

Debi Booth

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

This morning I feel so blessed and privileged to be able to interview one of my fellow coaches who did their training with the Inspired Spirit Coaching Academy (ISCA). Through this I have met so many wonderful people from all over the world with so many different talents, niches and expertise.



Today this special interview is with:

Name: **Debi Booth**

Business: The Journey Begins – Mental Health Spirit Coach



Website: mentalhealthspiritcoach.com

Hi Debi welcome to the call and how are you today?

Debi responds

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

Over the years, people have always told me their deepest darkest secrets, for some they've never told another soul. I realised that perhaps there was something about me that allowed them to open up and once I was in a positive position myself, it was time to explore what that may be.

My website is mentalhealthspiritcoach.com. I chose this name because I feel that it encompasses everything that I am. Others have encouraged me to not put in the words mental health, but I feel it is important to open up and start the conversation with no stigma attached. I feel passionate about breaking down the stigma attached to the words mental health, we all have it, some positive, some not so positive, but it's there.

By adding in the spirit side of things, allows me to utilise all that I know and continue to learn. Spirit to me means that I know who I am, I know my path and I use every part of who I am to achieve it. This means connecting to my higher self and asking questions, help and guidance. My intuition and my connection to my spirit was the final connection to my story or wellbeing.

Debi Booth

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

Having suffered from depression for over 20 years, I started on a journey of wellbeing about 7 years ago. I realised that when I talk to people, if I open up about my struggles, it seems to give them permission to do the same.

To get my own help, I went to a health retreat and went through a counselling program that inspired me enough to vow to myself that I am going to present something like this for those who could not afford to go to a health retreat. It's been my main driving force.

I soon realised that there were so many people out there suffering and trying to deal with their mental health by themselves. There is so many stigmas out there and most of it is self stigma. You don't have to have a mental illness to work on your mental health. The greatest way to deal with issues with your mental health is to get help early.

For me I have had depression, fibromyalgia, chronic fatigue and the list goes on as to my physical problems. In some cases when I went to the doctor I was given a pill and/or told to treat the symptoms. By this stage I was determined that I didn't have to live with pain for the rest of my life so I started to educate myself and find the right people to help me. I've been so incredibly blessed to have those people come into my life, right at the right time.

I then became a counsellor and then a coach so that I could help others in the same sort of situation.

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

My ideal client is anyone who wants to start to build, maintain and embrace positive mental health to live a life of wellbeing and balance. Those I work with are always at different stage in their lives; some are only just starting to build, whilst others are truly embracing the benefits of having positive mental wellbeing.

With a holistic approach, I help support them to find a path that is right for them. Together we will look at all areas of their life; physical health, self beliefs, relationships, support systems, commitment to change and personal blockages. They will learn what it is like to use all of the tools of the universe, to inspire and create the life you dream of.

Debi Booth

Being a counsellor and coach I'm able to delve behind the blockages and get to the real issues that may be hiding. There will always be a delineation as to whether we are in a counselling session or a coaching session and I will always be directed by my clients as to where they want to go.

What challenges have you faced since creating your business?

I think the greatest challenge is breaking down the barriers of calling myself a mental health spirit coach. Some have a problem with me using the words mental health, whilst others have a problem with me using the words spirit. I believe that the phrase mental health spirit coach demonstrates who I am and what I'm putting out to the world. Let's start talking about mental health, the same way we talk about our physical health.

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

It has in a way, but I feel that my journey is only just beginning. Where the universe takes me from here is exciting to be involved in. I am focussed on assisting people to move forward in their lives, but I'm also passionate about getting the nation to talk openly about mental health in general.

Would you like to share what community events or charities that you support or sponsor or would like to?

I volunteer with an organization called MIEACT which is the Mental Illness Education ACT. Our main focus is to go out to senior school students across the ACT and talk about mental health. We tell them our own personal stories, talk to them about symptoms, where to get help and talk about stigma. It's incredibly rewarding to be able to touch young people who are at such high risk of mental illness. We also go to other organisations, both private and public, and tell them our stories, giving them a real face to mental illness.

Also at the moment, I volunteer with an organization called INANNA. I help with their wellbeing group, which consist of women who are isolated in our community.

Our family helped organize books and stationary to be delivered to a school in Fiji in the previous two years. The school was building a library and had no books to put in them. They now have the most amazing library thanks to our own school for gathering the books together. We also provide the kids going off to high school their back packs and stationary that they will need for the following year.

Debi Booth

My daughter and I are heading over to Cambodia in 2013 to volunteer for a month with an organization called New Hope. Amy (14) will be in the school run by the organization and I will with their outreach program, working with the villages.

And finally Debi what are your achievements or do you have anything that you would like to promote?

I have many personal accomplishments that I would love to share with my clients. I have a number of amazing things coming up on my web site soon and a set of programs in the works for 2014. As I go through a year of learning, I'm excited to see where the universe takes me from here.

That now brings us to the end of our interview with Debi today. Debi can be contacted through her website at

mentalhealthspiritcoach.com

The Journey Begins – Debi Booth

Mental Health Spirit Coach



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Meet Debi

As I've now reached the milestone of 40, I take the time to reflect on where I am, in all areas of my life. What I discovered, is a life I am proud of and one that is filled with so much joy and happiness.

When I look back on where my life was, just a short time ago, I am amazed and in awe at the transformation. I was in the depths of despair, with crippling depression and low self esteem. I muddled through my days, not knowing or caring what my life would behold. I had three beautiful children that I was damaging as each day passed and a husband who just kept hanging in there with me.

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Name

Email Address

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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.

Debi Booth

Thank you so much Debi. Have a fantastic and wonderful day!!

Colleen

Prosperity & Self Esteem Life Coach
www.colleenscoachingcorner.com



Colleen's Life Coaching Corner

Welcome

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- DCA Coaches Interviews
- Interviews - Friends with Causes

Prosperity & Money Coach - Attracting Dreamers With High Desires

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 selfish with money?
- Is your social life affected by the amount of money you have?
- Are you able to save towards 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

Wouldn't it be nice to be in control of your finances instead of your money controlling you?

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Testimonials

"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. - Ascending me"

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