

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman



Full Episode Transcript

With Your Host

Susan Hyatt

[Susan Hyatt's Rich Coach Club](#)

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

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's episode is all about how to stay strong and stay sane during election season and other stressful times. We're going to discuss how to stay mentally and financially strong, even when the world is really fucking distracting.

So I've got some tips for you, plus today you'll hear from a very special guest, Dr. Errin Weisman. She's an expert on how to avoid burnout and she dropped some gems that will really help you out. So keep listening. Strength and sanity straight ahead.

I'm recording this episode in October 2020, and here in the United States, the big presidential election is less than a month away, and the COVID-19 pandemic is still happening. People are still dying. There's no cure. Many businesses are closed or operating very differently, and travel is still postponed.

So many things are up in the air. And I don't think we've ever lived through a more stressful, noisy, and distracting time. At least not in my lifetime. It's really hard to focus on your work, your clients, your financial goals at a time like this. And it's really easy to get emotionally exhausted, lose your motivation, or just feel powerless.

So here's my advice for you. You got to do something every day that makes you feel powerful. This needs to be part of your daily routine. A non-negotiable part of your day. Every day, power up. Because you can't make power moves in your business if you're exhausted. You just can't. You

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

have to do things that make you feel powerful, strong, and energized so that you've got the strength you need to do your best work.

So here's some things I do pretty much every single day to get powered up. I start my day at 4:45am. I know some of you are going to roll your eyes at that. But I really enjoy getting up that early to have some quiet time in the dark house before sunrise.

Organizing my thoughts, getting clear on my intention for the day. This brings me a lot of power. I'm also fiercely dedicated to taking care of my body and my mind. And so for me, these days, it looks like going for a run or doing my Peloton ride or lifting weights.

I eat plenty of power food. That means food that brings me energy and helps me feel mentally sharp. So lately, I've been loving a big mixed green salad with avocado, chicken, sometimes added bacon. I just love for lunch a good fresh salad. I also love soups.

So I've got some beef and barley in the fridge, and also a roasted red pepper soup I love. Those things really power me up and give me energy. A few other things that make me feel powerful, getting dressed in clothes, adoring my body in ways that feel powerful.

So I was just talking with a client about this the other day. When I was first learning how to move my body consistently and learning to identify as an athlete, clothing that made me feel powerful was, I swear to god, staying in my workout clothes all day.

A lot of my listeners and clients would be like, you stay stinky all day? And honest to god, that really did, at that time in my life, help me feel really powerful. I was like, look at me, I'm an athlete, I'm in Lululemon.

And now, what makes me feel powerful is actually having a shower and getting fully dressed for the day, even though I'm just walking into my home

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

office. So clothing, there is magic and energy to clothing. Don't discount that. Make sure the clothing you're putting against your skin helps you feel great.

Also, high-quality thoughts. You guys will hear me talking about mind fuel a lot, a lot, a lot. And one of the high-quality thoughts that I've been thinking is be a lighthouse. So if I'm thinking be a lighthouse, that means shining in the dark for other people. I'm always looking for ways to be supportive and of value to my audience. And if I consistently think how can I be a lighthouse today, how can I be a daymaker, that changes how I feel.

Okay, so what makes you feel powerful? Make a list and make sure you're doing at least one of those things every day. Take time to power up daily and that's how you'll get through this crazy final quarter of the year feeling your best.

Michelle Obama says to be a good parent, you need to take care of yourself so that you can have the physical and emotional energy to take care of your family. I could not agree more. The same goes for being a good coach, a good leader, a prosperous business owner.

You need to take care of yourself first. Power up so that you have massive power to share with others. The world does not need a drooping, sagging, hopeless, exhausted version of you. The world needs the strongest version of you. Your clients need the strongest version of you, full of hope and full of energy. And if you don't feel that way right now, then take some time to gather yourself, get your life together, do whatever you got to do. Power up.

