

Ep #144: 2 Critical Things to Your Success in Weight Loss

WEIGHT LOSS FOR SUCCESSFUL WOMEN PODCAST
EPISODE 131 TRANSCRIPT



[Weight Loss for Successful Women with Shannan Christiansen](#)

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You are listening to the Weight Loss for Successful Women Podcast with Shannan Christiansen, episode number 144. Welcome to Weight Loss for Successful Women. A podcast for women who are ready to break the diet cycle and end their struggle with weight for good. Here's your host fortune 100 executive and certified life coach Shannan Christiansen. Hello. So happy to be here with you today.

Oh, I have to tell you. We have been busy. We have, do you ever feel like just so many things are going on? I mean, amazing and wonderful staff, but your brain can be like, Hey, we got a lot going on. We are having so much fun though. We are coming towards the end of an eight-week series on Facebook.

I'm going live each week on Facebook, on the beef life coaching business page to teach steps, how to get off the diet roller coaster for good. It's been so fun. I have loved engaging with all the ladies. You can go to facebook.com forward slash beef life coaching or listen to the replays right here on the podcast. Just make sure you subscribe wherever you listen to the podcast.

So, you don't miss an episode. And as you know, we've been getting ready. We are opening on July 12th and to celebrate the transform boss challenge is back. This seven-day challenge is amazing. It's going to start on July 10th. You can sign up@bflightcoaching.com forward slash me M E. You want to spend seven days with me learning how to feel better, lose weight in simple and easy steps.

Ooh, the challenges are a great way. It's a great way to start or keep your journey going. And so, you do not want to miss out on the challenges. They are one of my favorite things. We do them three times a year. So, when I say you really don't want to miss out, you do not want to miss out. This is our second challenge of the year.

You can go to B-flat coaching.com for slash me. We'll also put it in the show notes. They're fun. You know, I also coach it's the only time ever that I coach publicly. Now it's in a private Facebook group because of course we want it to be private ladies only, but you can actually see and witness coaching. It is so good.

Let's get into today's topic. That leads me right in. I want to talk about coaching and the coaching that I do. I see a lot of, you know, life coaches or weight coaches out there. And I want to be very specific about what I'm doing and how I coach in transform boss. The coaching that I do is about asking questions and helping women have breakthroughs and ahas in the process.

I have been trained in several methods and been coaching professionally for 28 years. I love coaching. It is like in my history, I've done it. Business coaching, professional coaching, now, weight loss, coaching, and life coaching. It is just one of my favorite things to do. I love watching women, just their minds explode so that they can get to the solution so they can get to how to move forward,

how to take their lives and just have breakthrough. After breakthrough coaching is to help folks who are functioning, reach new Heights by breaking through some of the roadblocks and challenges they're having. When you're being coached, you are using a bit of different parts of your brain. And many of my clients are surprised what comes out when I asked her in questions, they have these old beliefs.

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What I like to call these old records or thoughts that are just keeping them stuck and what I do. And my coaches, we hold this space. We allow our clients to say the thoughts out loud. And it's amazing how you feel after, because what happens is your brain sort of opens up. You've said all the things you've just right. And you know,

I'm there as your coach to guide you and to ask you questions so you can keep digging a little deeper and a little deeper, and then suddenly you start to see the solution the way forward. The next step, you can start to see the thoughts and beliefs that have been keeping you stuck and suddenly, you know exactly what to do. I know that coaching has become a sort of a buzzword and companies are saying they have coaches,

but they're actually like reading scripts. They're not really trained in coaching. And sometimes even they have bots like, you know, they say they can coach you online. And like bots are answering you. The coaching that is done and transformed boss is coaching techniques. So, my clients achieve breakthroughs. It's helping my clients see something in themselves that they cannot coaching is supportive and loving,

but we ask good questions. I'm your coach. And I want you to have success. I want you to achieve all your goals and dreams. And part of being a coach is being your cheerleader and also helping you cut through the excuses and the BS you've been telling yourself so that you can stay comfortable, stay stuck. I have my own coach. So, I know exactly how this works.

I tell you; I love being coached. Sometimes it's hard. There are times before the coaching session, I'll get in head and I'll worry about, you know, what will happen, or will I say the right thing? Even I, and then I get in the coaching session and my coach, she just guides me through it as I do with my clients.

I believe in coaching. I believe in, it's so hard in the seven-day challenge. One of the nights I call it a coaching party. I'll do some coaching. I love showing women what coaching is, what it really is. And it's just the tip of the iceberg of what we do and transform boss. So, this leads me to another part,

coaching. I mean, hands down changed my life, but there was this other part of losing weight and transforming my life. That was really important. And it was community. When I was losing my way, I thought I could do it by myself. I had so much shame around my weight, around failing around, you know, having the struggle of being overweight that I didn't want to talk about.

Then new thing I was trying, I didn't want to tell everyone that I had found a coach and that I was, you know, doing this mindset work. I didn't want to do any of that. And so, I needed a community of women who knew what I was going through. You know, they were doing the same things. Community is so important and the community that we have created and transform boss,

I really believe it's like no other. It's just women who love and support each other. They also ask good questions and hold each other accountable. It's so important. See, being alone with your own thoughts,

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not getting support, it just starts keeping you disconnected from others. I always say to folks, you never want to be in my brain because there's some crazy stuff.

And when I'm left alone to it, without seeing, you know, the truth without having, you know, members of my community say, hey, have you tried this or tell us what you're thinking, or even just inspiration watching others achieve their goals and doing these new things and you know, watching them when they struggle and then watching them overcome the struggle.

It's amazing. Zane, you know, my love community is so important. I think more than ever, we need it. We just need it. We need to feel love and joy and support. I love receiving that. I love receiving support, but I also love giving it. I love helping someone and inspiring someone. And you never quite know when that happens.

I tell you just being a part of community and being engaged in it is just so it's everything. It's everything. And so not having a community especially in this weight loss journey can keep you stuck on the diet rollercoaster. So, find a, try. My love, find a tribe of women who can support you, who can love you, who can inspire you,

who can help you be accountable. You feel no judgment, there's no discontent or any of that. There's no competition. It's just a tribe that sees you, that you belong in. And that is just there for you. I know these two things, coaching and community they're critical and losing weight for the last time. Having someone help you to see what's been holding you back and then having a community of women who support you and inspire you.

Well, my love it is everything. Join us in the transform boss. Seven-day challenge, where I will teach my basics and even do a little coaching. You can sign up at bflycoaching.com/me. Thank you for listening to this episode of weight loss for successful women. If you love what you heard today and want to learn more,

come on over to bflycoaching.com. That's bflycoaching.com. See you next week.

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