

RCC 112: Rewire Your Brain for Lasting Change with Star Rose Bond



Full Episode Transcript

With Your Host

Susan Hyatt

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Welcome to the *Rich Coach Club*, the podcast that teaches you how to build your dream coaching practice and how to significantly increase your income. If you're a coach and you're determined to start making more money, this show is for you. I'm Master Certified Life Coach Susan Hyatt, and I'm psyched for you to join me on this journey.

Hey coaches. Today, I've got some tough questions for you. Some tough love. If you are serious about building six, or seven, or multi-seven figure coaching practice, if you're serious about transforming people's lives and really making an impact, then these are 12 questions you really need to face and answer.

I've been asking these same questions of my mastermind peeps, and they're loving it. So are you ready? Keep listening. Oh, and also, later in the show, you're going to meet one of my clients, Star Rose Bond. Yes, her name is Star, and she is a star.

She's a clinical psychotherapist, a coach, and a woman who is definitely not afraid to ask tough questions and do tough work. We have a really fascinating conversation about rewiring your brain for lasting change, getting unstuck, and getting out of your own damn way. So much goodness ahead, so here we go.

Okay coaches, so I want you to imagine that you're standing in front of a panel of judges. So picture a reality show like Shark Tank or Dragon's Den. About three years ago, I did something like this called Boss Tank. So these judges are successful entrepreneurs, self-made millionaires.

Several of the judges would love to invest in your coaching business and give you \$100K to grow your business. You can use this cash to pay yourself a salary, pay off debt, hire employees, build a new website, launch a product, or anything else. But first, you need to convince these judges that investing in you is a smart, smart move.

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They're going to grill you and ask you some tough questions, and they expect you to be prepared to answer. Do you have clear, concise answers for each of the following questions? Get out a notebook or come back and listen to this after you've mentally answered and write down your answers.

Listen closely. What is a specific problem you solve for your clients? How do you solve it? Do you have proof that your methods work? Do your clients get excellent results? Do they have rave reviews, case studies, follow-up surveys? Show the evidence.

Why should someone hire you and not someone else? What makes you different? How much money are you making right now? How much money would you like to be making? Why aren't you making that much yet? What's been stopping you? What's the issue? Be honest.

I want to invest in someone who's all in and who has an unstoppable mindset. Someone who's willing to do courageous things to make this business a huge success. So tell me five courageous steps you've taken in the last month.

Walk me through a typical workday. Do you have consistent office hours? Do you reach out to at least three new potential clients every day? How are you spending your time? Tell your exact plan to reach your financial goal in the next year. Walk me through how you're going to do it.

What do you anticipate your biggest obstacle is going to be and how will you plan ahead to handle this? Convince me in just a few words why the world needs your type of specific business. Why this? Why now? Why you?

Okay, and one more extra credit question. Tell me about your commitment to diversity, inclusion, and equity. Do you know what it means to build an anti-racist business? And how are you going to do this? Tell me five action steps you've taken in the last quarter to create an anti-racist business.

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So if you can answer those questions succinctly and with confidence, then you are totally on the path to success. You're going to win. It's not a matter of if. Just when. If you struggle to answer those questions, shaky, unsure, not confident, rambling, unclear, breaking out into nervous hives, that's alright. But it's time to carve out some time to sit down and think deeply and work on this.

And it might be time to get some solid professional help. Maybe a business coach like me. By the way, if you want to download that list of questions, I got you. Just go to the show notes of this episode on my website, shyatt.com to download a worksheet with that list.

I've been asking my clients and community to answer these questions and I got to be honest, some people are struggling. But this is a good thing. It's good to be challenged. It's good to face the tough questions. This is how you'll move your business in the direction you want to go and make serious money. Tough love leads to big wins.

Speaking of wins, it's time for some community wins. So sometimes during this part of the show, I like to share victories. Brave action steps, beautiful accomplishments from my clients and from members of the Rich Coach Club Facebook group.

This week, I want to highlight one particular client of mine named Mary Warren. So Mary was really nervous about a couple of particular things. She was nervous about hiring help because she wanted total control over the intake calls with the parents and the plan and she was really working around the clock all by herself doing everything.

And after helping her raise her rates and be able to afford to bring on help and helping her relinquish control of certain duties and allow people to help her, she's not only paid off a tremendous amount of debt and invested in herself and her company, she's exceeded her goals.