This is the part of the show where I share wins, victories, brave action steps from my clients, from members of the Rich Coach Club Facebook group, from my masterminds. And this week, I want to highlight one particular client of mine named Brenda.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

So Brenda's a mastermind client and she told me that she had a particular monetary goal and she wanted to just work 20, 25 hours while she reached that goal. And she was really nervous about this, but she committed herself to doing the work.

And Brenda, Brenda Lomeli has been a Rich Coach Club guest before, so we can link in the show notes to her episode. And we also interviewed her inside the Rich Coach Club Facebook group. We can link to that video. You can join Rich Coach Club and check that out.

But not only has she nailed her financial goals, but she hired a house manager, she's working part-time while making more money and enjoying more quality time with her daughter. She's a new mom, so this is all super important to her.

I'm so proud of her. I'm so proud of her because so often, we tell ourselves things like in order for me to make more money, I have to work more. And that's just not true. You have to work on the right strategy, and you have to work on how to scale things that don't involve only you doing them.

And I learned this new level, new devil. I keep relearning this lesson. So all you coaches out there and everyone listening to this, what's been your biggest win from the last week? So it could have been that you published your very first blog post, maybe you decluttered your office and you're feeling like a serious boss. Maybe you made a ton of money off of a launch.

Take a moment to celebrate your favorite win of the week and really acknowledge your effort, your progress. This is a big deal. Over time, all of those wins add up to huge results.

How many wins are you going to stack up in the next week? I hope you'll post inside the Rich Coach Club Facebook group and share your latest win. I would love to see.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

Are you ready for a treat? In a moment, you're going to meet Dr. Errin Weisman. She's a physician in a rural area of Indiana. She lives about an hour from me. And she's the only female physician in her county.

Errin's been a doctor for many years, and she noticed that burnout's a major issue for physicians. She noticed herself and other doctors just getting so depleted and exhausted that it was impacting their mental health, their relationships, and even impacting the quality of work with patients. A major problem.

So she decided to do something about it. Today, Errin runs a coaching program where she helps physicians avoid burnout. And she's got some words of wisdom for anyone who's feeling stressed or overwhelmed and teetering on the edge of burnout. So maybe that's you. Keep listening, here's my conversation with Dr. Errin.

—

Susan: Okay, life has changed. How?

Dr. Errin: Life has changed, like I said, thinking all the way back to the Clear Coaches cohort. I want to say it was like, 2016/2017 when I was like, I had been a coach for a little while, but I was playing it small and I was like, no more, no more. But I had so much fear. So much fear inside of there.

Even though I'm a go for the jugular, take names, kick ass kind of person, it was a new type of fear that I was unearthing. And as I was sitting, drinking my coffee out of my badass mug this morning, I was like, gosh, I really rooted that fear out and I'm leaning into it.

Susan: You rooted it out. You're the rooter of the soul. What happened when you rooted it out?

Dr. Errin: Well, that's the thing, and I think that's what goes back to my burnout so much was that I just overworked. I just put my head down, did

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

all the expectations of other people because that's what helped me swallow the fear down, instead of really naming it and really being like, what is this all about?

And I think that's why when I first started getting coached in 2014, that was so powerful to me as a physician. I really had to get to the root of my own illness, disease, mindset, whatever you want to call it. Because what I realized what I was doing, going along with everybody else's external expectations and making my own framework of internal expectations, it wasn't working.

And so yeah, doing the really hard work that we talk about, about getting to the root of it, asking yourself why seven times before you let yourself say I don't know. When life gets hard with business, you really have to fall back and ask yourself the why's.

Like, are you ready to give up yet? Why or why not? And just keep doing that. And I think I've been coaching now for five years and there hasn't been a year that has gone by that's like, do I really want to keep doing this? And then when I lean into it and I'm like, hell fucking yes, I want to keep doing this. Because I have created something so amazing that I couldn't even believe was possible.

Susan: Well, let's talk about that. Let's talk about what you've created and then I want to get back to asking yourself - because I think everybody's who's in business for themselves, I'm constantly like - this week in particular is like, all the things at once.

