

ISCA Coaches - Teleseminar Interview

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

I feel so blessed and privileged to be able to interview some of my fellow coaches from the Inspired Spirit Coaching Academy (ISCA) from all over the world. The experience I am gaining will help me to conduct my own teleseminar/webinar events. I will also be very lucky to interview my mentor, head trainer and creator of the ISCA – Sandy Forster. This academy is where I did my training and it is totally life transforming. This is my fifth special interview and it is with



Linda Carroll who resides in Hawaii

Business: Linda Carroll Coaching

Website: CoachLindaCarroll.com

It is now 11.00 am in Hawaii and 5.00 am the next day here in Perth as there is 18 hours time difference.

Hi Linda welcome to the call.



Aloha,, Colleen, I'm so pleased to be here with you. Thank you for inviting me to your Coaching Corner!

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

I've been in several different kinds of businesses in my lifetime, and I've also been interested in self-improvement books and strategies since I was about 12 years old. But what really inspired me to create this particular business, at this particular time, is that it seems like the world is ready for--and asking for--prosperity and wealth coaching.

People want to create prosperity and wealth for themselves, and they want to do it from a position of core values, and staying true to their spirit.

It used to be that if a person felt blocked or unfulfilled, he or she went to a spiritual counsellor, or a psychologist, and many times--not all the time-- that expert would analyse them, and they would have all kinds of conversations about what was wrong; why things went wrong, and what was holding them back.

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Now, there is a widespread awareness and feeling--a desire, even eagerness to focus on what is good, and how can it be even better! More people are eager and ready to have those kinds of conversations and take the kind of actions to create the greatest life that they can imagine living.

I am eager, I desire, I have a drive to be part of this focus on good, part of this positive energy to create great lives for people!

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

I've had a long history of illness, depression, poverty, and unhappiness. I struggled my way up through that to a brighter, happier, hopeful and more functional life.

Then I started becoming more connected with my inner spirit, and the beauty that is in the world. I finally woke up to the idea that I am a Creator, and I can affect what happens in my life.

I guess I'm saying that as my FEELINGS grew better, my LIFE grew better. A lot of the physical circumstances had not changed, but I was FEELING better. And as I embraced the feelings of getting better, and visualized a better life for myself, then even my circumstances changed, and my life really took off and improved - my health, my happiness, and my wealth. So I kept visualizing bigger and better things in my life!

For example, I wanted to move from grey, rainy Washington State, to warm, gentle, Hawaii. My husband and I had visited the Big Island - the largest of the Hawaiian Islands, with the smallest population per square mile. It's not a big resort island; it's mostly agriculture, with scientists studying the volcano, and the huge celestial observatory here. Our background is in Horticulture, and my husband is a hobby orchid grower, so it seemed like a perfect fit for us.

We agreed to move. But nothing happened. We weren't going anywhere. We weren't having any conversations that moved us closer to Hawaii, nothing was getting packed or sorted out - no arrangements were being made. We just had conversations that went in circles and ended up nowhere!

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So I made a Moving to and Living in Hawaii vision board. I drew a picture of a bulldozer smashing down the mobile home we lived in. I drew a picture of a grass hut in the center, with a palm trees, and two hearts entwined, and a rainbow. I drew boxes with labels for the things we would take with us. I drew a picture of our truck with a "SOLD" sign on it. I drew as many steps as I could think of, and added pictures of how our life would be when we got there. I encourage Tom to draw on it too, so his energy would be added to it. I put the picture up on my living room shelf, and WOW! Did things start happening.

Within two months, we were packed, the house was demolished, the truck was sold, and our car was on a ship destined for the Big Island. We had our plane tickets, a friend took us to the Seattle airport, and, well, here we are on the Big Island, living a life that I thought would only exist in my wildest dreams. And it's getting better and better.

When I think about the contrast between my past life of illness and depression and poverty, against my present life of growing health, peace and joy, and wealthy abundance, I feel so inspired and so driven to help others find and focus on living THEIR most wonderful lives, the life of their fondest dreams. And I KNOW they can create it easily and effectively by employing tools that help them focus and take action on their dreams.

We can each live in a world of joy--and I want to help create that wonderful, joyful world.

You are living proof that you can certainly recreate your life and that using the vision boards is a very effective process that you can use.

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

My ideal client is someone who is ready and excited to move their life to the next level--someone who wants to live larger, who wants to love themselves more deeply, someone who is ready to create the life they've been imagining that they can live.

My ideal clients want to create more abundance, more prosperity, and more wealth in their lives - and they want to stay true to their own ethics and their own personality while they are creating it. My clients DON'T want to trade their core values for success.

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My clients DON'T want to spend their entire life, laboring to make someone else's dreams come true.

My clients come from various occupations. Some are people who are ready to leverage more from their current job or occupation. Many of my clients own their business, or are ready to start their own business. Some are adding new financial strategies to their lives. All of them are ready to start taking actions and making changes in their lives, to live a life that is more abundant, more prosperous, and wealthier.

How long have you been involved or owned your business?