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I am so, so proud of this woman because she was facing things that most of us face. Money blocks, control issues, worthiness, and she slayed it all, stepped up. So okay now, what about you? What has been your biggest win from the last week, month, year?

Maybe you did a consultation call with a potential client that went super well and they hired you, or maybe you wrote three newsletters and scheduled them to go out soon, or maybe you did something really scary and vulnerable like share your political views online.

Take a moment to celebrate your favorite win, at least from the past week. And do a happy dance. Treat yourself to something nice. Really acknowledge this win and soak it in. The more you celebrate your progress, the more motivated you will feel to keep going.

On this episode, we've been discussing tough questions. And now, you're going to meet a woman who survived some tough stuff in life. Star Rose Bond is living proof that you can go through absolute hell, poverty, sexual abuse, incarceration, toxic relationships, and chronic illness to just name a few, and come out on the other side absolutely thriving.

She's a clinical psychotherapist with a BA from NYU and a master's from Columbia. We got together recently to sit down for a chat about so many things. Here's my conversation with Star.

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Susan: Welcome to the show, Star.

Star: Hi.

Susan: Hi. So Star, talk to me about the fact that you have a chicken named Cardi B who tries to break into your house.

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Star: Oh, my chickens, yes. So they're the only thing that really kept me sane I feel like in COVID. I decided to get a flock of hens and a couple ducks when we went into quarantine. Yes, I have a chicken who has attachment issues, and so her name is Cardi B. All my hens are named after gangsters. "Gangster chicks."

And so Cardi B is one of them and she perpetually tries to break into my home. I found her in the bathroom the other day. She ran into my office window last night. So yeah.

Susan: So is Cardi B a top producer? Does she at least give you eggs? What's happening with her?

Star: No, my hens are lazy as fuck actually. They're just like, expensive little feathered loafs at this point. And I love them and it's a good thing I like them, but no, I maybe get a couple eggs every couple days.

Susan: So what in the world? They just run around, break into your house, and they're not giving you any eggs. I mean, I might have to coach these hens and see what's happening.

Star: Yeah, they could use a coach. Definitely. Or maybe I need to be coached around this, I'm not sure.

Susan: So you love music, particular hip-hop music, yeah?

Star: Yes. Hip-hop is a big part of who I am, both personally and professionally, and it's primarily - I am from New York and from the East coast, and so culturally I grew up around a lot of hip-hop and Black music. And for me personally being a social worker, that's deeply woven into the fabrics of who I am.

Hip-hop is very much about storytelling and it's about words regarding levels of oppression and social justice. So for me, hip-hop is a big, big part of my life. It has worked in my world many ways again, from that social

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justice component and that rebel heart that I have, but also, it's healed me through breakups and physical health, being a mother in this society. So absolutely, I do love hip-hop very much.

Susan: And so what would you say - if you had to pick a hip-hop song that would be quarantine's anthem, what would you pick?

Star: Wow, that's a big, big question. I feel like right now, I'll be honest with you, I listen to a lot of J. Cole right now and also Anderson Paak just dropped a new album and he's got some really, really fire stuff up in there. So I couldn't necessarily choose one in particular, but I really like the raw, unedited, I'm going to tell it how it is and I'm going to speak about these interpersonal dynamics but I'm definitely going to shed light on these larger issues. And both of those artists do that in a lot of ways.

Susan: So raw and unedited, those are words I would use to describe you, and yeah, I love that about you. And so when you think about being raw and unedited right now, one of the things that you did at the start of COVID was you created a whole new program called Camp Q. Camp Quarantine.

Star: Correct.

Susan: And what would you say - what was your whole premise behind starting that and what have you noticed is going on with yourself personally and also your clients through this process?

Star: Sure. So when we went into quarantine, as you know, everybody kind of went into crisis in a lot of ways. And the program had been kind of brewing in my mind for quite some time, but this really was a perfect catalyst for me to launch it publicly.

Camp Quarantine is essentially - was birthed out of this notion that after being in private practice for 10 years and coupled with my own personal experiences of adversity and so on and so forth, I realized that we needed

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universal content out there. It's not to say that we don't need cultural competence in the work that we do and awareness around that because that's really, really critical, especially as coaches and therapists.

But one thing that I found because I have a really vast background in working with all different types of communities and people is that everybody really at the end of the day struggles with the same shit. So that looks like regardless of how you arrived to these challenges, it's always the same challenges.

