

Sue Folley's Transcript 16 July 2013

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) from all over the world and with so many different niches and expertise. This academy is where I did my training and it is totally life transforming. .



Today this special interview is with:

Name: **Sue Folley from Darwin**

Business: The Cause and Effect Coaching Specialist

Website: Currently Being created



Hi Sue welcome to the call.

Hi Colleen, thank you. It's great to be on the call here with you today sharing some insights with others as to what my Coaching offers.

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

Gee, my life has been a journey of many roads. Within all of those roads or side-roads travelled... there has been a total attraction to assist others. All of my life... when I look back there has been a pattern of caring for others in my work-line. My work experience ranges from receptionist to managing and looking after guests in a remote tourist location to working the children and caring about their needs. So all of my working life has built around and been extended by becoming more involved in caring about the needs of others. I feel that self worth is a very special and important part of our life that gives us the launching pad to get curious about achieving what is desired. So to answer what inspired me to create my business has beento do more of what I love in lifeand I am very excited about having opportunities to do what totally motivates me with energy and passion.

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

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I think that my chosen field was probably given to me and I just needed to look at those coincidences and patterns ~ It was when I started to look at patterns in my life in the workplace... that I was drawn to ...that started the brain going tick, tock we all have a clock called life!!~ I wanted to be able to feel that I was doing what is called 'one's purpose' in life. There is a saying that if you get C's in your school report, then that is what should be focused on to get up to the level of an A, instead of the A's being more of the focus where in fact I think that the A's are the strengths of a person that should not go unnoticed. I was average throughout my school life but there was a part of me that was unnoticed at school (my A's) and that was my social interaction with others. That feeling of being in the zone of helping others to be empowered is the desire that I get passionate about in the now and did back then also. When I was looking back over my life and what patterns there were, I realised that I was also never a reader of fiction and always keen to pick up a book about non-fiction to learn more about topics. Now that the famous Google is available, I constantly research. I was given a book called "Happy Pocket Full of Money" and out of that I became very curious about energy exchange and learning how everything in life has energy and vibration. From there I have expanded my knowledge and been involved in other courses that involved energy work. I have completed the NLP (Neuro-Linguistic Programing) Course and love how there are some very simple and effective techniques to assist clients – EFT (Emotional Freedom Techniques) that work on the meridian system and clearing energy blocks. I have my Level 3 in Reiki Tumo, which is energy work. I have certificates in massage and meditation courses. One of the ways that I love assisting others is with the power that words have, If words can hurt, then words can heal. We have all had experience with words that can hurt but maybe people are not aware that words can heal also and undo some of those emotions that have been hurt and pulled the self-worth below its desired level that allows an individual to live in a more balanced way. With everything there is an equal opposite just as there is with words. The Yin and Yang of life.. or the Cause and Effect – The Law of Cause and Effect says, every cause has an effect and every effect has its cause. Then I discovered that there is power in the word SAME and I started to notice how much of SAME is everywhere. An example of that would be when we get into rapport with someone it is called SAME and realised that the subconscious mind likes SAME because it means that it brings joy rather than conflict and disharmony. The subconscious mind is about our emotions and how we feel. I also believe that we are here to experience joy and if we can find that SAME that brings joy, then there is a key that is unlocked and the mind starts to readjust so that it matches SAME. Some people indulge in food, wine etc for that feeling of joy...

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The subconscious mind loves joy and doesn't look at the logic behind habits that are formed... There is more about this topic in my webinar that I will post up onto my website once it is finished. I will be creating workshops around this concept also at a later date so that others can utilise this tool and begin to understand how to match SAME.

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

The ideal client that I can assist is one who finds that their life is out of balance through noticing feelings. Clients may understand that they are living with a backpack that is weighing them down emotionally and are unable to feel good about themselves and tackling things that they wish they could, but don't.. There are some clues that a client can look for in the language sector of their life and how they value themselves visually or if there has been some verbal language that keeps them stuck. Once the back pack is taken off through the use of strategies in NLP or EFT and supportive coaching, self worth becomes a thing of the past and they can fulfil their desire to live more of their life in a resourceful way. The wonderful thing about the law of Cause and Effect is that if you believe that Cause is an option to pursue with the support that is required, then living life in Cause is totally achievable. It's law!! – I love that idea of the Law – It speaks and is constant. It is the change within the client that becomes constant also... because it is law!!... Anything is achievable because we live in a world of language. If there is a client listening to this and resonates with understanding we live in a world of language, then the law of Cause and Effect works – Its law... By that I mean visual language, verbal language, childhood language (which are the beliefs that we manifest to be true) If I was going to give an example of this language, I would go with a general one where some people are nervous about standing out in front of a crowd and giving a speech. There are reasons behind the nervousness (a belief) and because the subconscious mind likes joy, then it sets in place the fight or flight response to protect the individual from an experience that is perceived as a threat. The person that can get up in front of a crowd and give a speech and doesn't have that nervousness, has a different belief around self when in that situation.

How long have you been involved or owned your business?

I feel like I have been involved in my business for my entire life and it has continued to expand and grow as I grow and research the latest on topics of energy and the effects that words have on our emotional balance.

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

My first goal that I had was to have clients come to my place for a 3 day weekend where I could assist in releasing stress and empowering them with skills and techniques to keep stress in balance. That goal was decided a few years ago and has since expanded to all sorts of other areas. I have created workshops which I will advertise later on my website that can be done at home or retreats that explore the many benefits of living in balance and how to do this. I have this brainstorming going on in my head all the time and am currently writing a book ~ Now for me that is a "Who would have ever thought" that I would do that. – My goals will expand as I launch into my business and delve into the practical side of working in groups ...or one on one ...or over the internet.

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

I currently support Endeavour which is a charity that raises money for people with disabilities so that they have more choices in life and who they live with. I think in essence that is what we all would like, is those choices to live a better way.

In Darwin a few weeks ago they had their first ever Happiness Expo in the Botanic Gardens which I attended and there were many organizations there that offer support for those that are requiring support for addictions, mental health etc. I went and spoke to the NT Carers Group and have put my name down to do some volunteer work and would love to be part of their Happiness Expo next year when it will be run again.

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

My achievements are many and they are those goals that I have set for myself that I have worked towards and achieved. I would say that I have achieved exactly what I have put action to. My goals are of a personal nature

I will be creating my website in the near future and will be promoting webinars that offer skills and knowledge. I will be organizing workshops that will involve learning about using your own intuition and how this relates to the chakra system. I will be organizing retreats.... For me... the brain keeps thinking of how I can assist others to become more empowered.

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As my website is under construction I figure that words will get to me via a Google Search. The words Cause and Effect and the words Sue Folley will hopefully find me if you type those into the Google Search...

The time span I have set aside for this ...at the latest... is in 8 weeks however it could be finished before then... Just keep checking or there will be a link to my Facebook Page

That now brings us to the end of our interview with Sue this morning.

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 Sue. Have a fantastic and wonderful day!!

Colleen

Prosperity & Self Esteem Life Coach
www.colleenscoachingcorner.com



Colleen's Life Coaching Corner

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- 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 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

If you would you like to change your life and become a Coach with the [Inspired Spirit Coaching Academy](http://www.inspiredspiritcoachingacademy.com) then please click on the link provided.