Yesterday we launched Bold Girl Magazine, which I'm really proud of. Today we launch the new Susan Hyatt website, which I'm really proud of. Later this week, we have Finish Strong, which I'm really excited about. All in one week.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

And I'll look at Scott and be like, who's idea was this? And he's like, yours. I'm like, I know. And so if the question is - but I do think everyone in business experiences those moments where you're like, why am I doing this and do I want to keep doing this? There are easier ways to have a life.

And when you really get down to it though, when you have a strong compelling why, it's like keeping yourself connected to that is what keeps us going. And your deep connection to your why is what?

Dr. Errin: That I can love my life and work and not be burned out. Because as a physician, that was my reality. And when I looked around, it was like, 70% of everybody else's reality. That we just had to suck it up and do what we do, and we didn't get to have a say in it because we "chose" this path. We decided to be a doctor in our 20s, and so we had to keep doing that.

Susan: I think most - I mean, even outside of physicians, which I think is totally magnified in your world, which is why I've always been such a supporter of what you do. Because the mental health issues and the burnout happening with people who are our healers is frightening and they need you.

But even the world at large, I think everybody just is like, well, this is life, suck it up, this is how it is. That actually doesn't have to be that way. So the special conditions though of going to med school, I'm imagining that it's like, I have all these student loans, I spent all this time and money getting this degree.

Dr. Errin: I missed my children's first years of life. I didn't go to graduations. I didn't go to Christmas parties. I didn't go to people's baby showers or weddings because I gave it all to this profession. And for me, when I got out at the end, when I was supposed to be at the top of the mountain, I looked around and I was like, oh my god, this is the next 30 year of my life? Oh my god.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

So frightening, so terrifying, and I have to say, that is my mission in the world is so when someone reaches that point, they don't have to feel as alone as I did. Because you know Southern Indiana. There are very few female physicians and even more, I'm the only female doctor in my county.

Susan: I will say I am privileged to live near Dr. Errin. I'm in Evansville. She's not far. What are you, an hour?

Dr. Errin: Yeah, little over an hour.

Susan: She's an hour from me. And you guys have heard me joke about Heavensville. So she's further, an hour further into the woods if you will, into the cornfields. And yeah, the only female physician in your county.

Dr. Errin: Where there's more livestock than people. And it's kind of cool, people are like, oh, I just found you. And I'm like, well, I've been in the space for a while but thanks, I love that. And they're asking me like, how can I do what you do?

I remind them that if I was in it for the money, I would have stayed grinding in medicine. Now I'm still a little bit. I still have a toe in practice and taking care of people, but honestly, if I wanted the multiple six figures and it was really only all about the money, I had that.

And so that's why I'm doing it differently now in coaching is really my goal right now with my coaching business is to make the multiple six figures in such a glorious and fulfilled and non-burned out way so that I can be an example to other people and be like, no, you don't have to be crispy around the edges. You can love your life and your work, I promise.

Susan: It's absolutely 100% possible and I'm constantly presented with opportunities and ideas and sometimes those things would require me to not have fun Fridays, or not have movement be a big part of my life, or not get the sleep that I get.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

And I'm like, you know what guys, I refuse. I absolutely refuse to buy into this patriarchal hustle culture. We can do it differently. And so of course, I admire and respect the decisions that you've made there, so let's talk about what that looks like.

So you offer burnout coaching, which of course is amazing, and you also lead retreats. And what have you noticed have been some of the best coaching tools or strategies that you've used to keep yourself from burning out and things that you stress to your clients.

Dr. Errin: So a little secret to everybody, of course, I'm an overachiever. So when I took Clear Coaches several years back, I literally wrote a book during Clear Coaches. Do you remember this?

Susan: Oh, I remember. I was like, yeah, I mean, it was like - you were like, I launched a podcast, I wrote a book. I was like, what?

