

Are you having transactional coaching relationships

Transcript

Suzy:

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Hello, my gorgeous human being. It's Suzy Ashworth here. And I am dropping in with a very quick message about my high-level mastermind, Ascend. This is one of my most favourite places to hang out on the internet in. And when I say on the internet, actually with my Ascend mastermind, there are two levels. So one of those is online and one of those is in person. So if you love to squeeze, squeeze, and cuddle and laugh and play and touch in person, then Ascend also might be a very cool space for you to inquire about. So this is where freedom meets mastery and magic is made. And outside of my private client work, if working with me one-to-one is the place for you to be, if you are looking to create and have a really intimate relationship with me and have my eyes on your business and me in your pocket, this is what Ascend is about alongside incredible connection and community with some amazing human beings.

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I have two spots opening up over the next month and I would love it if you have been waiting for something where you can work with me over a longer term, and you really want to combine the strategic and the energetic work that I do. This is, this is the thing for you. So if you are interested in applying, then please drop me a line at hey@suzyshworth.com with the subject line I'm ready to Ascend.

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And that really meant the world to me. And I think what I wanna share is look to see where you might be being a little bit transactional. And that's it, look to just see who's in front of you, but feel them have a desire to see and feel them.

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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.

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Hello. Hello. Hello, you gorgeous human being. It is Suzy Ashworth here, and you are listening to the Limitless Life Experience podcast!

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And I am excited to be back in the room with you this week. And I wanna talk to you about something that I have—I've tried to put this in a post. I've tried to write a newsletter about it, and this is my second stab at the podcast. And it's interesting because it feels like a really important subject for me to bring to the table and yet there's a part of me that does not want you to think, well, stop whining. <laugh> she's just saying this because, and the reality is is that I wanna share this with you because I've noticed it, I've noticed it. And I think that it is useful for everybody to be aware of when they do this thing and how it impacts the energy and the relationships that you are building, and also the service that you receive. And at the same time, I also don't want you to think, oh, stop whining. <laugh> don't think badly of me!

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So I wanna put that out on the table and say that that fear of being disliked still rises its ugly head every now and then. And what I have found consistently is that whenever I'm afraid of saying the thing, that's the thing that needs to be said. So we have disclaimer number one. Disclaimer, number two is that I cannot tell you how freaking lucky I feel like 9.9999999 out of 10 days. Like how lucky I feel 99.9999999999% like grateful. There is a tiny little piece. That's like, Ooh, I don't really like it when this happens. And so I wanna put it into that context that what I'm sharing, it happens very infrequently for me. But I also know that I haven't hired people based on the sense that I feel that the relationship that I would build with them falls into this bracket. So that's my second disclaimer, this is not common for me, but I know that it happens. It stops me spending money with people. And if you, um, are on this, if this has been your vibe consciously or unconsciously, my desire is to shine a light on it so that you can switch things up.

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So what I wanna talk to you about is transactional relationships and when you are a coach, especially, but although I think this applies for all

relationships across the board, what we are doing is building personal relationships, personal relationships that have transactions within them but ultimately we are building personal relationships. And I was chatting to a friend who I met on my last retreat and we have a number of mutual coaches and I was commenting how one of the people that she works with, I on a, on a private level I wouldn't choose to work with because they feel quite transactional i.e. Business is business.

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And that for me, when I'm investing at a high level, and I'm working with people in either small containers or one to one, I don't ever wanna feel like one I'm on the clock or two they're on the clock. And I definitely create boundaries for my master—not so much my mastermind or my one-to-one. But for example, if I was doing a one off Voxer container, one of the boundaries would be please, can you not leave a message for longer than three minutes? This is a really important boundary to have in place. If you are working with 10 people, 15 people, 20 people, you get 20 people all leaving 10 minute messages. There's no way that you can service that level of questioning in a Voxer container. So it's really important to, for me to have that boundary. Now in return, if I need to leave a seven minute message or eight minute message or nine minute message so that the person really understands what it is that I wanna communicate, I'm gonna do that without blinking because the breakthrough and the transformation and the shift in perspective alongside energy is what I wanna create.

