

ISCA Coaches - Teleseminar Interview

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

To gain experience as I want to be hosting my own teleseminar/webinar events I am interviewing and recording other ISCA Coaches and will be very lucky to also interview my mentor, head trainer and creator of the Inspired Spirit Coaching Academy – Sandy Forster. This academy is where I did my training and it is totally life transforming. This is my third interview



This evening I am conducting a very special interview with:

Name: **Clare Lavender**

Business: **Coaching-I-Am**

Website: www.coaching-i-am.com

Hi, **Clare** welcome to the call.



Thank you for having me. I am so happy to be here.

Please tell me what inspired you to create your business and how it came to be?
Tell me your story.

I wanted to create a business which would be rewarding not only for myself but which would also make a difference in the lives of the clients I reach and work with through my life coaching business. I was at a stage of my life where I wanted to give back as well as being able to create a living from doing something I love.

I have always had a strong interest in personal development, so I would read any books I could lay my hands on and of course the internet was always a great way to source information. As my children grew older, I would attend courses whenever I could. Although this was an area I was quite interested in and became really passionate about, I didn't really consider it as a business or a career option.

I guess the business came about when I faced a real crisis in my own life, when my marriage broke up. I had worked as an Office Manager in a family law practice for many years, so I had obviously observed and felt enormous compassion for people who go through this sort of crisis. However, nothing prepares you for when it actually happens to you personally. For me, mine was a long term marriage, there were two teenage children involved and my marriage all began to unravel when I was in my mid-forties.

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It was simply devastating on so many levels. When the divorce and property settlement were finalised, my future looked very bleak, although I was so very fortunate that my children were with me. Really hitting rock bottom was a turning point for me. It made me put more of a focus on what I wanted for myself and also how I could bring what I have to offer to make a difference for others. No matter how much I struggled, I simply refused to accept an ordinary life for myself and this is what I work on with my clients.

One thing I knew after my divorce is that I wanted to create my own business. This was something which I had actually wanted to do for many years, but I was raising my children and I worked and supported my former husband in his business, so this was always put on the backburner. I relished the time I had raising my children and have so many fond memories of that period and I knew my time to create my business would come to me at the right time.

When I came across the Inspired Spirit Coaching Academy, I initially took up the course as further personal development. I absolutely loved the course content and I also realised fairly early on in my training that I seemed to have a natural talent for coaching. I received very positive feedback from those I was coaching and I felt very comfortable in my role as a Life Coach.

When I began my life coaching training through the Inspired Spirit Coaching Academy, it was quite a process and one which I considered carefully before I took the first step in creating my business.

Ideally, when I was creating my Life Coaching business I saw myself working with women who really weren't prepared to accept the ordinary for themselves any longer and who wanted to move more towards the extraordinary. By doing this they would be creating the best possible version of themselves, which of course, they deserve.

I think the main qualities I possess, are that of being highly creative, intuitive, sensitive, compassionate and caring but also having strength, courage and resilience. I think in creating my business, I have had to call on all of these qualities. It took enormous courage to put myself out there just as it takes amazing courage for my clients to take the first step in moving towards their desired goals. For me, I truly believe the life coaching sessions and programmes I offer through my business, 'Coaching-I-Am'

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So tell me what about your website?

My website is www.coaching-i-am.com and it is really a work in progress at the moment. It is still in its ' skeleton form but I am hoping to have it fully developed by the end of May. There is so much work creating a business but my website really is my focus at the moment. My website will have information about me, my coaching packages and programmes and the costs of those but it is my intention to also have quite a bit of free information available for visitors to my site. This information will be in way of free audios being short visualisations and meditations as well as free reports and other resources which I hope will be helpful.

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

I think I had several goals in deciding to open my own business including creating something that felt real and meaningful to me and that I could build from the ground up, which really was what I was also doing for myself, on a personal level. I wanted something that would also make a difference for my clients. I saw myself working with women, in particular women who may have come through a major crisis (similar to myself) or who are maybe questioning the real purpose of their lives. They may have had a little voice inside wanting more and they have reached a stage where they can no longer ignore this and they are ready to make changes. These courageous women are seeking support in going through the process of change, setting goals and manifesting their desires. By working with these women, I can support them, which will result in these desires becoming a reality much more easily than going it alone. For me, it was so important to do something which I would absolutely love rather than just doing a job and making a living. I guess ultimately my goal was to create something where I could work around my family and my own desires so that I could put my heart into my business but still have time to do the other things I love to do. This goal hasn't really changed. It was always important to me as it represents personal freedom.

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What community events or charities do you support or sponsor or would like to?

During my marriage, my family supported many charities. When I divorced, I simply could not continue to carry on with these donations and sponsorship, as I faced really tough times financially but fortunately my ex-husband was in a position to continue supporting the charities.

Ideally, as my business grows I would very much like to be involved in sponsoring community events and I have always tried to support those events that benefit children. I would particularly like to sponsor children through The Smith Family – Sponsor a Child programme as this was one of the charities I was able to support in the past.

This is something which is very important to me and something I promote when working with clients. There really is no point in playing small and not stepping into our own power because once we become self-sufficient and abundant, we are able to do greater good and assist those that need our support. So becoming the best version of ourselves is empowering for us as individuals and the way I see it, allows us to help others as well.

What are your accomplishments or do you have anything that you would like to promote?

On a personal level, a mother I consider my children to be me my two greatest accomplishments. Also, my managing to get us through some very difficult years in recent times, much of those on my own, with little support, feels like a major accomplishment.

More on a business level, my accomplishments would be actually having the courage to create my Life Coaching business and becoming a published author in the 'Inspired to Abundance' book which is due for release in the next few months. It is very exciting for me to be appearing in a book alongside the likes of Deepak Chopra, Wayne Dyer, Neale Donald Walsch, Sandy Forster and Mark Victor Hansen. I am looking forward to writing my own book which is my next goal.

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That brings us to the end of the interview with Clare.

Clare can be contacted through her website www.coaching-i-am.com



Thank you so much Clare.

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

Goodbye everyone. Goodbye Clare.

Colleen

Prosperity & Self Esteem Life Coach
www.colleenscoachingcorner.com

Would you like to change your life and become a Coach with the [Inspired Spirit Coaching Academy](#)