So regardless of socioeconomic background, race, sexual orientation, gender, there's three main things that people always tend to show up in my office with. And number one is low self-esteem, crippling insecurity, low self-worth, which is something we're totally conditioned to experience, especially here in American culture.

And then when you have that at play, we have typically a really big challenge in intimacy and relationships and parent-child relationships become dysfunctional, or there's a lot of let's say - I hate to use this word, but for lack of a better term, maybe toxic patterns in our interpersonal dynamics.

And then when you have those two things working in tandem, the low self-esteem, the shit-show relationships, most people then really struggle with a sense of clarity around their purpose and meaning in life and really how they want to step foot on earth. They lack that sense of direction.

And then we have this confluence of three pillars of really limiting components that keep people feeling disconnected from themselves and disconnected from the world at large. So when we went into quarantine, that really got magnified really, really quickly for so many people.

And my phones were ringing off the hook, and to be honest with you, I wasn't really so desperate to want to continue to do one-on-ones left and

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right with everybody. I really wanted to create a program that was not only universal but financially accessible to everybody.

So Camp Quarantine was birthed out of that and we created a spectrum, a 10-week program that really addresses those three fundamental issues, and we do it from a trauma-informed perspective. So we take into account that even though we might have arrived at these same challenges, you may have gotten there for different reasons.

That could be oppression, adversity, poverty, sexual abuse, whatever the case may be. But nevertheless, we're here together. And so quarantine was really traumatic and is continuing to be traumatic for a lot of people, and in our culture, we associate trauma with this forever stamp on our soul.

So we really wanted to create a program that helped to mitigate that and put a new spin on so you had some shit happen to you and this went down and these might be some symptoms that are showing up, but you've got biology on your side that says you can thrive and overcome and move on from this.

Susan: I love that so much. So let's back up and talk about so we've all - there's this group of us, we've all arrived maybe for different reasons, different traumatic things are happening, we're sharing the trauma of the pandemic. Talk to me about biology is on our side to heal.

Star: Oh, definitely. So when I say that, one of the biggest things that we find with individuals, like I had just actually done a post about this on my IG around oftentimes why coaching and therapy doesn't work for a lot of people. And that's predominantly because we are in an industry that really works with the conscious mind.

That's 5% of who we are. Meanwhile, 95% of us is the subconscious mind, and that's really who's running the show. And that's behind the driver's wheel. And so a lot of coaching and a lot of psychotherapy is about

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addressing that 5%, which is ultimately the reason why we have very low success stories.

So when I say that you have biology on your side, it looks like this. You have it pre-encoded in you, in your DNA to heal, to thrive, to move forward in your life. We are part of a sort of universal energy. And I don't mean to get all woo-woo on you, but we're part of this universal intelligence that its only job is to grow and thrive.

So when you throw seeds in the ground, grass grows, flowers grow, food grows. When you throw an acorn in the ground, an oak tree grows. We're no different from that experience or from that relationship. And so the only thing that separates us is when an acorn grows into an oak tree, the oak tree doesn't grow up and be like, oh, I don't really like my limbs, I feel fat today.

That shit doesn't happen. We as humans do that with our fucked up conscious mind from our conditioning. And so when we step away from the conscious mind and we get away from our limited thinking or our negative self-talk, we actually have this natural intelligence running through us that says grow, thrive, heal, move forward, keep going. And it's already there for us.

So we now know with neuroplasticity, which is part of our biology, this idea that we can shape and rewire the brain with stimuli. That when you rewire your brain, you can change your life. And so when we start targeting specific strategies or methodologies that support brain health, that means that regardless of what you've been through, the level of adversity, the horrific trauma, even compounded trauma and PTSD, we know that with specific modalities and strategies, we can reshape the brain. And from there, you can start rewriting your story.

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Susan: Now, I want to interject here. You're not someone who is saying this who hasn't endured your fair share of compounded trauma. So do you want to give everybody just a quick checklist from which you speak? Because I feel like your story could absolutely be a movie.

Star: Or an after-school special. Yeah, I mean, in a nutshell I'm not your average - like, hashtag not your average therapist. I come from a long line of addiction and alcoholism in my family. I had multiple accounts of sexual abuse at a very young age. I grew up in poverty with a single mom of three kids who was going through her own trauma and struggling.

By the time I was 11, 12, I'd already been in juvenile hall. I think a couple times by that point. And struggled with my own experiences with drugs and alcohol in the attempts to kind of self-medicate through my trauma. So I had definitely experienced the gamut of compounded trauma.