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And that for me is the difference between building, a personal relationship. Like I'm gonna, you've paid to be in a space. I have a boundary, and then I'm gonna give you exactly what it is that I think that you need without holding anything back, whether you've paid a hundred pounds, a thousand pounds or a hundred thousand pounds, like you're gonna get the response that you need to, that you need to hear. And I wanna feel like I wanna get a sense that whoever I'm investing in, particularly if I'm going in at the higher levels, they're gonna give me that. And the mutual coach that my friend and I were talking about, I said, oh, I wouldn't do that cuz it feels a bit like business is business, you know, and that's not my vibe. And she reflected that actually, yes, that is exactly what she got from that coach.

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And she loves it. She doesn't want the coach asking her about her son and what she's done at the weekend and how she's feeling and all of this stuff. She wants to be able to present her offers, get the feedback and then get

out. And I want all of that. I wanna be able to give that and I wanna be able to receive that. And so I pick people who I think are going to want to really know me and love me ultimately. And I was thinking about the mentors that I've worked with, particularly the mentors that I've worked with over a long period of time. And I realize that there is a deep love that is mutual. And I really feel seen, I really feel appreciated. I really feel heard by them. And I really feel that they know me and they love being in my energy.

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Like I feel that they are happy to hear from me when I do come in and I love that. And I was thinking about why, why that happened. And part of it is the personalities of the people that I pick. Like I just said, there's somebody that I wouldn't go with cause I feel like it would be too transactional. The people that I pick are people that I really just feel have big hearts. But then secondly, I thought about my role in the relationship and the truth is is that the reason that I want that type of love is because I give that type of love and I give that to my mentors. And sometimes I give them that publicly, which is not the point here frequently. I give that to them privately. And that might be within our containers. Just like, thank you. <laugh> that's so helpful.

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Or thank you. I'm gonna sit with that. Like just acknowledgement. And I was thinking about how sometimes I have clients who are amazing, who are beautiful, who I love deeply, but are like, what's this is my question. I give them the answer. And then there's no closing of the loop. There's no acknowledgement. And I was thinking about how I really love that there are not so many people who do that and how grateful I am that I have lots of people who out of the blue, like I had a lady email me who has not been in my world for a couple of years and actually who left quite abruptly. And she emailed me completely out of the blue a few days ago to say, Hey, it's me. How are you doing? I just found one of my notebooks from one of the programs that we did where I was setting the intention to earn 50 K in 90 days.

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And I almost hit it and I was going through X, Y, and Z. And there was a teaching that you shared that I have really been applying. And I just wanted to say, thank you. And I just wanted to acknowledge that I left abruptly. I've had many dark nights of the soul, but I wanna say that I appreciate you. And I love you. And that really, really, really meant the world, really meant the world to me. And I think what I wanna share is look

to see where you might be being a little bit transactional. You give me the—I've given you this. So you give me that. And that's it look to see where you can really see who not just see who's in front of you, but feel them have a desire to see and feel them and acknowledge and appreciate and notice and see what you get back in the loop.

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I think that if you don't do this automatically right now, you are going to be so pleasantly surprised with the avalanche <laugh> of love and acknowledgement and appreciation that you receive in return. Like when we can really go beyond the transaction, I feel that that's where the potential for magic really lies. So these are just a couple of the observations that I've had about how I invest, what I love, what I love with my own mentorship and then how I am with my own clients, the ones that do in the ones that don't. And I invite you to, yeah, I invite you to have this inquiry for yourself. It makes me smile.

(14:11):

As I said, I'm gonna loop back right to what I said right in the beginning. Like I feel so lucky to be surrounded by and offered so much love and the first person to ever have this conversation she, she talks about it in a slightly different way. It's the same, same bit different is one of my coaches, Melanie Ann Layer. And I didn't really get it the first time I heard it because, because my nature is to, is to love, love, love my coaches, but I really, really, really now like a year later and can see the difference between those who do and those who don't. The difference in results and the difference in the relationship. And I'm like, this is so important. So I leave this here, do with it as you will. And if it has sparked something for you, then do let me know over on the 'gram or in the Quantum Success Hub. You're incredible. I love you. And I want you to remember that faith plus action equals miracles.

Faith + Action = Miracles