of potential (but perhaps they don't even know it yet!). My ideal client could be male or female, probably aged in their 20's or 30's, possibly older, who feels a gap between where they are now and where they want to be. This could be in terms of their self love, their confidence, relationships, life direction, or simply knowing that it's time to banish old ways and old patterns that have raised their ugly head for long enough!!

I have 6 and 10 session packages and see my clients weekly or fortnightly. At least 6 sessions are normally needed to create lasting change and work through clients' values, limiting beliefs and look at their strategies, which aren't working. We will also set some goals and then kick them!

I love to work with people to are committed to change – even if right now, that change is 'challenging' – I don't like to say hard, the word challenging makes us want to rise to it rather than feel it's unachievable! Maybe they have 'stuff' from the past that just keeps them from moving forward, my clients come to me with phobias and repetitive, un-resourceful patterns. We bust all that stuff out of the water.

I also love to work within companies who have a thirst for emotional intelligence. Worldwide, companies are really seeing that there is so much more to a person than their IQ and qualifications. Having high emotional intelligence is the real key to success when combined with existing skills and knowledge. These days business is about people and about relationships. Being able to enter someone's world effectively and effortlessly is so important in any personal or professional endeavour. We all know people I'm sure, and you wonder if they have ANY idea of the impact they have on those around them...am I right Colleen?

I've led workshops for companies where we've explored in depth things like rapport, effective use of language, body language and teaching them how to 'read' their clients so they can get their message across seamlessly and create instant rapport. I also delve into assessing people's handshakes! First impressions count and some people have shocking handshakes I can tell you! Guys – if you're listening – women don't want those oh so gentle handshakes! It does the opposite of what you think! And women – don't be so gentle and pull back. It's a handshake, not a finger shake! It's all in the name! Perhaps in a bar it's ok, but not in business. Firm all the way I say. You need to create a lasting impression! I think it's my job as a coach and trainer to give feedback like that – who else is going to do it?

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I have learnt so much valuable and life changing information throughout my studies and from my fellow students and mentors at The Coaching Institute. I listen to Tony Robbins and watch TED talks like they're going out of fashion and I devour the work of Dr John Demartini. I use it all in my coaching sessions with clients. You want to be the best, you got to model the best!

I now can't help but to see people not managing their state and being at the effect of the world and their situations. If you live by the premise that you are responsible for EVERYTHING in your life, then it means we whinge less. We whinge less and do more. You don't like how it is? Change what you can change which is YOU. Stop worrying about what you cannot change.

Christie – you mentioned TED talks can you describe what they are to your listeners please

*There are only 3 things in life we **can** control:*

- 1. what we choose to focus on (it could be past/present/future based or about us or others).*
- 2. the meaning we give to what we are focusing on, and*
- 3. how we choose to act/behave/feel based on that meaning.*

That's it! Nothing else! I have a mantra "I am 100% cause in all my matter".

Learning about emotional intelligence opens up your eyes to a world of stuff you didn't even know that you didn't know!

How long have you been involved or owned your business?

I started my coaching journey a year ago as I wound up my teaching job and I started my business. I've now been in business for almost 6 months and so far I have been operating on a referral basis and that has been keeping me busy enough! I am about to launch my website shortly and I have lots of ideas for groovy products that I want to share via my website. Things like day planners, journals and NLP tips that we can use in our daily life as well as a 12-week mindset transformation program.

What was your ultimate goal when you decided to open your business and has that goal changed?

My ultimate goal was and still is to create a business that is a mix of 1:1 and online business where I see clients face to face or over the phone but I have a range of online products, mostly free that educate and empower us to take charge of our own lives and our emotional states, so that we can follow our dreams and have amazing relationships. I also want to create a brand product that will involve workshops and seminars that I will run around Australia. Part

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of my program will involve participants getting their hands on one of the best personality/behavioural tools in the marketplace. It's a 10-minute online test and there's no other tool that gives such personalized information about how you can be an even better version of yourself. It's amazing. One client recently said, "Why doesn't every kid in year 12 do this test? And he said that" every business should pay for their staff to do it too!"

