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SPEAKERS

Leslie Tagorda, Lee Chaix McDonough

L Leslie Tagorda 00:00

Welcome to start powered astrology for changemakers I have Leslie Tagorda. Your guide, Hawaii born Filipino Jewish astrologer who loves navigating visionaries like you the spiritual journey of your work so that you can be inspired to lead by your chart and become the luminary leader. You are born to be welcome. Welcome luminaries. I'm so excited to bring a friend and gosh, a support it just like such a wonderful person and human, Lee McDonough. She is the founder of coach with clarity, and she's a Gemini Sun Pisces rising. And she has so much to teach creative, innovative, intuitive coaches, how to combine their talents, their experiences, and of course, their intuition in their own coaching mythology, methodology. Hi, Lee.

L Lee Chaix McDonough 00:51

Hi, Leslie. I'm so excited to be here. Thanks for having me.

L Leslie Tagorda 00:54

Oh, my goodness, I'm so glad that we made this work out because I just wanted to hear your entire story of just like what's going on in your business, because you've had so many massive shifts. And, you know, like, in kind of like, our little private, it's kind of like side little conversations, like you just have just this incredible intuitive part of your life and your business and like the guides that support you. So I just wanted to share with everybody how you integrate those two, and like the business pragmatism kind of way and then like the woowoo way,

L Lee Chaix McDonough 01:30

yes. And I love looking at where strategy and intuition intersect. I am fascinated with that. Certainly in coaching, but just in general. So when we can figure out how to tune into our intuition and then allow it to inform our practices. That's where the magic happens.

L Leslie Tagorda 01:48

I absolutely love that. And, you know, I just I always wonder because you're so you know, your business is like top notch. It's super organized, you have all of your strategies, you have all of your certifications, you've done all of these things that which seem very like Saturnian and fixed and earth. Yet, when I look at your chart, right, you have like Gemini, sun, Gemini, Moon, all of your angles, Pisces rising, Sagittarius midheaven. With Neptune. All of that is mutable. So how do you contain all of that flow?

L Lee Chaix McDonough 02:25

Well, you know, I will say my work with you has been instrumental because you helped me see who my ideal client archetype was. And that's really, they're my Virgos. And so my Virgos really appreciate that structure and those routines and having everything laid out. And so in many ways, I've designed my business to be appealing to that archetype. But I also think there's a part of me, ever since I was young, like a kid, that always felt a sense of comfort, and even relief when I had habits and routines and rituals that I could fall back on. And I wonder if maybe that is my mutable side, seeking balance, wanting some of that more Saturnian structure than what comes easily to me. And so I've really tried over the years to integrate some of that into my approach, while also understanding that it's not necessarily what comes innately to me, I can do it. And it brings me comfort when I do it. But it takes some work getting there. And I used to see that as being problematic or limitation. And now I just see it as being a part of my personal constellation who I am. But really thinking about it in terms of how can I structure this in a way that supports me but also serves my clients, that's been really helpful.

L Leslie Tagorda 03:50

Ah, well, thinking about like that Virgo archetype. It is mutable Earth, so changing Earth, Earth that's in flow, and for that Virgo archetype, which is it's still your seventh, your descendant. So it's still part of your, your angles and the structure of who you are. I just love thinking about that Virgo as those routines, those practices, those rituals that are able to fluctuate and move and shift, but they still give you that structure, that flexible structure, not the rigid structure. So it sounds like you've mastered that.

L Lee Chaix McDonough 04:29

I like to think so. Or maybe I'm in the process of mastering it because there's always more growth to do. But I will say certainly, once I hit my 40s in particular, I just hit this point where I was tired of viewing myself through the lens of what's wrong, what's broken, what's not working, and instead looking at myself, and then consequently looking at everyone, every single human being as this person is doing the best they can with what they have, and all So doing the best they can within structures that were not necessarily created to be fully supportive. When we look at patriarchy when we look at capitalism, and we think about who wins, who profits from those systems, it's not typically women, it's not typically people of color. And so when we're able to take a holistic view, then all of a sudden, some of the practices that I

was judging myself for, when I put them in context, all of a sudden, it's like, well, no, of course, I was responding that way. It's almost by design in the system we're in. So bringing that kind of flexible sense of acceptance, but also not just passively receiving it and deciding, okay, now that I understand why this is happening, and all of the contextual elements at play, what changes can I make within? And also what changes can I make systematically in order to create growth and improvement for everyone? Yeah,