And even still, I recognize my own privilege. The reality is I am a young White woman. So there was that fine parallel happening where I was experiencing this degree of trauma due to growing up in the environment, and then in a lot of ways, I still managed to get by.

And in part, that has to do with yes, my own ambition and motivation and my own thoughts about the world, and then also my privilege. And then along the way, the craziest thing that was happening that I didn't know is that I had fucking Lyme disease and I didn't know about it my whole life.

I probably got it when I was very young. And so a lot of my "mental" health stuff that I was challenged with was actually due to Lyme disease that was wreaking havoc. So it wasn't until I was in my 20s did I find out about that. And at that point, I had already had a shit show of an experience in incarceration, rehab, and all the things in between.

Susan: I mean like, when you told me your story, I was like, hanging on every word. I'm like, wait, incarceration, what? Because it's definitely - and

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you're someone who went on to advanced degrees, single mom. You basically are the story of resilience and grit and you did reinvent yourself quite powerfully.

Star: Absolutely. And I think for me too, having had the experienced that I had gone through in growing up in the environment that I did, and then again, being incarcerated and being on that end, myself being an inmate, and then on the flip side of going into motherhood and then following my career and getting accepted to Ivy League universities where I was at an entire other demographic, to have that cross comparison from a personal experience was such a trip for me.

But it really allowed me to gain an understanding of people and people's psychology and their needs and trauma really doesn't discriminate in the sense that everybody's got their shit. Regardless of if I was sitting in a cell next to another inmate or if I was sitting in an Ivy League classroom next to other people, everybody has a story behind them and everybody's really desperate for healing in some capacity or another.

Susan: Everybody is desperate for healing. I mean, it's been fascinating for me over the years, coaching the variety of coaches that I've coached. And I've coached every walk of life. I really have. And people will most commonly ask me about famous clients or that sort of thing. And of course I'm not allowed to say who but I'm like, they have all the same - it is all the same.

Just because you're educated or you have money or you don't, like you were saying, the desire to heal, the desire to belong, the desire to feel worthy, the desire to have confidence, all those things are the same. And it trips me out.

So when you talk about reprogramming the brain, what's something, like one little nugget of something that when you teach it, people go no way.

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What's something that the listeners of the podcast, if you want to heal, if you want to address the 95% of your subconscious mind that is not on board with the goal that you set?

Star: Well, I would say this; a lot of people feel like - or there's probably a longstanding myth in psychology and in human behavior that in order to heal your trauma or overcome these deep-seeded challenges, you have to go back into 1983, walk down memory lane with a fucking flashlight and be like, what happened to you? What was going on?

And somehow, we have to dedicate all of this time to digging through these gory details of trauma and anxiety and fear in order to get at the heart. And that's a real heroic approach to healing, and that's very much like, in my opinion, a symptom of growing up in the patriarchy. Like we have to go in and crush open ourselves and really break through.

But that's just bullshit and that's not real. Really what we need is an opportunity and actually, a very short amount of time, if you can start accessing some support either internally with your own resources or with those around you, it's really a matter of interrupting your thought patterns or pausing your thought patterns so that you can start to gain an opportunity where you feel, for example, if you're struggling with insecurity or trauma or whatever, you start with just today.

Today I'm going to practice being really cognizant of my thoughts. Just for today. Today I'm going to say any thought that comes up around judgment or comparison, I'm going to say I choose to feel safe today, I choose to feel love today, I choose to be present today.

And in the habitual nature of practicing interrupting these negative thoughts, we interrupt our neural networks. The parts of our brain that make these associations. And the reality is that if you do that for a day, you're going to feel better. You do that for a couple days; you're going to

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feel great. You do that for a week, maybe couple weeks, you're going to notice a significant difference.

And then within a month to 45 days, your biology, your neurobiology has absolutely changed. So it doesn't take a long time. That's the other thing. We think that we need to post up in coaching or therapy for the next five years to undo this horrible life. And you don't actually. You just have to be disciplined for a short amount of time to create a new baseline.

So I think that's the biggest thing I would tell people. Don't fall victim to this idea that you really have to do the work, or you have to really be in the process for a really long time. It's like, no, you just got to make a commitment that you're ready to start doing something different and start telling a new story. And you're going to implement practices every single day from here on out. Because what you do every day determines who you are.

