

Rachpal Tulsi – 4 October 2013

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

Today I feel so blessed and privileged to be able to interview the Queen of Transitional Transformation who has now joined our Niche Networkers Group. It's just amazing all the wonderful like minded people I am now meeting during and after completing my coach training throughout the world and with so many different niches.



Today this special interview is with:

Name: **Rachpal Tulsi from Singapore**

Business: Coaching professional women get clarity during the confusing stages of life and career transitions



Website: www.rachpaltulsi.com

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

What made you become involved in your chosen field, create your business and website? What is your story behind it?

When I was about 30 years old, I recalled being very unhappy with my work and my relationship with this guy I was dating was also not working out. So I thought maybe it was my work – perhaps if I did something else, I would be happier. So began a decade of dabbling in a little bit of this and a little bit of that but still I always had this lingering feeling of unhappiness and lack of fulfilment. So I plunged into a whole series of self-development workshops and read book after book on how to get my life back in order!

Well, as I did all this, I was still consulting with organisations and in the course of my work, I met many professional women who were going through similar life experiences that I had gone through. What I also discovered was that these women had no outlet to vent their frustrations, no one to talk to about the anxieties or fears they were experiencing. They kept everything bottled up as they felt compelled to “put up an appearance” that they had everything under control; but slowly they were just breaking down inside.

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When they could steal a few minutes with me, I would listen to them tell me their story – and for many of them it was the first time that they had that opportunity to let it all out! Tears of relief, tears of pain, tears of joy, tears of getting the permission to speak – I’ve sat through with them all.

It then struck me that I was this woman many times in the last decade. I had no outlet to let it out. As professional women, there is an “unspoken” expectation placed on us that we have to have it all together – our profession, managing the organisation’s goals, leading the team, managing the family and home – and that it is deemed “inappropriate” to talk about any problems that you might be facing. So many professional women out there want someone to just hear them out and give them a little support to get their footing back and to help clear that confusion; get some clarity.

So in February of 2013, I decided to create my coaching business for these busy professional women; to build a support community for the women through my online group coaching so that they can still tap on the network with women who ARE like them, HAVE similar challenges and that they no longer feel that they are all alone.

Who was your biggest inspiration and how did they influence you?

I’ll have to be greedy and say I have TWO sources of inspiration.

The first will be my mother, who fought my very traditional father, for me to get my tertiary education. She’s supported me through every step of my transition – by just being there. She might not know what to say or do but just her strong, physical presence is enough to get me back on my feet. Everytime I feel defeated, I just remember the fights she endured to let me have that education so that I can be where I am today. She is the ultimate woman of steel – at age 82 she is still active in caring for her 3-month old great-grand-son. She is my silent supporter.

The second is my husband – there is no pretense, no image – nothing. He’s my biggest critic. He does not mince his words and that can be a big OUCH sometimes. But in the past 10 years that we’ve been together, we have the biggest fights but also the biggest laughs. He’s encouraged me to pursue my dreams, taught me to fight for my rights, taught me to laugh at myself. He’s taught me the biggest lesson – that all fear is just in my mind.

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

My ideal client would be the busy professional woman – a woman who is juggling career and family; a woman who is constantly working hard to ensure she does a good job at work and then races back home to ensure the kids, the husband/partner, parents or even pets are fed and looked after; the woman who is a corporate high-flyer and going home to an empty home because she is too exhausted to go out and meet people but she is longing to have that someone to share her life with; She will most likely be in her mid-30s to mid-40s; she is either contemplating a change in career or has already quit her job and looking for something to do; she could be experiencing some challenges in her relationship or might have recently ended her relationship.

My research and experiences would enable these women to understand the transition cycle and through the program that I have designed for them, they will be able to work through the emotions, clear the emotional clutter that had been built up over the years and develop a strategy to design the life that they want. For example there are 2 things that I realised women constantly do that get them into a stuck state: One, they fail to set boundaries either because they don't know they can or don't know how to and as a result, they get drained; secondly, it's what I called handing over the remote control, where their emotional well-being is dictated by others. I have a book that I'm currently writing called "Who's Holding Your Remote Control". So my program teaches them to recognise when boundaries are being violated and how to get the remote control back in their hands.

What challenges have you faced since creating your business?

Juggling my different roles – the professional, the wife, the daughter, the sister, the friend, the aunty, the grand-aunty!!

It's a constant balancing act these past 6 months – on the one hand I still have my work that I enjoy and gives me financial security, then there is the strong want to live a healthy life so struggling to find time to prepare meals at home; finding time to keep fit and exercise a few times a week; meeting Mum weekly and taking her out; spending time with my husband, my friends; Skyping my sisters who live overseas. It's a big juggling act.

And in all that I still have to manage the technical side of starting up this business – I got myself a great coach Amber Mclean but again, it's finding the time to apply the brilliant strategy that she has devised for us. Finding the right people to help me design the social media, website and then once it's all up and running, finding the time or people to help me manage the queries.

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I found myself working longer hours on my business and I might say I felt like giving up! After all, the whole idea of setting up my own business is to have more leisure time. So since mid-September, I have forced myself not to work on Saturdays. It's just a day for me to be with my husband- we go out, we go for drives, meet friends. No work.

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

My ultimate goal is to be the ultimate coach in the Asia-Pacific region specializing in coaching women who are in transition and want a massive change – a transformation. So yes, my ultimate goal is to be the Queen of Transitional Transformation. This has been the goal from when I started this business and it stays. I am 100% certain.

What is one thing you would like to say to these women who are juggling their life and careers and struggling to keep that work-life balance?

You have a CHOICE and you DESERVE to look after yourself. Women are often very hard on themselves, we set very high expectations for ourselves; I just want you to know that sometimes it's okay to say – “I give up” or “I just don't know how” and allow someone to help you get back your balance.

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

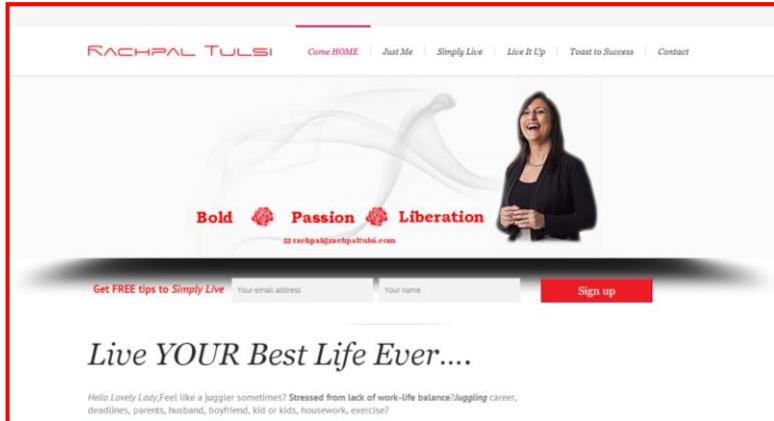
I've had tremendous feedback from my two pilot runs with my coaching programme that I ran in the last 3 months. In fact, I am also amongst a panel of coaches for Rolls Royce Marine in Shanghai and South Korea. Here in Singapore, I continue to work with multi-national companies and government agencies to develop their employee performance and potential.

I will be running a series of webinars for my coaching programme that is scheduled to start in November 2013. My first webinar is on 19 October 2013 at 9 a.m. Singapore Time. Details of how to register for the webinar can be found on my website rachpaltulsi.com

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

www.rachpaltulsi.com



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 Rachpal. Have a fantastic and wonderful day!!

Colleen

Prosperity & Self Esteem Life Coach

www.colleenscoachingcorner.com



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