

Intro– You Can Coach (and NOT be a Fraud or Imposter)

Ever feel you are not enough? Or worse, do you feel like a fraud?

When I speak to women about starting a business, speaking, or coaching there is a spoken or unspoken thought that is almost always present. It goes something like this:

"I don't have (my business, health, relationships, act.) together. Who am I to lead others? I feel like an imposter!"

You are not alone.

Did you know…

This hidden belief that we do not have it together enough to preach, teach, coach, or run a business is so prevalent that it is actually labeled as a syndrome?

Impostor syndrome *(also known as* ***impostor*** *phenomenon, impostorism,* ***fraud syndrome*** *or the impostor experience) is a psychological pattern in which an individual* ***doubts their accomplishments*** *and has* ***a persistent internalized fear of being exposed as a "fraud". - Wikipedia***

Yep! This sense of feeling unworthy and unqualified is as common and as old as time itself. It is often tied with perfectionism and overachieving.

I believe one of God's intentions for including the true stories of individuals who missed the mark in scripture is to remind us that we **do not have to be perfect to serve**.

Paul persecuted and murdered men, women, and children in the church. Yet, he was responsible for bringing the gospel to most of the known world and writing a large portion of the New Testament.

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*"For I am the least of all the apostles. In fact, I'm not even **worthy to be called** an apostle after the way I persecuted God's church. But whatever I am now, it is all because God poured out his special favor on me—and not without results. For I have worked harder than any of the other apostles; yet it was **not I but God who was working through me by his grace**.*

And there lies the secret. Paul was able to acknowledge that he was not perfect and had made mistakes. But he was also clear that it was **not about him**!

What to do…

1. **Acknowledge Your Thoughts -** Understand your thoughts are real and also that you are not alone. Many great athletes, inventors, writers, business owners, teachers, and coaches have felt the same way. Having these thoughts does not disqualify you in any way.

2. **Be Willing and Available (show up) -** The key, like with Paul in the above scripture, is to be willing to show up, work hard, and allow God to work in and through you.

3. **Give Yourself Permission -** It is important to understand that you do not need to know everything. Give your best to your clients and share what you DO know.

4. **Focus on What You DO Know Not on What You Don't -** Your clients or customers don't care what you don't know. They care if you can help them solve their problems or achieve their goals. Focus on helping them achieve the results they desire.

5. **Be Vulnerable and Transparent -** Our inadequacies make us real and likable. People can relate less to those who appear to be perfect and have it all together than those who have struggled and share how they overcame. We can teach and lead others from both our success and failures. Often, we learn the most from what didn't work.

6. **Do Not Assume -** We often tend to discount what we know. We dismiss it and assume it is common and everybody can do what we do. This is simply not true!

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7. **You Are an Original -** So often I find women discouraged and disappointed that somebody is already doing or teaching what they desire to offer. They feel the opportunity is gone and they are too late. Again, this is simply not true! You are original and have an original way of teaching, speaking and coaching. There are people who don't relate to others who have said similar things but will relate to you. There are countless books on a similar subject all appearing to address the same topic. Yet different people are attracted to different authors. The same will be true for you. God will bring the right clients to you at the right time

As a professional coach, business leader and speaker, I have learned the secret to truly making a difference is to take my eyes off myself and onto adding genuine value to those I serve. You can too! There is a world of hurting people that need what God has placed inside of you. Isn't it time to stand up, show up, and let Him shine out? I believe the answer is a resounding yes.

What is Coaching Success?

- Clients understand and know what the imposter or fraud syndrome is.
- Clients are willing and able to help your clients overcome the imposter syndrome.
- Clients are able to step up, show up, and allow God to shine out.

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