

Julie Clark Lingen

Interview with Julie: Getting to know me more deeply



What do you love most about life coaching?

For me, the most beautiful thing about being a life coach is having that deep heart-to-heart connection with clients. I love that people trust me enough to put part of their life in my hands. It's an amazing feeling to have others trust in you and confide in you with their deepest desires and goals for their life, and also their biggest fears, doubts and struggles that have been holding them back. That connection with people is so beautiful. I also love watching them take courageous action to make the changes they want to make toward their biggest dreams and goals, growing into their potential with a little encouragement, support and guidance. I love seeing

others do things they never thought possible, removing the limitations they place on themselves, to help them acknowledge and overcome long-held fears, change their lives and start living their dreams. It is an absolute honor to be part of their path. I enjoy working with women to help them create the life they desire and watching them transform into their most beautiful, confident and courageous self. Hearing someone say, "You've changed my life" or "Because of you, I feel like I can do anything" are the most beautiful words ever. And that's how I try to make everyone feel because I do believe we can do more than we ever realize. I love seeing others happy and successfully reaching their goals for their life.

I think the best quality a coach can have is genuine care and compassion for others. To want the very best for every single person they interact with, and that's what I bring to my clients. You will feel lovingly encouraged yet gently challenged and free to simply be you.

Where does your passion for Life Coaching come from? How did you get into coaching?

If there's anything I was born to do, it would be life coaching. My heart for others is my greatest gift. I'm a natural encourager. Ever since I can remember, I have loved helping others, encouraging and supporting them. Even as early as elementary school, my teachers would tell my parents how much I enjoyed helping my classmates. I really can't think of anything more perfect than my own gifts, passions, life experiences, struggles, personal journey and transformation have prepared me for. If you haven't had a chance to read my full story yet (the raw, gritty and vulnerable details), please do so under [My Story](#). A lot of the same challenges my clients have, I have faced, and have come out on the other side of.

There's a time when people would look at my life, they'd assume I was doing just fine, but in my own heart and mind I was struggling so badly. I wanted to make some big changes in my life, but I was stuck. I knew I wanted more for my life, and it was so painful watching precious days pass me by feeling 'stuck' and overwhelmed with uncertainty. I felt powerless. I've struggled making changes to my life: I've struggled with finding courage and confidence. I've struggled with hesitation and constantly second-guessing myself. I struggled with lacking clarity in what I really wanted in life. I've struggled with fear, self-doubt and unworthiness and all the other limiting beliefs that hold us back from living the life we really want to live. I've struggled with procrastinating because I was scared and holding back because of uncertainty. My own struggles with making life changes have led me to my passion for being a life coach today and helping others with theirs. It's a way I've been able to turn my own pain into purpose. Since I have been where you are, I understand what you're feeling and can help you move forward in the right direction. Most likely, what you're feeling right now, I've dealt with in my own life.

What do you do in coaching? What can I expect from coaching?

I help clients get super clear on what they want (and don't want!) in life and put together a plan to achieve it. I've learned clarity is a big struggle for most people. They don't know what they really want for themselves and what would actually make them happy. I help you put together your ideal lifestyle. As well as prioritize your life. Then we identify the hurdles holding you back, and guide you to take action toward achieving those goals and making the changes you want in your life. I help you find the courage to start taking action—small steps every day toward those goals. I help you reconnect with your dreams and get excited about your life again. I also work a lot on mindset, helping others overcome their biggest fears and doubts that hold them back. Because I know how much of a struggle my own mindset was (and continues to be) for me. I love getting in the trenches with you to walk you through the changes you want to make and help you discover a path toward meaningful, lasting change in your life. People love having that regular accountability, clarity and direction. I will make you feel loved, supported, championed and challenged the whole way through. And I try to make it fun for you as well. I love to laugh and hope that you can feel my joy and happiness in each of our sessions. Helping others live more fully and happily brings so much joy to my life.

Who are your clients exactly?

I work with women who feel inspired to make a change in their lives, but are feeling 'stuck,' overwhelmed, and lacking clarity. Women who want to make some changes to their life, but are held back by fear and self-doubt. Who are lacking the confidence and courage to even go for it. Women who find themselves asking, "What's next?" and lacking clarity about their future and about what they really even want in life anymore. Women who want a richer, more meaningful life, who feel like there's something missing. Women who want to live happier, more balanced lives. Women who want to live more passionate, fulfilling lives.

What type of personality do you work best with and what is expected of me?

I can only take a limited number of clients each month, so I have to be very selective in who I work with. I work best with women who are excited about making changes to their life to live more fully and create a better life. Women who want to grow and challenge themselves. Who are motivated, committed to growth, open to new ideas, determined to see their dreams through, willing to take action, willing to put in the time, effort and energy to make big transformation in their life.

They need to be willing to work hard. If you want to make changes in your life, simply put, you have to do the work. You have to roll up your sleeves and dig in. And I'll be right there digging with you. I work best with women who are open to change and willing to do the work it takes to master their mindset and change their life. Those who are ready to be brave and bold and willing to push past their fear of change. Coaching requires work, involvement, and investment in yourself, an open mind, a kind heart, a willingness to be open to the process, to forgive yourself and others, a willingness to let go of the past, and most importantly a willingness to love yourself, to let go of the old stories and beliefs and write your own new story. An empowering one, one you can be proud of and of course happy with.

Who am I not a good fit for?

I don't work well with complainers and those who consistently make excuses for not following through. Coaching isn't for those looking for a 'quick fix' or 'easy' way. Or those who blame others or make excuses for why things are the way they are. I'm also not a good fit for those who say they want to make changes, but aren't committed to taking action and following through. You have to be committed to making changes in your life otherwise, coaching won't be successful.

