

A modern interior space featuring two bright yellow armchairs in the foreground, a dark grey sofa in the background, and a low wooden coffee table. The floor is highly reflective, showing the furniture's reflection. The text "THE FUTURE OF THE WORK" is overlaid in white, bold, sans-serif capital letters.

THE FUTURE OF THE WORK



SOME FINAL MUSINGS

- Let's begin to finish up our work together...
- Let's remind ourselves of some important truths and distinctions
- Let's ask some good, powerful questions
- Let's be thoughtful
- Let's be soulful
- Let's remember that this work asks us to have a lot of heart



SOME ONGOING, LIFELONG QUESTIONS

- Where is life calling you as a person? How are you being asked to grow right now?
- Where are you being called professionally? What is the wisdom of life asking of you?
- These are powerful questions to hold, to respect, to use as our guiding stars...



YOUR PRACTICE...

- Your professional practice has a wisdom to it. It has an agenda for you. This is thankfully beyond our control...
- Your practice wants to make you a better, fuller, deeper, wiser, more real, and kinder human being
- With that in mind, our practice has no issue in sharpening us, honing us down, poking at our ego, exposing our blind spots, revealing our outdated beliefs, and showing us where we have all kinds of lessons to learn in life...
- This is all a good thing...

YOUR PRACTICE

POSTULATION:

- Your practice gives to you as you give to it
- It's about giving your gifts first and foremost
- We are here as professionals to move through our fears
- Our professional practice is a place where we grow and discover about ourselves...



OUR CLIENTS...

- Our clients are here to teach us
- Each client has some important lessons for us
- Always check in to see how each client is asking you to grow
- Who are the kinds of clients you are attracted to?
- Who are the kinds of clients that are attracted to you?
- What do you notice...



YOUR UNIQUE JOURNEY

- Your life is a journey, an epic story
- Can you make it "right"
- Can you honor it, embrace it, bless it, even though...
- Can you see the great wisdom in your journey
- Can you forgive yourself for...
- Can you forgive others, let go, move forward...
- Can you imagine a deathbed where you are complete, where you feel you had a life well lived...

YOUR UNIQUE JOURNEY

- Please support what has supported you
- Be willing to give as others have given to you
- Give back...
- What goes around comes around...
- Always lend your support to the larger mission
- Be willing to be possessed by something bigger
- Be willing to step outside yourself...



THE TIMES WE LIVE IN...

- The coaching model is leveling the helping professions in a beautiful way
- We're more and more moving towards a paradigm of coaching, mentoring, equality, and real connection with clients
- The playing field is leveling in terms of "qualifications"
- More information and more wisdom is available to more people
- We are now empowered to help each other in a more authentic way
- Innovation generally tends to come from outside the mainstream...

THE TIMES WE LIVE IN...

The coaching fields are still new, still at the leading edge, still evolving... Can you liberate yourself from the need to be mainstream? Can you get comfortable being in a profession where you are a maverick? Can you be authentic, fresh, and a little daring...



THE TIMES WE LIVE IN...

- There are plenty of people who will get what you're about
- There are plenty of people who are happy to see a coach
- There will be more and more people looking for honest solutions to their food and body challenges
- And at the same time, there are people who only want the typical mainstream approaches and practitioners and solutions
- It's all good
- There's something and someone for everyone
- Just keep focusing on your gifts and what you do best and what inspires and calls you the most...

THE TIMES WE LIVE IN...

- If someone doesn't get what you do, or appreciates it, or is not willing to understand, or dismisses your education and your approach, then that's simply a sign to not waste your valuable time and life force with them and move on
- Feel free to explain what you do, but you never need to be defensive about who you are and what you do
- Strengthen your psychic and emotional immune system with your belief in the power of truth
- Oftentimes, unconsciousness complains when you try to wake it up...

THE FUTURE OF THE WORK

You meet your destiny on the road you take
to avoid it...

Carl Jung



GET COMFORTABLE AT THE EDGE

Grow accustomed to being a maverick and an innovative helping professional:

- It's way more interesting
- Much more exciting
- You'll have less regrets on your deathbed
- You'll be way more effective
- You will always be rewarded in the end...



THE GOOD & THE BAD

- In any time in human history, and in any field of endeavor, there are always forces that are working for the good, for the light, for what's right and just, for truth - and at the same time, there are forces that are working for greed, for making money at the expense of others, forces that are unconscious and outdated and destructive to the human body and soul
- There are well organized efforts to support health, and well organized efforts to prevent it
- Welcome to Earth. We live on a planet of opposites...
- Can you embrace the reality of this world and find your way in it?
- Can you understand that to do good in this world is often a great effort?

DOING THE GOOD WORK...