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Leslie Tagorda 05:55

I just leave, you're just like talking my talk. And then I see the parts of your chart that like light up, as you're talking about those systems? And how do we improve and streamline those systems, especially for the those of us who do not benefit from the societal systems that we breathe and live in? Well, I just love your brilliance and wondering, you know, you are a coach now, right, and you are a coach that are training and teaching other coaches to live by their own intuition and their own inner wisdom. But how did you get into coaching because Aren't you one of my friends that have like this, like deep therapy background?

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Lee Chaix McDonough 06:38

I am, I was a therapist for almost 15 years. And really, I spent most of my life wanting to be a therapist. When I was 14, I was a sophomore in high school. And I experienced one of those dark night of the soul moments, I went through a very difficult period where I was experiencing daily panic attacks, I was depressed, I felt really lonely and alone. And fortunately, I was able to connect with a wonderful therapist, I still think of him often. Because not only did he help 14 year old Lee with what she was struggling with, he also showed me that there was a way that I could take my talents and gifts and use them to help other people. And it was at that point that I realized, I want to do this work to I want to help people who are going through difficult times, find their way through. And so at that point in my life, I saw therapy as being the way that I could do that. And so from basically the age of 14 on, I knew at some point I was going to wind up exploring psychology and becoming a therapist. And so the next couple decades were spent doing just that studying training, being supervised getting my license and ultimately becoming an independent therapist, and I did that work for several years, it was very rewarding. It was very challenging. And so there was a point in my life where I was going through a significant transition, my husband was getting out of the air force, we had been stationed in Germany for four years, we were moving back to the states, my children had very vague memories, if any of at all of living in the States. So I knew they were going to be experiencing their own version of culture shock. And I just felt like I need to pause, I need to stop and really show up for my family and support us all through this transition. And so that's what I did, I took almost a year off from professional work outside the home to essentially project manage that transition. And then I hit a point where I had that itch to return to my professional identity to to do that kind of work again. And yet on some level, and I really believe this was my intuition speaking to me, I knew that mental health was not the arena for me to do that in anymore. And that's not to say that there's anything wrong with being a therapist. In fact, quite the opposite. I love therapists, I'm grateful for therapists, I'm honored to have been one. But I also knew I was ready to explore a different path. And that's really where coaching entered my life.

L

Leslie Tagorda 09:17

So there seems to be like this really like natural transition from therapy to coaching and you know, as you're talking about the therapy, as you're talking about that the 14 year old self and coming into, like, there's so many things, so many tangents I want to go off from there, but you know, the 14 year old self, that half of the Saturn cycle is a very, very critical time. Yes. And if we can all remember and give love to that 14 year old self, that 14 year old self has like all the passions already planted in us that we are going to take into our lifetime like throughout our lifetime. So think back to what you love when you are 14 for everybody listening. And you know, your when Saturn for you is in that 12th house? Of course that was a really hard time for you.

L

Lee Chaix McDonough 10:09

Yeah. Because it makes sense. Yeah.

L

Leslie Tagorda 10:12

And so but thinking about the mental health and kind of like the mental strength you gained from being able to understand what was going on? How did you then it felt like an expansion were like, I'm going to build on top of this mental health, but there's something more that I can give my clients that's not just in therapy. Could you explain that gap a little bit? From Yes. To coaching, how that expanded for you?

