

The Limitless Experience Podcast

The Trouble with Masterminds

Transcript

Suzy:

([00:00](#)):

Hello, you gorgeous human being this episode of the Limitless Life Experience podcast is being brought to you by the one, the only very exciting legacy program called Magnetic. Magnetic is special to me because it's the first program that I have written about messaging in-depth, since Message Mastery, which I am finally going to be retiring. When I first started out in business coaching, I knew that the two most important things that people needed to get their heads around in order to create a breakthrough in their business, one was their mindset. The second piece was messaging. And for whatever reason, I was bloody good at messaging, right from the get-go. And for many years, I taught the same process when it comes to attracting new dreamboat clients. And then 2020 happened, 2020 was the year that I crossed seven figures. And what I realized was that there was a shift in the way that I spoke to people.

([01:21](#)):

And I decided in 2022, finally, that I wanted to share those shifts. The world has changed. Audience have changed. The way that I message has changed and those upgrades and the evolution that the world has experienced has put me in a position where I now earn multiple millions of pounds every single year. And Magnetic is the program where I want to share all of those secrets with you. So, if you are interested in playing with us in this space, then you need to go to www.suzyashworth.com/joinmagnetic. And I will see you on the other side.

([02:13](#)):

You know, what happens in a mastermind is that somebody will say something that triggers the heck out of you and you then have to decide how you wanna deal with that. It's so interesting. The way that we are willing to use a mastermind and be seen in a mastermind is a direct reflection of the way that we are willing to be seen in the outside world.

([02:40](#)):

Welcome to the Limitless Life Experience podcast, with me, your host, Suzy Ashworth. I'm a mum of three, seven-figure serial entrepreneur, Hay House

author, international keynote speaker, quantum transformation and embodiment coach and believer in miracles. My superpower is helping conscious leaders like you create six-figure breakthroughs in your business fast so that you can expand into limitless living and being part of the tidal wave of positive impact that we want to create around the world. In this space, you'll hear me talk all about wealth, yourself, spirit and impact. This is the Limitless Life Experience.

[\(03:24\)](#):

Hello, hello, hello, you gorgeous human being! It is Suzy Ashworth here, and you are listening to the Limitless Life Experience podcast! And I am, I'm feeling the vibe. I'm just feeling excited about life at the moment. I feel that I am in a massive transition read period. I didn't know that I was going to be in this period this year. I thought that everything was just going to be more of the same, but bigger, but that was my intention. And I was really happy with that intention. And yet it feels as though the universe just had other ideas. And so many shifts were taking place like in the first kind of quarter of the year, February, March time. And those shifts felt very scary. And then I went to Peru and Peru was a real confirmation that there was a reason that I was making the decisions that I was making and the shifts that were happening in my life.

[\(04:35\)](#):

And I just needed to trust. And trust is such an interesting word. It's easy to trust when you can see the path. It's easy to trust when you can see the next step. It's not easy to trust when it feels like you've got a blindfold on, and you are almost feeling your way through to make sure that there isn't a massive pothole that you are about to fall into. And honestly, sometimes it feels a little bit like that. Like, whoa, what's going on. And at the same time, one of the biggest things that Peru gave me was just this real deepening when it comes to trust. And it doesn't mean that there aren't times where I'm like, um, excuse me, what is going on? It doesn't mean that there aren't those times, there are definitely those times.

[\(05:41\)](#):

But as I sit here recording this today, what I realize is that there is something, there's a dance happening with me in life that feels so profoundly beautiful right now that, that the fear that has in the past accompanied these big shifts that I have experienced, just isn't able to grip me in the way that it used to. It's like, I've gone nonstick. So it might hit me, but then it slides down. <laugh> it might hit me, but it can't get its hooks in. And that is really liberating. It's liberating on a personal perspective, it's

liberating on a professional perspective. It's liberating. When I think about my clients, who I am coaching those people that are also going through the dance, going through the transition who just wanna stop, who just wanna freeze, who are just like, what the fuck? I'm like, no, no, no, no, no, no, no, no, no. Take your foot off the break. It is safe for you to move forward and being able to have those conversations are activating, exciting and are exactly what is required when you don't need to stop everything in order to work out what the pivot is.

(06:53):

I think that this is one of the biggest mistakes that I see is—I always think about the Friends episode where they're trying to get the sofa up the stairs and Chandler and Ross are just shouting pivot! Pivot!. And when we make a huge deal out of a shift that is happening in our life or business, it is normal for the mind to go into overdrive, trying to find all of the potential potholes. So stop, stop, stop, stop, stop, stop, stop, or stopping all of the time. It's not necessary. Take the pressure off the pivot and just allow the transition to be the transition and give yourself permission to know that as long as you allow yourself to keep moving forward, the next door, the door that you are waiting for, the big aha, the big thing that you are waiting for is going to reach you so much more quickly than if you do what your head is telling you to do, which is slow down and peruse.