- It seems like it should be an easy thing in this world to help others
- It seems like the helping professions, our governments, our schools should make it easy to do good in this way
- And yet, doing good work and earning a good living from it is not a privilege, it's not automatic, it's not part of the fabric of our economic system, and it takes a special kind of commitment
- Let go of the dream that this is an easy and glorious path -
- And embrace the knowing that you are doing something that is deeply needed, that serves a higher good, that's honest, that can make a difference for people, and that is driven by science, heart and soul...

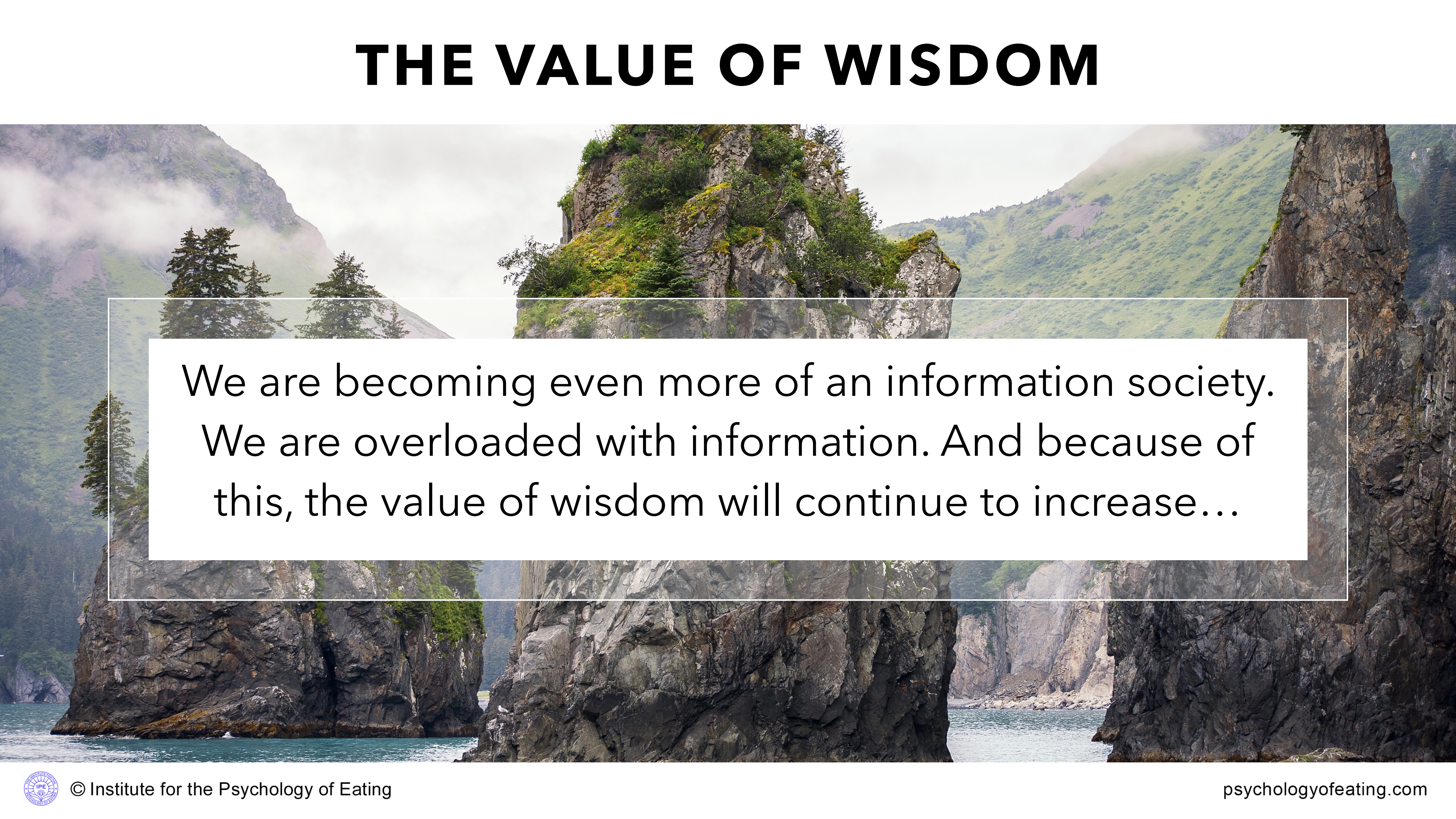
MONEY...

- We live in a world where “money talks” - so to speak
- Money is often the bottom line for so many of the decisions we must make in life. That’s just the reality
- You deserve money for your good work and efforts, your good intentions, your good decisions...
- Oftentimes, to do good work in the world helping others, we must learn how to operate better in a world of money that is not so easy and direct and honest and conscious and supportive
- The better we become at doing the business of coaching, managing money, and making good decisions around it, the better it is for everyone
- Get support in this realm however you can...