Susan: So one thing that you just said that I wrote down that I'm like, oh, I have not heard anybody talk about our attitude towards healing being like, this heroic attempt to healing that's part of the patriarchy. Every fiber of my being was like, bingo. That we have to beat, like you said, with a sword, with a flashlight, we're going in and this is going to be a bloody battle. Wow.

And so with your own journey, what do you think has been, other than what you just described, reprogramming, rewiring the brain really, what has been something that helped you heal in dramatic ways?

Star: Sure. I think that one of the biggest things that I hone in on with individuals is A, I've always had a freaking team of people supporting me, whether it was therapists, coaches, mentors, having that in your life is really, really critical. Because as you know, I mean, just working with you Susan, the idea is when you have somebody that always believes in you,

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even when I show up for example and I'm like, Susan, I'm having a bad day, or I don't agree with this, or I'm doing comparison.

When you have somebody that's like, check this out, you can do that thing you're doing, but I still see you in your greatness, that is unbelievably corrective and healing and restoring to the soul, to have somebody there. So I think that's the number one thing.

And number two, you can do this in a little way or a big way. Something that really helps to bring dramatic shifts to the brain is creating space where you're doing something novel or different every day. So I always tell people, if you want to break habits or brain patterns, you have to envision your mind like the little snow globes. Everyday you're going to wake up and you're going to shake it and you're going to put it back down.

Because what that does is when you start stimulating new activities in your life, now you're giving your brain an opportunity to form new networks and release that autopilot of going into their old associations or default, and you're also supporting neurogenesis. The production of new brain cells.

Both of those things you need for exponential healing. So when I say do something novel, if you drive to work every day the same way, drive a new way every day. Find a different way that you have to reorient yourself. Cook different types of meals that you're not accustomed. Instead of eating at 5pm, eat at 6pm. Scramble your day up in such a way that your brain has to reorient itself. That's the little ways.

Big ways, go travel, go put yourself in countries regularly where you have to learn the geography, the culture, the language. And basically, your brain goes on fire. So I can say I've done all of those things in different ways and I think truly, those are probably the reasons why I've been able to change and transform at the degree in which I have.

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Susan: The total structure routine part of me is like no, but I know you're right because from probably 2014 until COVID, I traveled a lot to new places on purpose. And the explosion of creativity, the explosion of business, the explosion of happiness that happened for me, and the ideas, it just absolutely set me on fire, like you're talking about. In a good way.

Star: And think about for yourself too, I know a big part of your story is you've had your own experience of adversity. And you've been able to speak about it from truly a place of empowerment. Not just like, I got through this shit and here I am now. But you've integrated your story and turned it into medicine. And now it's a part of who you are.

So you're an epic inspiration for women in so many ways around your experiences. And I would not only probably attribute that to your own, again, your personality and your personal ambition, but like you said, creating these opportunities for nuance and difference plays a - that's when we start addressing the physiology and I think it's powerful.

Susan: It is, and I also loved what you said about being with someone, at least one person who sees you in your greatness. And it really reminded me of like, I can hear Ryan Hyatt milling around downstairs because as soon as we finish, I mentioned to you we're going to film some videos.

He's 22, a brand-new real estate agent, and we're wanting to spice up his social media presence. And I think about him and I think about a lot of the struggle that we've had for a variety of reasons. No matter what, even when the school principal has me on speed dial and even when he was refusing to go to school and whatever, I always did and continue to see him in his greatness.

And I think about kids who don't have that, who didn't grow up with that. And as a coach, I think that he prepared me for - it's like any of y'all calling me with your temper tantrums, you got to do better because I raised Ryan.

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It's like, oh really? And guess what you're going to do today, you're going to do the podcast, you're going to do the video, you're going to write the blog.

Because the world needs all of us. They need your chicken Cardi B stories, they need you running Camp Q. And so I have to ask you this final question. I ask almost everybody this question. But what's something that makes you feel rich that's free or almost free?

Star: Totally. I knew you were going to ask me this. So at this point, I had no idea how addictive chickens were, so I would say that. But I think honestly, one of the places where no matter what kind of day I'm having or what I got going on, I have a beautiful veggie garden.

I'm like up in the mountains, in the hills of Northern California. And I have an epic veggie garden in my backyard. I can walk in there, I have herbs in there, I have an abundance of food. And I could be like, damn, no matter what, I've got this food. I have this reflection of abundance right here that I've put forth into the earth. So for me, I think that that is a really a big connection there.