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Lee Chaix McDonough 10:41

Yes. You know, on some level, I always felt a bit hamstrung as a therapist, because there were limitations to what I could do with my clients and how I could work with them. Whether those limitations were put in place by insurance companies who were either approving and denying service, or whether it was simply the agency that I was working for, before I was doing private practice, I always felt that there were these external constraints put on my work. And well, we could have a whole conversation about insurance companies and approving service. That's, that's a whole nother conversation. But, you know, in many ways, though, I understand why there are limitations in place. Because we do want to protect the public, we want to make sure that when someone goes to receive therapy, they are working with someone who's highly trained, who's using evidence based practices, like I get all that. But that also, I think a lot of practitioners then feel limited, like I can only work with my people in this manner. And I was just sensing this evolution in my own practice, and in how I wanted to support other people. And it was largely inspired actually, by my husband, who had spent the bulk of his career as an extraordinary periodontist, but had never learned how to operate a business because dental school and the Air Force don't really prepare you for that. So now he had bought this, this dental practice. And he was learning how to be a clinician in it, but also be the owner operator, and to do all of the things that come with owning a business. And there was a unique tension he experienced by being so exceptional, as a clinician and a provider, but being brand new, as a business owner. And as I supported him through that I kept thinking, I really wish that there was someone who could help him almost like a therapist for your business. Because he, he wasn't depressed, any anxiety he was having was situationally appropriate. So he didn't necessarily need or want therapy. But it was also a really lonely experience. And I think he would have been better served had someone been there with him to support him. And so my

research brought me to coaching. And that's when not only was I thinking, oh, yeah, coaching might be good for my husband, I was thinking, Oh, my gosh, this feels like my sweet spot now, because I can take all of what I've learned as a therapist, and combine it with what I've learned through all this on the job training, getting my husband's business up and running. What if I could do this? What if I could combine my passion for serving others my interest in business, this newfound approach that I'm developing, coaching just seemed to be a wonderful way to channel all of that. And so that's when I was like, Alright, if we're going to do this, we're going to do this. And I joined a coach training program, I got credentialed, I started my business, all pretty quickly, actually, looking back at all happened pretty rapidly. And that really just kind of started me on the path of, of coaching and ultimately, coach training.

L Leslie Tagorda 13:51

Oh, my goodness, what a beautiful story. Your husband is so lucky to have you. And all of your wisdom and your like your tenacity. Because, you know, like when people are starting a business and I've talked a little bit about kind of the the spiritual journey of entrepreneurship, right. And so right like, we're we don't necessarily need therapy like to battle depression or anything like that. But we are overcoming mindset issues or overcoming worthiness issues where we're overcoming, like, systemic and structural issues that even probably he had coming from a very institutionalized place like the military, and then all of a sudden being free and you're like, Whoa, what do I do?

L Lee Chaix McDonough 14:37

Yes, I think that's exactly right. And he also had purchased an existing business. So not only was he learning how to be a business owner, he was trying to figure out what parts of this business can stay the same. What do I need to modify? How can I make this business more about me and my approach to dentistry which was complicated. There were a lot of external complications as well. So yeah, he was really on this path of expansion and growth, and stepping into his potential as a clinician, yes, but also as a business owner and a leader, leading his team. So it was really something to bear witness to that and to support him. And also realize that for the sake of our marriage, there needed to be some boundaries around how when the type of support I was providing, because first and foremost, we are we are partners in life. And we also recognize we do well, when we have our own interests, our own activities, a little bit of space, I knew that being an employee in his business would not have been good for anyone, certainly not for him and me. So still being there as a way to support and encourage but also creating that level of separation. That works for us.

L Leslie Tagorda 15:58

That's so beautiful. And the other thing that I was super interesting to me that you're talking about, as you know, as he's shifting the mindset from employee to entrepreneur, like the business owner, like, that is like such a sweet spot. I feel like we talk a lot about like, just kind of on the back end, personally. But also there is this idea of him shifting the culture and the spirit of the business because he purchased an existing business. Yes. And I know you have a lot of intuitive insight into speaking to what is that spirit of the business?