How long have you been doing what you do?

For almost a decade, I spent my professional career coaching hundreds of clients in achieving their financial and homeownership dreams. I loved seeing others succeed and reach goals they often never thought possible. It was so rewarding! Over the years, what I started to notice is that oftentimes, we'd get off track of 'financial' goals and start talking about life goals. And clients would start opening up to me about their biggest fears and doubts and what was holding them back. And I'd find myself helping them work through those, too. It came naturally for me because I had experienced so many of the same feelings and emotions myself. What I loved most about my work was talking with my clients about their hopes and dreams for their future, in ALL areas of their life. I realized I wasn't just helping them with homeownership and financial management dreams, but thinking about their whole life and gaining clarity in all areas of their life. That's when I'd find myself lighting up most and loving what I did. I think that's why my programs were so well received—my personalized, compassionate approach. I created a successful, award-winning program for the non-profit organization I worked for and I thoroughly enjoyed it. That amazing experience is what inspired me to want to expand outside of the financial realm and into peoples' WHOLE lives. Which lead me to doing life coaching.

Starting my own business has been a journey in itself. I started very part-time, balancing both my day job and 'dream' job for years, working late nights and weekends. I so badly wanted to try pursuing my dream full-time, but my fear and self-doubt held me back for years. I kept waiting to feel '*more ready*,' but that feeling never came. I didn't want to give up on my dream and I also knew that time was passing me by, so made one of the boldest and courageous decisions I'd ever made: I invested in myself. I invested in coaching to help build my business, overcome my fears and doubts, gain clarity and direction and regain confidence and courage in myself. It was one of the scariest things I've ever done. I remember my hands shaking and my heart beating wildly as I gave my first coach the numbers on my credit card. Yet it was also a sense of empowerment and relief knowing I wasn't doing this alone anymore. And I was so proud of myself for pushing past my fear and going for it. My business journey has not been an overnight success. It's taken years of hard work, sacrifice, discipline, and commitment. Every level I step up in my business, I still have to push through my own fear and doubt: "*Who do you think you are? What if I'm not good enough? You're going to fail! You're not ready!*" But that makes me human, that makes me normal, and that makes me relatable to you. I haven't met a single woman who hasn't struggled with these limiting beliefs about themselves. I know the fears, the doubts, the emotions that go into wanting to make big changes in your life, but not knowing how to get there and not knowing how to push through what's holding you back. When a client tells me I've helped them accomplish changes in their life they never thought possible, I am grateful for my own struggle, because I know it's helped me to be able to help others. And as I look back over my life, I'm so grateful I didn't wait until I was '*ready*', because I know I'd still be waiting and that my life and my dreams would be passing me by. I'm so grateful I gave my dreams the chance they deserved. And I'm also grateful I had the courage and confidence to invest in myself and hire my own coach to get me over that hurdle when I was feeling so stuck. That's another personal reason I believe in the impact a coach can make.

Does coaching work?

Yes! It works. I am my own success story. I have had multiple coaches through the years and have seen the powerful impact it's had on my life. It's also one of the reasons I believe so whole-heartedly in what I do today. I wouldn't be the woman I am today without them. I've hired coaches throughout the years to help me make changes and advance in the areas I wanted to focus on. To find true clarity around my biggest goals and desires and to find the courage to make big shifts in my life and take bold steps I'd have held back on my own. Without my coaches, I'd still be waiting, still be stuck, still be drifting in uncertainty, still be doubting myself and my worthiness, still be wishing I would have taken that chance on myself much earlier. I'd be looking back over my last 5 years, asking myself '*what if?*' *How different would my life*

have been if I would have had the courage and confidence to invest in myself 5 years ago? Having someone to help you step out of overwhelm, get super clear about what you want from life, then help you take the steps you need to move in the direction of your dreams makes your time and efforts toward transformation all worthwhile.

How do you work with clients? How quickly will I see results?

All my 1:1 coaching is done over the telephone, making the most efficient use of our time and allowing us to connect on a heart-to-heart level. Our sessions typically last 45-60 minutes. Keep in mind, coaching is not a 'quick fix.' It can take up to six-months to see changes. You have to plant the seeds first for your garden to grow.

I have a busy life. How do I fit this into my already busy schedule?

What I've learned over the years of working with busy women is that a busy life does not equal a fulfilled life. In fact, being busy is often a distraction from a life well-lived. It keeps us from having to really look at how we're living and from having to be honest with ourselves. But in doing so, it leads us to regrets at the end of our lives. If you are 'too busy' to focus on your life, I challenge you to ask yourself, "If not now, when?" Ten years from now, make sure you can say that you chose your life; you didn't settle for it. Making changes to our lives can be scary. But do you know what's even scarier? Regret. Don't risk letting your life and your dreams pass you by.

I'm ready to do this for myself, but I have a couple of questions. Can we chat?

Absolutely! It would be my pleasure to visit with you! If you have a couple of questions, just send me an email at julie@julieclarklingen.com or **set up a complimentary 15-minute coaching strategy session** and I'll be happy to walk you through my different coaching options to see which one will be the very best for you. I can't wait to see you succeed and am honored to be the one to help you. I'm excited to help you get to living!

What others have said:

"Julie is amazing. She helped me through some huge transitions in my life, giving me the courage, confidence and belief in myself I needed to make huge changes in my life. I am so grateful for her." Erin

"Julie is one of the kindest people you'll ever have the pleasure of meeting. Her positivity is contagious. Plus, she truly cares and is an amazing listener. You always feel so good about yourself and about life after a call with her. It's like a good therapy session for life!" Jesse

"I love talking with you! You make me feel like I can do absolutely anything! I feel so empowered and excited after getting off the phone with you. I always look forward to our next call." Beth