Dr. Errin: I got all the things done. And that's exactly what I go back to. So now it's in print. It's on Amazon, it's all of my coaching exercises that I found most helpful when I was going through burnout, as I've worked with my clients through burnout. It's called Doctor Me First. And I've taken the life coach-y spin and put a physical girl brain on it.

And so one of the first things I make all of my people do is the wheel of life. It's so simple. You can do it on a Post-It note. You draw a circle; you divide it all out. Sometimes we get so focused in on this is my problem, that we lose the perspective of all the other vectors of life and what's going on with those.

And you got to remember, so I work in healthcare and we are 100% trained to find first and foremost, what will maim or kill you. So when it comes to burnout coaching, in my type of woman, that's what we focus in on and we focus in on hard.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

And so sometimes it's zooming out and taking that 5000 look view to be like, okay, I understand this is what feels the worst and that you just want to get over in five seconds, but what's going right? And then I ask them the next question of like, what do you really want in your life?

So many of us have been so focused on what we have to do in this moment getting done, meeting long-term goals. When I ask them what do you really want, at least 80% of them say I don't even know. That's where I have to start with people is like, okay, unicorn magic dust sprinkled all over you, everything is gone, perfect life. Tell me what it is.

And then as they roll it out and I start asking them more questions, it's really only about 10% away from where they're really at now. And so making those quick wins, setting up boundaries, asking for what you really want at work, putting your foot down and just saying no. Not I'm sorry, not trying to figure out a different solution for other people, that is theirs.

You hold your boundary and learn to say no unapologetically. And it's amazing. Typically, within the first four to six weeks that I start working with people, they're like, oh my god, I'm actually getting the things that I want. And I'm like, good, guess what? Now we ask the question again. What do you really want now?

And it seems like if I can get people to that place and to a place where they're actually resting, like true restorative white space rest, where they're learning to have fun again, which you have a fun story about me about not having fun. And learning to indulge instead of being so self-deprecating. I'm telling you; I have miracle stories on people that I've worked with.

Susan: And so what do you do with your clients because I experience this frequently, so they do the things, they set boundaries, they start saying no, and they create some white space, and they don't know what the fuck to do with themselves. And then they start creating chaos or drama because

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

they're like, I don't know. Okay, I went and sat on my patio and I can't handle it, I can't do it. What do you do with people who don't - it's their first experience?

Dr. Errin: Oh my god, this is my constant struggle with people. Because one, I'm from the Midwest and your hobbies have to be productive. Either you're gardening, cleaning the whole neighborhood, or you're baking and feeding the whole elementary school, or you're making everybody's kids a quilt.

And I tell people, I'm like, that's not a real hobby. That's just another job that you're assigning to yourself. So what I do is I make people go back to when they were little girls, little kids. And I'm like, what did you do to have fun? Seriously, what was the thing that you did to have fun?

And so many of them will give me answers like, I used to paint, or I used to go outside and play in the creek behind my house, or I loved going to the library, or I would just dance to the music in my head. And I'm like, that's your homework. You have to get back in touch with that. You have to have those feelings again because that's what is nourishing in your soul and you have to start doing it again.

And it's amazing because that is such a hard struggle for us, very Type A, professional women who are like, to do all the things, I have to be productive all the time. Hell, as a physician, I'm paid off productivity. It's about churning and burning.

And so changing that mentality is like turning the Titanic. It can be done. I've been it numerous times. But it's not as easy as just going out and sitting on your porch. It really takes some concerted effort and what I noticed the biggest reason is because we have to get quiet with ourselves and we have to let all of that stuff start to bubble up.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

Susan: Right. Because what's interesting is that - and I've had so many clients over the years that it's like, all this guilt comes up. Because like you said, productivity, even in our hobbies, especially for women. Your pleasure, your fun, forget about it. What are you talking about? You need to be being productive.

And so many of us were raised in environments where you were in trouble if you weren't proving that you were productive that way. What chores did you do, what grades did you earn, whatever it might be. I used to have this neighbor, when Ryan was first born, he was a baby. I had this neighbor who was hilarious.