(08:05):

It's not actually required. So this is a really beautiful segue into what it is that I would love to talk to you about today. And that is the trouble with masterminds. And when I say the trouble, trouble is really in inverted commas because the trouble is really the beauty and what I notice, not only hosting masterminds, but being in several masterminds myself is that one of the biggest challenges that we have as leaders and for the mastermind that I host it is for leaders. And what I mean by that is people who recognize that there's big work to be done, that they have big work to do. And they wanna be in an environment where other people have big visions and they wanna be activated by other people's experience.

(09:13):

And they wanna learn from other people's experience and have that, the type of conversation that you are not having in your own groups. And there's something that happens when you put yourself in a group where it's, the intention is very, very clear. It grows on all levels. And the trouble with this is that when you put yourself into a mastermind, you're becoming part of a community and that community online is going to be a reflection

of the communities and the role that you play in communities offline. So people go in with the idea that this is the place where I can really be myself and I can really open myself up and I can really be vulnerable. And the thing that they find challenging is to really open themselves up, really be themselves, really let other people see them because we worry that ourselves isn't gonna be good enough.

[\(10:23\)](#):

And this happens at every single level. But I think that it is frequently highlighted in a mastermind environment. You know, what happens in a mastermind is that somebody will say something that triggers the heck out of you and you then have to decide how you wanna deal with that. You have to decide whether you are going to bring it up with the person. You have to decide whether you're gonna do that privately, or whether you're gonna do that in the group. You're gonna have to decide whether you are just gonna keep it silent and I'm gonna pretend that it hasn't affected me. But then the next time I go into the group, how am I gonna feel? And it's so interesting that the way that we are willing to use a mastermind and be seen in a mastermind is a direct reflection of the way that we're willing to be seen in the outside world.

[\(11:25\)](#):

And as I said, the trouble is inverted in inverted commas. I believe that because this is such an incredible reflection of who we are being in our businesses, who we are being in the outside world. At the moment, at least for me, it feels imperative that I have this space because I get to see every single area where there is growth and where there is healing that needs to take place in a way that I'm unable to see in one to one mentorship, because with one to one mentorship, I feel completely and utterly safe. The triggers are obviously there. If you have a great one to one mentor, they're gonna ask you questions that push you. But often it's not that real live in the moment experience where somebody who you are not paying to challenge you says something that challenges you.

[\(12:39\)](#):

How do you deal with that? How do you hold yourself? Who do you be in that situation? What is it that needs to be healed? How do you get to grow? All of that happens in the mastermind. And in order for you to really be willing to take advantage of that, you have to choose to be the person who says that I'm willing to be held by all of it. Now, as a leader, one of our traits is that we are used to holding everybody else. We are used to giving to everybody else. We are used to being the strong one. We're used to having

all of the words. We're used to not being challenged. So when you go into somebody else's space, the commitment that is required in order for you to really flourish, really get the most out of that space is to give yourself permission to be held by all of it.

[\(13:45\)](#):

And I see the growth in myself by giving myself permission and noticing where I retract that permission. That's where the biggest growth happens, noticing where I retract that permission. And then I lean back in, I think that it is one of many of the most richest things that being in a mastermind space can offer. And I genuinely believe that if you are thinking about running your own mastermind, or you have a mastermind where the dynamic is a little bit off, people aren't that vulnerable or people are always waiting for you to lead as opposed to really building up a community. And you are not in a mastermind. That is a problem because one of the things that you will learn is how to hold the space. You will learn. Well, not only from the coaching and listening and hearing other people be coached that will 10 X when you are in a space and being the observer, as well as the person who is being supported.

[\(15:01\)](#):

But there is something around when you are able to manage yourself effectively. And this is very, very different from a peer mastermind and a paid-for group. It's just, the energetics are different, always. So when you are, when you are able to have that experience, those experiences yourself and see how you lead yourself through those experiences alongside, notice how you allow yourself to be supported. Both things should be happening at the same time. It changes the way that you show up in your own mastermind group, which then in turn changes the way that people show up and interact with you. It's really quite beautiful. And at the same time, it's really challenging. So my invitation for you today is where are you willing to allow yourself to be held at a deeper level than you've ever been held before? Where are you holding back from truly allowing yourself to be supported?

[\(16:12\)](#):

Because you know it all already, you've got it down. You're doing all of the things. Notice where you are running that story. That's probably the place where you need the most help <laugh> or could allow in the most help right now. And if after listening to all of this, you're like, this is the vibe that I know that I need. And you would love to be part of my mastermind Ascend. Then you can join the waitlist to receive more information at

www.suzyashworth.com/ascend. The waitlist. Now have a beautiful west of your day, evening or night, depending on what time you are listening to this. And please remember that faith plus action equals miracles.

Faith + Action = Miracles