This particular business is very new - fresh out of the starting gate! In my life I've owned several businesses, always as a sole proprietor or an independent contractor. Some have been a sole source of income; some have been a side business while I was employed elsewhere. For instance, I was employed in the Nursery and Greenhouse trade for many years, and I also ran my own pruning and garden care business on the side. For several years I supplied wholesale florist greens and Christmas greens, as a seasonal side business. Later, I became a full time Landscape Designer and Consultant. Then I became ill, and went into my dark period.

Coming out of that, I studied and got my Real Estate license, and worked as a real estate agent and Realtor(r) for several years--quite an education and learning curve for a little gardener gal who used to make her living by digging in the dirt!

I enjoyed all of those occupations, and each one of them has added something to the depth and scope of my coaching career. And each of them has helped me learn great tools that I use in my toolbox as a businesswoman and a prosperity coach.

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

My ultimate goal has always been to find a business which provided with me so much joy, inspiration, and energy, that I would never have to stop working or retire! In this search, my model has been the wonderful Louise Hay, still serving and inspiring in her illustrious career.

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To keep me going, a business has to provide my clients with gigantic, life-changing service and support. It has to provide me with personal contact with my clients. It has to give me the opportunity to build a body of work, through authorship and public speaking, so I can reach and touch an audience beyond my immediate coaching clients. It also has to be flexible, to accommodate my health and varying energy level.

And above all, it must honor my spirit, and, as Sandy Forster says, it must make my heart sing!

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

Here on the Big Island I support the Kona Community Hospital, the local Food Bank, various youth and senior activities and sometimes the animal shelter.

When you live on a big rock in the middle of the Pacific Ocean, with the nearest landfall about 3000 miles away, food and services are quite expensive and easily disrupted by any disasters - hurricane, tsunami, earthquakes, shipping embargoes. Jobs can be scarce. So, it's very important to reach out to all of your neighbors on the Island. What affects one of us, affects all of us.

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

My latest accomplishment is that I'm putting the finishing touches on a book I've written. It's called "Engage: the Power to Set Your Life in Motion." It's designed for readers who feel like they aren't getting anywhere in their lives - maybe they feel stuck, or they feel like they're just going through the motions. Some might call it the Rat Race, or being on the treadmill of life and work.

Engage has 30 chapters, and is meant to be read over 30 days. Each chapter is followed by a brief exercise that helps the reader get "unstuck" in their life. When the 30 days is over, the reader will be seeing the world in a new way and hopefully moving through it with new actions. Actions to help create a life they WANT to live, instead of just going through the motions of duty and obligation.

I've also started writing a second book, about Growing your Intuition. I haven't chosen a title yet, but I might just call it - "Growing you Intuition!" Intuition is a beautiful and useful tool for problem-solving and creation.

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It's often overlooked and misunderstood, and this book can help the reader develop his or her intuition, and decide when and how they want to employ it.

The thing I would like the most to promote is my Prosperity Coaching business, and my website, www.CoachLindaCarroll.com. I specialize in Prosperity and Business Coaching. I also specialize in Life Balance - or as some call it, Work/Life Balance coaching through the Inspired to Success coaching model.

Before we end our interview with Linda can you please tell everyone the magic of Aloha and the meaning?

Aloha is hello, goodbye, and can also be kind of like a cross between saying "I love you" and "namaste." It's a really beautiful word with deep, layered, multiple meanings, and the "ha" portion of is actually the exhale of your breath, as you say "ha," and one meaning of the syllable "ha," is "breath of life."

Here's a short piece from someone who follows the old Hawaiian words and stories:

***Besides these common meanings, the word Aloha holds within itself all one needs to know to interact rightfully in the natural world. These insights describe an attitude or way of life sometimes called "The Aloha Spirit" or "The Way of Aloha".*

The spirit of Aloha was an important lesson taught to the children of the past because it was about the world of which they were a part. One early teaching goes like this:

*Aloha is being a part of all, and all being a part of me. When there is pain - it is my pain. When there is joy - it is also mine. I respect all that is as part of the Creator and part of me. I will not willfully harm anyone or anything. When food is needed I will take only my need and explain why it is being taken. The earth, the sky, the sea are mine to care for, to cherish and to protect. This is Hawaiian - this is Aloha!***

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Linda can be contacted through her website:

CoachLindaCarroll.com



The screenshot shows the homepage of Linda Carroll's coaching website. At the top, the name "Linda Carroll" is displayed in a large blue font. Below it is a navigation menu with links for "COACHING", "SUCCESS SECRETS", "SUCCESS STORIES", "MY TRAINING", and "CONTACT ME". The main content area features a "Meet Coach Linda Carroll" section with a photo of Linda, a welcome message, and a description of her coaching practice. To the right, there is a call-to-action box titled "Get Yours FREE 7 Simple Secrets To Success" with a form for "Name" and "Email Address" and a "SUBMIT" button. Below the form are social media icons for Facebook, YouTube, Google+, and Twitter.

Thank you so much Linda

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.

Aloha Linda Aloha everyone. Have a fantastic day!!

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