L Lee Chaix McDonough 16:37

Yes, I am not shy about letting people know that when I am working with them. And they're a business owner, I actually feel like I have two clients, I have the human being who is in front of me, who is my, my literal client, but their business is also a client of mine. And so connecting with the soul of that business, connecting with its spirit, and understanding how the business wants to engage with that person, how they want to support but also how they want to be supported. Many times, I feel like I'm having a conversation, not just with the person in front of me, but also with the spirit of whatever it is they're working on. Maybe it's their business in general, maybe it's the book that they're working on, or the podcast or the offer. So we can even kind of connect with the spirit of that individual offer as well. And this is not something that actually I talk about a whole lot. It's really more just kind of inherent in my approach. And yet, it's very clear to me that when I am in front of my client, whether in person or on Zoom, there's more energy there than just the client and me, there's all sorts of energies at play. And I feel as the coach, part of my role is to recognize and acknowledge those energies, and kind of navigate which ones need to come in and when. So it's a bit like being a conductor, in many ways, figuring out what voice what part needs to be heard. And that's, that's one way where I feel like my intuition then is brought in because I really rely on my intuition to help guide where we're headed and what voice or what Energy wants to take, take precedence at that point.

L Leslie Tagorda 18:28

It feels like you're like a relationship coach. Relationship between like the person and like the different energetic entities of the business, it feels so like, it feels.

L Lee Chaix McDonough 18:41

I love that. And I've never thought about it in that way before. But Leslie, I think you're right, and makes me even more grateful for the, the experience I had as a couples counselor back in the day, because I can see that sometimes. Sometimes there's going to be conflict even within the person and their business or the person in their offer. And so how do we navigate that conflict? Certainly something I did a lot of when I was doing couples therapy,

L Leslie Tagorda 19:06

that is so amazing. And so obviously, right? We don't have to like, like we can point it out. Just the validation of intuition is a tool, a strategy that you integrate full heartedly, in your coaching practice. Can you tell us more about that? How you rely on trusting your own intuition?

L Lee Chaix McDonough 19:27

Yes, I will start by saying it was a process. In fact, I'm going to tell a story that might make me seem a little a little elitist at first, but bear with me, there's a point to this. I remember the very first day of attending my coach training program, so this was July of 2016, I think and it was the first hour of the first day of a three day weekend training so like really at the beginning we haven't even done like the getting to know you activity yet. And the coach instructor got up

and was starting to lecture and do some teaching. And I had this really strong feeling of, I could do this, I could do this. And in the moment, I remember saying to myself, you think you are here you are one hour into your coach training experience, and you think you can get up there and be a coach trainer like, okay, Lee. So like, even in the moment, I was, like, getting a little too big for your britches there. But yet that voice inside was really clear. And it wasn't like a, you could do this better than they are. It was just a, you could do this, you can do this. And I held on to that for years. And I, as I built my coaching practice, and I was working with my clients, many of them would ask me, how did you become a coach? And tell me about your process? Can you help me become a coach? Is that something you offer? And so then responding to the interest from my clients, that's when I think it was 2018. I started gently pivoting into not just providing coaching, but showing other people, how they could be coaches, how they could start coaching businesses. And then that's really when things started to take off. So what I have found is that my intuition is always present. It always has something to say, it may not always know the right timing. And that's, that's where it's like, okay, how do I take my intuitive hit, and make it makes sense, externally in the real world, but it's always there. And so just as I knew I had this intuitive hit coaching was where I was supposed to go next. I also had an intuitive hit earlier than I was ready for that coach training was ultimately going to be where my journey would lead me.

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Leslie Tagorda 21:49

There's so many, like beautiful reflections in that story. Thank you for sharing that. So when I look at Lee's chart, and okay, first of all, we all have intuition. Yes, you listener your intuition. You have it. And what was super interesting about the way that you experienced your intuition and you like you could hear your voice change in the story that you had was that when fear I like to call fear the inner oppressor, right, the shoulds of society of patriarchy of supremacy, all of those cultures? Who do you think you are that you can be a coach? Right. And that's exactly if you're talking because it's, it's sassy, it has energy, it has all of that emotional like intensity to it. And then your intuition, when you even spoke as your intuition, it was calm, the you can do this. Lee, you're going to be a teacher trainer. Lee, you're going to you know, however, your intuition was talking, it was very, it was calm, there was no emotional attachment. It was simply just is. So for all the listeners out there. That is how you differentiate fear from intuition. Yes, Lee did it exactly. Right, and just relaying the story.