And she was a stay-at-home mom, but her husband was very like, what did you do all day kind of husband. And she would literally park the vacuum by the front door and just spray some Pledge so it smelled like cleaners. To prove she did something.

And I remember being like, tell him - I mean, I wasn't spicy then as I am now. But I'm like, tell him you don't have to prove a checklist of fucking chores that you did that day. You kept his children alive. But it's interesting how ingrained in us in this puritanical society, patriarchal society that we have that it's like, oh, you better prove your worth. And it's a checklist, it's not an experience of pleasure, which of course, everything even I talk about is pleasure based, venture based.

But it does start with getting quiet within yourself and recognizing like, oh, I think I'm going to get in trouble, or I feel guilty, or I feel somehow undeserving of this time and space. It's fascinating.

Dr. Errin: Well, it goes back to that core belief of where does your worth come from? And I think that's so hard when - it starts, like you said, as a little kid with the external judgment of what did you do today, what does

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

your report card look like, how did you do on the volleyball court, or how quick was that cross-country mile.

And the thing is we learned to internalize that, and what I find in so many of my clients is that internal judge. There's no more people looking over their back like, oh, you stepped out of line with the rule, now there is a little bit. But most of the time, we have so well-developed that internal judge and we've made this set of invisible rulebooks.

And as I'm coaching people, they'll say I can't, or I shouldn't, or I should, or that wouldn't work. And I'm like, who wrote that rule? Because it can be changed now actually. And I think that is a huge awareness point that coaching has blown the walls off for me and what I'm trying to do in healthcare is to remind people like, no, it doesn't have to be the way it's always been.

Because if it continues like this, this is what we're going to get. So we have to start changing things. And there's a lot of talk right now in the healthcare space that burnout is a systemic issue. 110%. We are not broken. But what I push back on and why I continue to be a specific individual coach and not an organizational coach or a business coach is because I'm like, you know what, if you don't have any healthy soldiers, if you don't have any healthy doctors, you can't change the fucking system.

Susan: Correct.

Dr. Errin: And so that's why I think it's so important, again, taking care of ourselves first. And it's been really exciting because now I'm like, breaking outside of doctors. I've got attorneys, I've got engineers, I've got so many women in STEM coming to me and saying me too. This is my burnout experience too. So it's been a really great thing that I've actually opened it up and now Burntout to Badass is for any woman, any professional woman who has felt this.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

Susan: So let me ask you something. What do you notice - so Burntout to Badass, I love that. So when your clients come to you as burnt out, what are the typical symptoms they're experiencing.

Dr. Errin: I call them the Ds and Fs because we don't want those, but that's definitely what we have. So it's discouragement, disillusionment, we're fatigued, we've got so much fear in our life, we're saying fuck it, and we're just ready to flee from it all.

And so there's of course the formal diagnosis of burnout with the emotional exhaustion, but we've all heard that enough that we know that definition, but it's really time to identify in our lives. And there's also the discussion that's coming up, you know, is it burnout or is it depression?

And so as a healthcare worker, specifically in the state of Indiana, if I come out and get mental health support, I am reported to our state licensing board. So I think that's a really key emphasis that I want all the listeners to hear today is that we have got to normalize healthy mental state. Not mental health, but everyone having a healthy mental state and that it should not come back to losing my license because I admit I need a little bit of health.

Susan: Wait a minute. So our physicians are having to choose in the state of Indiana between seeking help and losing their license.

Dr. Errin: Potentially. So this is kind of the undercurrent that everything I think that the general public needs to understand. As a physician, if I self-identify, hey, I'm really depressed, I'm really anxious, and I go use an employee AAP program or seek help publicly, I will be reported to the state board of health.

Now, they can look at my case and say no, Dr. Weisman is still competent, she still has capacity to take care of her patients, but they can also then

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

mandate me to go through a whole bunch of hoops to jump through, just to “make sure” I’m still capable.