MONEY...

- There is truly no competition when it comes to doing transformative work helping others. This is not inherently a competitive field...
- Let go of competition, and competition will let go of you
- There is an abundant need for honest and sincere helping professionals in the realm of food and body
- When we let go of some of the self chosen stress around money, we can focus better on giving our gifts
- Your good work with clients and your sincere efforts is some of the best marketing you could possibly do

THE VALUE OF WISDOM



We are becoming even more of an information society.
We are overloaded with information. And because of
this, the value of wisdom will continue to increase...

THE VALUE OF WISDOM

When it comes to health and healing, that which has “true value” will become more and more valuable. We are inundated with so much useless information and nonsense. People are not getting healthier as they should in this world

This is where you come in. You have real wisdom to offer people

Wisdom powerfully trumps information...



MONEY...

- Your service only has real value when you uphold and believe in that value
- Please do whatever it is you need to do to support yourself while you go about the business of serving others...



DOING THE GOOD WORK

Not only is wisdom more valuable and precious in this age of information -

So is intuition, embodiment, spirituality, soul, our connection to the earth, truth, and sharing the love...



DOING THE GOOD WORK

SUGGESTION:

Work towards finding your niche, your place as a helping professional, your special gift and talent and calling in the field. And, let it work toward finding you. Be patient...



THE FUTURE OF THE WORK

What about uncertainty...

- Gordon Tappan



GENEROSITY & TRUST

FOLLOW A GENEROUS PATH:

- Don't be fooled by the fear and negativity of the world
- Create the world you wish to live in through your attitude and actions
- Always follow a generous and heart centered direction
- Believe in the guidance of your heart
- Believe in something greater
- And trust...



WHEN THINGS FEEL DIFFICULT

- The journey always has its ups and downs
- Difficulties are predictable
- With that said, one of the measures of growth and transformation is when we can spend less and less time in darkness and self rejection during the hard times
- One of the ways to spend less time in darkness and fear is to have ways that we can **remember...**
- Meaning, reminders that can help return us to a moment of wholeness
- Anything that helps us reconnect to our true source...



SOME REMINDERS TO RETURN TO...

- Remember your calling, and how you've felt called to do something greater
- Remember that your life is guided by an unseen power
- Remember what helped you heal and transform, and know that you can always help give that gift to others
- Remember to agree to be here, no matter how hard things may feel
- Remember that life can be magical
- Remember that this too shall pass...
- Remember that life is short, and your real life begins right now. This is it...



YOUR SPIRITUAL CONNECTION

POSTULATION:

The more we tune into our own divine guidance for our own journey...

The more we can tune into the divine guidance of another...



WE ARE CONDUCTING A HIGHER POWER

- Healing and transformation are oftentimes far more than just changing our food and nutrition
- The more we love, the more we heal
- The more we connect with our divine spark, the more we can potentially elevate metabolism
- The more that we as professionals tune into the wisdom of life, of the universe, of a higher power, the more we can be a conduit for something far greater than ourselves

OUR FOOD & BODY CHALLENGES...

- Are great teachers...
- Are a whispering from a higher wisdom...
- Have important messages for us...
- Are here to help us grow...
- Are doorways that we walk through...
- Are asking us to embody, here in this world...
- Are asking us to agree to be here...
- Are a path to love...

SOME FINAL TRAINING THOUGHTS

- Congratulations on your efforts and completing the Training!
- It's been an honor and a privilege to be on this journey with you...
- We've covered a lot of turf - and perhaps more than you realize
- I hope you feel good about yourself for your efforts in this training, and I hope you received far more than your money's worth
- My goal has been to share with you the best of what I know, what I have seen work, and to empower you as best I can to help others in the unique way that you are designed to help them
- It's your time now to give your gifts



SOME FINAL TRAINING THOUGHTS

- Take what you've learned from this training and make it your own - meaning, find your unique expression of this work - how do you combine it with your already existing education, your studies, your own passions, your own experience, your own personality
- The sky's the limit in terms of how you can make this work work for you, and the people who you serve
- We live in a time when so many people with unwanted eating challenges are going through life disempowered, and never knowing the kind of happiness and self expression that's truly possible for them
- That's where you come in...



SOME FINAL TRAINING THOUGHTS

- We are doing our best to get to the roots of our eating concerns
- We are doing our best to find effective ways to help people heal and grow and transform
- Please keep educating yourself
- Please keep learning
- Please keep doing the good work on self
- You know this by now: you don't need to have the perfect relationship with food and body to help others
- Help anyone that you are one step ahead of
- Give your gifts courageously...



THE FUTURE OF THE WORK

The Path is made by walking on it...

- Buddha



THE FUTURE OF THE WORK

THIS IS THE END OF

The Future of the Work

Congratulations!!