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Lee Chaix McDonough 23:09

Oh, Leslie, I love that. And thank you for illustrating that point. Because, number one, you're correct. Every single person on the planet has been gifted with intuition. Some of us are maybe a little more practiced at tuning into it. But that doesn't mean that someone doesn't have one they do. And then so then the challenge becomes, well, how do I figure out how my intuition speaks to me, because I believe that can show up differently for different people as well. For some of us, it is going to be that clear message, it's going to almost be like something we hear. For others of us, it might be a word or a phrase that just gets stuck in our head. So it's kind of the more cerebral approach. For some of us, maybe we have a strong emotional response to something. And that's how our intuition speaks. But lately, what I've noticed about myself, and what I now do with my clients, is invite them to connect to their intuition to their somatic response. So where do they notice their intuition in their body versus the fear the shoulds, the internal chatter, and I know for me, it's a very clear difference just like my intuition sounds

calm and neutral. I also feel it in my solar plexus in my gut, and it just feels like this solid landing, like like a key and a lock just, it's there. It's solid. Whereas the fear for me shows up as almost like a fluttery feeling in my in my upper chest, my heart. I can feel it in my shoulders, it feels more constrictive somatically it's an entirely different experience. And so, I would suggest to people get to know how your intuition shows up for you. It likely shows up in many different ways and when we know that we can tune into it, and then be better equipped to allow our intuition to inform our decisions and our actions, day to day and also on a larger scale. Whoo, I

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Leslie Tagorda 25:11

love all of that. Lee it's so interesting because like, in from astrology perspective, I can see exactly like the strength of somebody's intuition, especially like for you, you have Neptune right at your midheaven. Like, Neptune is one of those expansive intuitive energies, I mean, so as Pluto, so is the moon, all of these energies have their own sense of intuition, but it also can pinpoint where you feel it in the body. And Vic, just thinking about the conversations and conversations I have with clients when I was like, Are you sure that's not fear? Talking? Like, where do you feel that contraction in your body is usually what fear feels like some kind of tightness? And you feel the expansion in your body? Or like that kind of like presence that you described in your solar plexus Plexus? When it's like a full body? Yes. And so I love the ideas of the full body. Yes, is because I don't want anybody coming into my programs based on fear. Like, I want them to know that this is for them.

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Lee Chaix McDonough 26:11

Yes, I feel the same way. And I think too, even when we're talking about contraction, there's some nuance there as well, because whenever we're experiencing growth, whenever there is an expansion, it's often preceded or immediately followed by a contraction, like the universe seeks balance, right. And so if there's a lot of expansion energy, at some point, we're going to counter that with some contraction. And so that's why I think it's natural and normal. That's not my favorite word to use. But we'll say normal for this, it's normal to experience a sense of contraction, even as you're growing, it's normal for that fear to show up, it is our mind doing its job, our mind is a safety monitor, it wants to make sure that at the end of the day, we're going to be okay. And a lot of times, especially in entrepreneurship, we are regularly taking risks. We're putting ourselves out there, we're doing all of these things that our mind perceives as being unsafe, it opens us up to ridicule, to speculation to trolls on the internet. And so it's going to do whatever it has to to bring us back into the safe zone, including barraging us with all sorts of internal messaging of Who do you think you are, you're not good enough, you can't do this all of that. Deep down, the mind thinks it's supporting us it thinks it's helping us, or at least that's how I choose to view it. And so I can see that contraction is being expected and natural, and not anything wrong with me, per se. But then with that awareness comes choice. Once I am aware of that, then I can decide to what extent do I want this messaging to dictate my behavior? Versus how do I reconnect with my intuition and hold space for that discomfort of the contraction, while still taking steps towards what feels aligned? What is connected to my values, what my purpose is. And so holding space for all of that is a lot. And that's often what I find I do in my coaching sessions with my clients, I'm helping them hold space for all of that, and helping them navigate through it so that they can figure out how to manage the contraction while still expanding.