So what happens most of the time right now is physicians get on Google, they get on Facebook, they look for resources, they pay cash for them, they use fake names, fake phone numbers to either talk with a coach or a psychiatrist, particularly sometimes we’ll cross state lines. We’re close to Illinois and Kentucky. People will cross state lines to seek help.

So that then it isn’t reported. Because you’ve got to remember, as much as people think that doctors are evil rich people, we really, if you look at our cost of living, the amount of loan debt we have, we don’t really make that much. So if your potential income stream is ripped away from you while you’re trying to get healthier, that’s just going to plummet you further into a bad mental health state.

And so that’s why I think coaching is such an important thing right now in healthcare because it’s not “reportable.” And so that’s why I encourage people, when they come and sit with me, of course I’m going to screen them. I mean, I ask every single client, are you having suicidal thoughts?

Because guess what, 40% of us are. And so making sure that I partner them with a psychiatrist, with a psychologist, and coaching, I have found to be the best recipe to help people move forward. Because there are some things that your brain chemistry, you’re not going to be able to mindset work out of that.

You are going to need to be able to get help. And so I am a real big advocate right now to be like, exactly like you said, especially in the time of COVID, hey, we need to loosen these regulations, we need to help people who are controlling the ventilators, who are screening people in the ER, who are taking care of them after they’re done being sick for their best health, so they can deliver your best healthcare.

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

Susan: And so with the screening of okay, yeah, this physician is for sure burnt out, what do they report happens for them?

Dr. Errin: I think first and foremost, I hear so many of my people say, oh my god, I didn't realize I did have control of my life. That's the biggest thing is the loss of autonomy where they feel like they've just lost control of everything. They're a cog in the wheel. They've been told their whole life, hey, you're going to be the leader of a healthcare institution, or of your team, or of your office.

And yet they're so demoralized that they feel like they have utterly no control. Either the amount of patients, how much time they can spend with their patients, hell, they don't even control how much they make anymore. Because insurance companies dictate that so much.

So by going through Burntout to Badass, they realize, oh, I do have control of things. And then they learn to advocate for themselves by saying no. And I always telling people setting boundaries is not like being a total bitch and a badass and the nurses are all going to hate you.

What it is is just setting the fence post and saying, no, this is mine, you stay on that side of the fence, so saying no, but also your fence post keeps in what you want. And so realizing like, where are my holes? Where are the things that are escaping? Because so many times, my clientele are just fitting all their essentials around the edges.

Kids around the edges, exercise around the edges, nutritional eating around the edges. When those are the things that need to be prime and center. And so when I can help them make the little shifts - and I advocate to people, I am not about telling everybody to leave healthcare, to board a plane and go to Costa Rica and never come back again.

No, I want for you what you want. But first, we have to figure out what that is and that really goes back to what are your essentials in life? Motherhood

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

for me, I thought it was going to be another checkbox, Susan. But what I realized, it fundamentally changed me.

So I had my first son within the first couple months of my intern years of resident. And I just came going. I kept my head down. Like I said, I barely remember anything from his first year of life. And so realizing now like, that's an essential and that's one of my messages that I tell people. I'm like, be a happy mommy now. Don't wait 18 years until they go to college and like, I'll do it when.

It's like no, you change now. Because now they're able to tell me - and I say be a happy mommy now because the story is a couple months ago, my oldest, he looked at me, grabbed my face, and was like, "Mommy, I'm really happy that you're a happy mommy now."

He didn't know when I was going through the grind. But somehow, he did. He did know. And now he gets to be raised in a home where he knows that he is important because I say so. I don't start work until after they're off and after I've got my stuff in the morning. I wrap up in the evening, and they know that they're not just fitting around the edges, that I don't just come home exhausted, literally to the point of muteness because I cannot talk anymore.

And so that's what I really encourage my clients is like, be happy now. Be the happy mommy now because god love her, one of the gals I'm working with, she's closer to mid-end year career. Her kids are going off to college. And she's just now making career changes. She's like, Errin, I missed 18 years. 18 years because I was taking care of super subtype of patient that I thought only I could do that job and I fitted her in around the edges.