Christie you mentioned a 10 min online test which sounds very exciting and intriguing – what is it called and can you explain it further?

It's called Extended DISC. I've actually got a 20% off special on at the moment so if people are interested they can contact me. We spend an hour or more going through the 24-page report in our personal coaching session.

I also have a goal to make an impact on reducing teenage suicide through enabling young people to be at cause of their lives, rather than at total effect. A beautiful girl who I taught in London thought her only choice was to take her own life in a most tragic way when she was just 15. I'm working with a partner, her name is Colleen too, Colleen Yates, on writing a personal development program for teenagers, which would be delivered in school. I'm packing it full of NLP and affirmations as well as heaps of useful stuff about how our brain works! Kids, you're not crazy if you have voices in your head you know!!

We have a pilot school who is trialing it this year.

I'm finding that as I meet more and more people through networking that other interesting opportunities are coming up, so my goals do change. I review them every quarter and also every month. I really want to do more speaking and training in businesses and next year I want to deliver NLP fuelled workshops to teachers as part of their Professional Development and once I have done the top NLP training then I can accredit others as practitioners. I think all teachers should know NLP – it's so powerful for eliciting change and teenagers aren't always surrounded by good models unfortunately and some need all the help they can get.

Your personal development program for teenagers sounds fantastic and it is such a worthy cause that will impact so many especially as the teenage years a such a a turbulent time in their lives. I can also put you in contact with another coach, Carol Johnston that has developed a program for empowering tween and teen girls if you are interested.

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Christie, do you have any other involvement with community events or charities that you support or sponsor or would like to?

Actually, right now I'm looking at becoming a voice for Beyond Blue as I feel that I can offer advice for people who are 'doing' depression. I say doing as remember, we are responsible! Harsh but true! I got out of depression after 4 months and some medicated help and looking back I can see how I was not helping myself.

I am also working on a book but it is top secret. Some of the proceeds are going to go towards a women's charity – I can't tell you which one yet as it'll give it away ☺ All I'll say is that it's a faceless picture book about women but it's going to be very educational for everyone. I am recruiting volunteers right now who are interested in participating. It will be a fun experience and I'm going to be in it too!

And finally Christie is there anything that you would like to promote?

It's really cool to have a coach – I have one and I love it. My top package is called the 'Golden Ticket' package. People can 'try me out' for one session for free so there's no risk. Warning though – I do set homework, but I call it homeplay as it's play, not work when you're doing it for you!

Something new I've been doing with the Extended DISC is using it for couples in relationships and also for two people who work closely together professionally – the report tells you how to work with the other person – as well as how NOT to be around them. It's like an instruction manual for your partner! You can also do a team analysis for teams of up to 15 people.

That's the new focus of my business right now so maybe if people feel that their personal or business partner is an alien from another planet every now and again I can help you 'decode' them!

That now brings us to the end of our interview with Christie this morning. Christie can be currently contacted through her facebook page: [Facebook.com/CoachChristieM](https://www.facebook.com/CoachChristieM) and her website which is coming soon - Christiemclennan.com.au.



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So until next time, remember you don't have to do things by yourself - hire a life coach - we are in your corner each step of the way.

Thank you so much Christie.

Colleen

Prosperity & Self Esteem Life Coach

www.colleenscoachingcorner.com



Colleen's Life Coaching Corner

colleen.roberts68@gmail.com

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Can you relate to anything below:

- § Do you have any money left over at the end of the week or are you broke and having to borrow money?
- § Do you know what you want to do and taking steps towards achieving your goal?
- § Do you think you are just unlucky with money?
- § Is your social life affected by the amount of money you have?
- § Are you able to save toward a big goal such as a car or holiday?
- § Would you like to have a good lifestyle without trading all of your time? - life = time = money

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"Colleen has inspired me in all levels of my life in such a short time I was feeling lost and lonely even though I was surrounded by good and loving people in my life I was lost in my challenges of life. Talking with Colleen has transformed my life. Assisting me

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