L Leslie Tagorda 28:26

Yes, so beautiful, so many visuals that, like popped through my head. And of course, we are recording this at eclipse season and eclipse season will be mostly over but mostly feeling that effects of the eclipse and that fear has purpose as the Senate like protects you it wants to protect you. But ultimately, that fear can keep you from like, from growing, right? And so when you were talking about that natural like contraction, that pushing ahead, it feels like to me like you're ready to like be repotted your roots have gotten too tight. Yes, and it's time to report and then we'll grow again. But there's always Yeah, as an entrepreneur, being asked to take risks into the unknown and the unknown, your mind will do anything to prevent you from going into the unknown, because that's what's scary. But as entrepreneur as a coach, this is the things that you have to do is jump into the unknown.

L Lee Chaix McDonough 29:28

It's true. And I'm really resonating with that metaphor of repotting. Because you're right, we can be perfectly happy in our little pot and growing and then all of a sudden we hit that limit, and we can't grow anymore. And in fact, if we stay in this pot, we're eventually going to wither away and die because we're too constricted. So we have to be repotted into something larger, something that allows for more expansion, but moving from one pot to another, that's a transition and transitions are hard. Yeah. and scary. They aren't Yes. And if we haven't done the work, if we haven't prepped the soil and gotten that new pot ready, if we're not ready for that transition, then we can really kind of hit a danger zone. And so I just think this metaphor is so perfect Lesley, because it's, it's speaking to the experience of being cramped in the two small pot, it's speaking to the experience of navigating that transition, and how how scary that can be. And then also, it takes time to kind of re acclimate to your new home. So you'll be in your new pot with your new soil, it's going to take a while for the roots to kind of sink in. And so I just think like, that's such a beautiful description of what it's like to have our own personal expansion as well.

L Leslie Tagorda 30:43

Oh, my goodness, I feel so like this year. I'm so grateful for you, Lee. And I just think about like all of your clients, all the people who want to be coaches, or even better coaches, like how lucky they are to have you as a support now,

L Lee Chaix McDonough 30:57

Leslie? Well, thank you, I received that compliment. And I'm just very honored by it. Because I feel like I could say the same about at the risk of this becoming the mutual admiration society. I know, because I've experienced it firsthand just how you're able to provide your clients with that sense of support, and really unconditional positive regard, which is a very psychological term, but where we really show up for our people, and it's like, no, I believe in you. I believe in your capacity. I'm here to support you. To me that's at the heart of powerful coaching and that's also at the heart of the work that you do too. Well,

L Leslie Tagorda 31:36

I think we both have that strong Pisces, right so we just want to hold those dreams for people in the streamline them like you got this. You got this. Yeah. So tell me more about like what you're doing now in your business and what you have coming up with, like helping your clients dive into their own intuition and dive into coaching.

L Lee Chaix McDonough 31:59

Yes, I feel like there's always something going on over a coach with clarity. But right now, we are leading up to big masterclass. And it's it's interesting, because the concepts of this masterclass, I've actually been working on them for almost a year. And I developed this framework. And initially, I thought it was going to show up as a private podcast feed. In fact, I've already like recorded the episodes, but the more I sat with it, I was like, this cake isn't quite done. It needs to go back in the oven and cook for a bit. And then it was recently that I realized, you know what, like, this, this framework. It's I want to make a few tweaks to it. And then I really want to share it as a masterclass, because we are talking about I've called it the magic of coaching. And magic is an acronym ma GIC. So it's the five elements that you need to really just uplevel your coaching experience, grow your business support your coaching clients more powerfully. It all just kind of came together. And the timing is perfect, because we are kicking off that masterclass on May 17. And it's all leading up to the next cohort of the certified clarity coach program, which is an ideal program for people who are thinking about becoming coaches. It's accredited by the international coaching Federation. So it positions you to be perfectly set up to apply for an ICF credential, if that's something you choose to do. And inside the program, we really go over coaching fundamentals, what it means to be a powerful Coach, how we can show up and serve our clients ethically. And then we also have a little bit in there on how to create a powerful coaching business as well. So that's all kind of stemming from this masterclass about the magic of coaching, and I'm just really excited about it. Oh, that sounds so