Susan: I love that answer. And I need to grow food. I just have grown flowers during the pandemic, but I feel the same way. I walk around my yard, I literally am moved to tears, like I grew that. That rose right there, that beautiful rose, it makes me feel so wealthy.

Star: Susan, growing your own food is like one of the most gangster ass things you can do at this point in the game.

Susan: I think so.

Star: Yeah. Growing your own food, growing your own medicine, that's a big deal. Because as we approach zombie apocalypse type shit, it's going to be good to know that you have cucumbers and peppers in your garden if you need to.

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Susan: Right. Well, my best friend Frances has chickens as well. She shares that with you. And she also has a vegetable garden. And I often joke like, I'm coming over to your house if the apocalypse hits. So Star, if people want to hang out with you, where's the best place for them to go to find you?

Star: Right now, I would say the best place is probably my IG. Star Rose Bond. You can also visit my website at www.starrosebond.com. But I'm doing also - it's a little mini lessons up in the IG space and making connections there. So I spend a lot of my time there.

Susan: Okay, awesome. I love your Instagram. And I so appreciate you taking the time to talk to us about this. I literally could talk to you all day.

Star: I love you Susan.

Susan: I love you back. I can't wait. You guys, check out, we've got links to all her stuff in the show notes. She is hilarious and a delight, so thank you Star.

Star: Thank you Susan for having me.

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Oh hey, do you love this podcast? Maybe this show has shifted your attitude about money or helped you make a brave move in your business. If you love the Rich Coach Club podcast, please head over to Apple Podcasts or Stitcher, wherever you listen, and leave a review.

Like for real though, do it today. Consider this your good deed for the day. My team and I read every single review that gets posted and we pick a few reviews each month to read aloud on the show.

So okay, here's a recent review that I love. This one comes from Race to be Free, and she entitled this, "Massive action Susan Hyatt. I've been

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listening to Susan Hyatt since 2011. Oprah had just ended her show and I needed that same genuine strong female leadership in my day. Susan was and is consistently happy and positive, even during the tough times. Back then, some of my followers would wear me down with negativity and envy and listening to Susan's shows would build me back up until I eventually learned how to stop that cycle.

I thank the stars for Susan Hyatt every day, she's a lifeline to those of us with a mission to help others and build businesses to improve our success and joy in the world. Offering loads of free instruction along with paid content, Susan incorporates her real-life experiences and scientific details to provide the tools we need to follow our own vision. She is a coach of coaches, a gale of fresh air, and an example of what's possible for all women in an unfortunately still mostly male-dominated country.

She is funny and sincerely interested in how she can make a difference in the lives of her listeners in the world. How to take massive action is one of my favorite episodes that I return to at least once a week to keep my stamina up while claiming my right to my own concentration time. We all need what we need, and Susan unapologetically teaches us how to get it. Love, love, love her."

Holy cow, Race to be Free. I got to say, anybody that replaces the Oprah Winfrey show with Rich Coach Club needs flowers from me. If you're listening to this, I want you to email support@shyatt.com so I can send you a crown or something. Thank you. Thank you for the love and I love you right back.

Thank you for listening to today's episode. I hope this episode has inspired you to confront some tough questions that maybe you've been avoiding. And if you're struggling with your coaching business, you're not making as much money as you want, you're feeling stuck and overwhelmed, you don't have to stay that way. Get some help, booberry.

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Here's one thing you can do right now. Apply to join On the Six. If you're a coaching professional and you're making less than 100K a year, this program is what you need. So just go to shyatt.com. It's a brand-new website by the way, y'all. Go check it out, shyatt.com/programs to see more info. Again, that's shyatt.com/programs.

The first step is to fill out a super quick online application to be considered. Do that and we'll go from there. Have a beautiful week and I'll see you next week.

One last thing, I've got tons of free resources to help you build your dream coaching practice and make more money. And here's one thing that I think you'll love. So maybe you've participated or heard of one of my most popular mini challenges called Ask for Everything. Well guess what? It was so popular I decided to video the challenge and turn it into a challenge you could do at any time on your own.

So if you go to my website, shyatt.com and you scroll down to the bottom of the home page, just click a button there and you can check out Ask for Everything. There are multiple videos, multiple worksheets, multiple power moves that you can do. So go check it out. Again, to gain access to Ask for Everything on your own time, go to shyatt.com, scroll to the bottom, and you'll see the button to click to get instant access.