And she's like, now, I'm going to have to figure out how to reconnect with my kids who are college age and who are adults and who are living their own lives. And so again, like you said, working through that guilt and talking

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

to her. And just the last call that we had, we talked about when did you come into awareness? Because obviously - and she was like, maybe a year ago. Maybe two years ago. And I said okay, so you can't beat yourself up for those other 16 years.

Susan: Well, and I think that that's one of the best things we as coaches can do is you get it when you get it. And now let's build a beautiful way forward. I was probably - let me think about this. So my kids were six and eight when I started this company.

So they were probably five and seven when I kind of woke up. And I recently had the unbelievable surprising pleasure of interviewing my son Ryan on this podcast, which blew my mind. Never saw that happening, I promise. And he talked about what you just described.

He was like, he answered in ways that I did not expect, in ways he really hadn't ever verbalized to me, except he would make jokes occasionally like remember when you were unhappy? But I asked him a question like what do you see as the biggest difference between when I was realtor mom and life coach mom? And he was like, oh my god, so much happier.

And I didn't, like you, think that they were at that small age, aware of how stressed out I was and burnt out and all those things. But they know. They know that of course, the emotional, energetic difference in us, which is why your work is so important.

So what I want to know is where is the best place, and of course, we'll put all this in the show notes, where is the best place for people to hang out with you online? I know you have a beautiful podcast. Where can people find you?

Dr. Errin: Oh yeah, so definitely check out the website, burntouttobadass. It's kind of my new shiny jewel that I'm putting out into the world. So come

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

hang out with me there. You'll see more social media stuff coming out surrounding that.

But yeah, my podcast, Doctor Me First. It's where I have authentic conversations with other female physicians. And I think it truly is a gem, not just for people who are in healthcare, but any woman who wants to relate to anyone else. I also - the happening place for me right now is LinkedIn.

You can find me at Errin Weisman DO. It's not as loud as Facebook, and it feels like truly connected there. So any professional women who want to connect, I would say definitely come hang out with me on LinkedIn. I think I'm giving a different voice to the space that can sometimes be stuffy corporate. And I'm like no, we can still be professionals and sparkle. So those would be the places I would come hang out.

—

Oh hey, do you love this podcast? Maybe you tune in to get some motivation from the show, maybe it shifts your attitude, maybe it's helped you make more money. Whatever the reason, I have a challenge for you. If you go to Apple Podcasts or Stitcher and leave me a review and take a screenshot of it and send it to support@shyatt.com, or you could post it inside Rich Coach Club, the Facebook group, I'm going to send you a crown.

I promise you, and it's a cute crown. It's not a chintzy crown. So my team and I read all these reviews, we pick out reviews each month to read aloud on the show, and this is our way of handing out prizes to say thank you. So thanks in advance for the love. I love you right back.

Thank you for listening to today's episode. I hope this episode has inspired you to take some time every day to fill your cup and power up. Do things that make you feel powerful every day without fail. Non-negotiable. That's how you'll stay strong and focused throughout this crazy election season

[Susan Hyatt's Rich Coach Club](#)

RCC 114: How to Stay Strong During Hard Times with Dr. Errin Weisman

and final business quarter of the year. Have a powerful week and I'll see you next time.

One last thing. Y'all know I have tons of free resources to help you build your dream life and coaching practice, have more time, make more money. Here's one thing I think you'll love. If you go to shyatt.com, which is my brand-new website, so proud of it, you can check out Go Time TV.

You can also just go directly to YouTube and just type in Susan Hyatt Go Time TV. There are so many amazing episodes. I think we're on 14 episodes so far. Go check it out. And again, you can go to shyatt.com and just click on Go Time TV, or you can go directly to YouTube and type in Susan Hyatt Go Time TV.

There are 14 completed episodes at the time of this recording, and I think you're really going to love it. The highest viewed one is with my friend Robert Hartwell and we talked about legacy. I think you'll really love it.