L Leslie Tagorda 33:48

good. I know that you are going to pour so much magic into that. And you know, if you're interested in being a coach, or maybe you're a have already an intuitive practice that want to integrate more pragmatic and practical ways of holding intentional space for your clients and in holding their hands through these transitions. Lee is your person and with coach to clarity, I have a question. Do we have time? Do you have time to talk a little bit more about those ethics? And you know, thinking about? There's so many coaches out there, but you don't hear too much about certifications and regulations and you know, coming from therapy with all the licensing requirements. What are some of your thoughts on these little big differences?

L Lee Chaix McDonough 34:39

Yes, I could talk all day about this.

L Leslie Tagorda 34:43

In another episode.

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Lee Chaix McDonough 34:44

We might, but in a nutshell, yes. When I was practicing as a therapist, I was licensed by the state where I was practicing. And so there were a lot of regulations from my state. Also from my industry. I was trained as a social worker. So I was a member of the National Association of Social Workers, I followed their code of ethics. But there were all sorts of regulations and guidelines in place to support my practice. And to tell me like, this is what ethical clinical practice looks like. These are the guidelines we expect you to follow. Then I became a coach. And I realized that comparatively speaking, coaching is like the wild wild west. Because there is no state oversight of coaches the way there is for therapists, there is no state coaching licensing board. And so while we do have to follow basic laws, of course, there's nothing really specific regarding oversight of coaching. And so where therapy is a highly regulated field, coaching is less so now I hear people call coaching an unregulated industry. And I can understand why they would say that, I prefer to call it a self regulating industry, because there are organizations out there, like the international coaching Federation, as an example. That are their whole aim is to support coaches in providing high quality ethical services. And so ICF has a code of ethics, they have core competencies that were expected to master. There's a way to provide ethical oversight for its members. The difference, though, is that as a coach, I have to opt in to that, as a therapist, there was no opting into being overseen by a board like that just came airman. Yeah, exactly. Coaching, it's something you really have to choose. Yeah. And I understand some people have made the choice not to seek certification or credentialing for their own reasons. And, and that's fine. That's, that's a choice. But for me, I really want to be a part of an organization that seeks to protect the public by creating core competencies and a code of ethics and guidelines for coaches to follow. So it's also why I've sought to have my programs accredited by ICF. My certification is accredited for initial training, the coach with clarity collective, which is my large group program, it's accredited for continuing education. For me, that's a sign that I'm really invested in this profession, I want to see it grow, I want to be a part of its growth in a way that is client centered, ethical, trauma sensitive. And so it's something I've chosen to opt into.

L

Leslie Tagorda 37:27

That's so beautiful, you know, thinking about astrology, because they're, there aren't any like code of ethics. It's not a license. It's not regulated. And knowing having been coached by really unethical coaches, that gaslight you having experienced, you know, and having made mistakes, in my own practices, not knowing any better, or replicating what I had seen, and ending up doing some harmful things, you know, and learning from that, like, we all make mistakes, right. But that's just part of part of growing, and now seeing the power that I have as an astrologer, and really paying respect and handling that power, ethically. And so even thinking about the certification practice that I'm putting together for my astrology, like, these things are totally in my head, because I want to create astrologers that have like, the competency, like, know how to use astrology in that way, but also have the ethical morality, justice, trauma holding, of really being able to serve clients from a place of power, because no matter what, when you're a coach, when you're an astrologer, or when you're any kind of advisor guide, you have power, and you have to recognize and use that with the utmost respect.

L

Lee Chaix McDonough 38:53

I could not agree with you more Lesley. And it's interesting that you bring that up, because when I was a fairly new coach, it was like 2017, I feel like I spent that entire year coming to terms with the concept of power. Because previously I had really shied away from it. I didn't like thinking that I had power over someone or, or someone had power over me, I really had a negative view of that word and that concept. But what I realized is that whether or not you're comfortable with power, you likely hold some, especially if you're a business owner, and if you are not aware of your power, then you are not going to engage with it intentionally. It's going to take over and like you early in my business, I made some mistakes. I emulated people who in hindsight, I probably shouldn't have been looking to for leadership. And it was largely because I had not come to terms with my own power. And so I had to do that. First I had to recognize the spaces where I do hold power And then decide consciously? How do I want to utilize that? And how can I utilize it for the good of all, rather than either intentionally or accidentally allowing my power to exploit others? And so yeah, coming to terms with that, I think it's important for any business owner. And then from there, we can decide how can I best use my power?

L

Leslie Tagorda 40:23

Well, I absolutely power and privilege is so important to talk about just in terms, and we'll have to have another larger conversation around that as well. But when you don't recognize your power and your privilege in these spaces, it is like handling a loaded gun and pointing it at people and without any regard.

L

Lee Chaix McDonough 40:44

Yes, and I think what we see in many industries, but certainly the coaching industry, is people not being aware of what power is, what they what power, they have, how they use it. And so there is a lot of gaslighting that happens, or there's a lot of like, my way or the highway, if you disagree with me, or you don't do it my way, well, then I can't be held responsible for what happens. And so then we kind of bacon, shame and fear and othering. And it runs counter to what I think a lot of coaches want to focus on, which is connection and growth and expansion, right. But we can't do that if we're not willing to do our own work. And that's the other piece of being a coach. And I didn't realize this, when I started my coaching journey back in 2016, that there is no greater way to engage with personal development than to become a coach, because, or at least to become an ethical coach, because I'm of the position that I would never ask my clients to do something that I haven't done or that I wouldn't be willing to do myself. So if I'm inviting them to do all of this internal work, to face their own fears, to come to terms with their limiting beliefs to do the work to shift them, how can I reasonably expect them to do that if I've not done it myself. And so there's a lot of self coaching and a lot of intrapersonal work that happens when you decide to enter the coaching space. And that's something that I explore inside my certification programs, certainly with my with my one on one clients, we're doing a lot of that internal work so that when we are engaging with others, when we are externalizing, our beliefs and our values, we're doing so in a way that is trauma sensitive, that's informed, and that really seeks to serve everyone involved, not just the coach, and not just the client, I mean, everyone should be should be gaining from this experience.

L Leslie Tagorda 42:45

Oh, my goodness, leave you everybody is in such good hands with you. Is there anything else that you want to share with your work or invitations? That before we close up for today?

L Lee Chaix McDonough 43:00

I just want to go back to what we were talking about before, which is this idea that everyone has been gifted with intuition. And that one of the best things that I think we can do not just for ourselves, but for the world, is to take the time to get to know our intuition, how it speaks to us how it shares its wisdom, and then also how it wants us to make it manifest in the world. I think if we if we can all get fluent in the language of intuition. And then we allow that to inform our behaviors. I think we're going to create that change that we want to see within ourselves. Yes, but also in the world.

L Leslie Tagorda 43:42

Talk my talk Lee I love you.

L Lee Chaix McDonough 43:45

I love you. I'm so grateful to have you in my life and to count you as a friend.

L Leslie Tagorda 43:50

Oh my goodness. Yes, the feeling is mutual. And so for everyone LEA has an amazing masterclass called the magic of coaching. She's hosting that on Wednesday, May 17 2023. If you want a free link to that, to that free masterclass, head on over to starpower.com forward slash magic. It'll bring you right up to Lee's magic and you know, get in touch with your intuition. Check out Lee's podcast coach with clarity as well as her website coach with clarity and just soak up all of Lee's wonderful coaching magic. Thank you leave for being here with us.

L Lee Chaix McDonough 44:31

Thanks so much Leslie. I've really enjoyed this as a human design projector,

L Leslie Tagorda 44:35

my energy shines more brightly because of people like us who share my work. If you enjoy this podcast and want to help build a movement of innovative astrology and leadership and sparse intuitive revolution, please rate and review this podcast on Apple podcasts or better yet, share this podcast with your change making besties we will all shine brighter together as we create the future we want to see

