

TO TAKE YOU & YOUR CLIENTS FROM Stuck to Major Breakthrough

WELCOME



to our 7 Radical Insights to Take You and Your Clients from Stuck to Major Breakthrough!

We're so happy you're here.

These insights are lessons we have learned along the way and now teach to anyone interested in learning!

The LaChiara Method aims to create lifelong practices for life coaches to look deeply at the stumbling blocks and pitfalls of being a life coach. None of these things will get "fixed" or figured out and every one of the named insights is part of the lifelong learning curve that we encourage all of our life coaches to be on - one of curiosity, humility, courage, and awareness.

From our perspective, we will always bump into distortions, unintended biases in our practices, and imbalances in our use of power. We know it's part of the job to face these head on as best we can and be open and willing to grow, be accountable, and committed to the process - again and again and again.

We hope you enjoy the read!



Gabrielli & Chloë Co-Directors of The LaChiara Method



Contents

04

Radical Insight #1

Check your agenda at the door

08

Radical Insight #2

Trauma is in everyone - not knowing how trauma presents in a session, or what the heck to do when it does, can actually cause harm

13

Radical Insight #3

Feeling bored, distracted, or tired during a session might mean that you are...

INTUITING! Wait what?! ** ① ***

17

Radical Insight #4

Oppression exists and it's everywhere seeing it activated in your clients is important 23

Radical Insight #5

Safety is an inside job - no one can determine if anyone else "feels" safe stop telling people they are safe when you can't possibly know

28

Radical Insight #6

Anxiety may not be what you think it is

35

Radical Insight #7

Wanting to save and rescue is natural and finding integrity around this is key.

4I

Meet the Authors

Gabrielli & Chloë





O1.
CHECK YOUR AGENDA
AT THE DOOR

So many people WANT you to fix them, have all the answers, and tell them what to do.

This can be a serious trap that a lot of life coaches and healers fall into - you might even feel it's your job to give advice, pointed opinions, and end up in a whole tangled mess with them.

This is certainly easy to do, especially when it's what people seem to be asking for, and yet it's one of the most toxic aspects of the industry.

We can get stuck in our client's stories, take sides with them against their spouses, friends, bosses, or kids, and then find ourselves telling them what we think they should do. Whoops!!

Clients don't need people to solve their life



CLIENTS MIGHT
INITIALLY FIND IT
COMFORTING, BUT IN
THE LONG RUN WE ARE
TAKING AWAY THEIR
POWER, AND DOING
MORE HARM THAN
GOOD.



problems, make them feel better, or tell them what to do. And, in fact, this can get in the way of their actual healing - the real, authentic, transformative kind of healing that builds resilience instead of reliance, that supports them in feeling instead of denying or stuffing the uncomfortable feelings, and that builds deep inner knowing instead of looking outside of themselves for the answers.

Clients might initially find it comforting, but in the long run we are taking away their power, and doing more harm than good.

And the double whammy in this dance is that a good percentage of the time our clients won't even do what we want them to anyways, and end up rejecting us out of shame, guilt, or frustration.

Hmmm... this isn't exactly what you want, is it?

It's really a lose lose, instead of a knock it out of the park homerun. Not that we're trying to win here or anything - but if you're reading this - we have a feeling that you really want to help, you want people to thrive, to feel empowered, and to live a truly authentic life - not one governed by your agenda.

Here's an example:

Client comes to you with a very complicated history of illness and pain. They have had cancer, can't hardly walk, and are also saying that their spouse is abusive and an alcoholic.

Here's one way in which this could go, we'll call this the Life Coach pitfall:

You ally with the client, feel sorry for them, and start to determine that this toxic marriage is at the core of the current illness.

At first, your client loves this idea and they find the camaraderie to be comforting. They even notice some of their symptoms are lessening, and this gives them a sense of hope.

Fast forward 6 months: your client is still complaining of the same pain, the same dynamics, and nothing has really changed.

At this point, you might start to get frustrated, judgmental, and have a ton of opinions arise that your client is making themselves sick by not listening to you and leaving their toxic marriage once and for all.

After all this, your client, or maybe both of you together, come to the conclusion that maybe you're not the right fit, and they leave feeling like they'll never heal unless they leave their spouse, and since they "can't" leave, for whatever reason, they question the point of coaching at all. And even worse?

They continue the cycle of feeling hopeless, helpless, and like there is something fundamentally wrong with them. Like they are broken for good.



0000F!

It's a sad but all too common dynamic that saturates the coaching and healing world, but it really isn't the only way.

Let's step back a moment and look at this from a different approach.

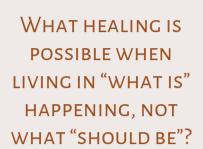
The LaChiara Method's approach:

You are present and listen to your client as they share the pain and struggle they are in. You stay grounded in compassion, kindness, and respect and are available if your client wants to troubleshoot a life change.

You come back to the basics and focus on present time and facts.

You support your client and help them into their own experience of life and body, and

LACHIARAMETHOD.COM 06





and hold space for the underlying anger, resentment, fear, and pain they are holding.

You are transparent and you are upfront by telling them you have no agendas to change their marriage or judgements one way or another, and that you are committed to supporting them whatever they choose to do. You share with them that if they want to leave, you will be by their side and help them through, and if they want to or need to stay, you will focus on what it takes to build more resilience, strength, and health inside of the painful and difficult dynamics they find themselves in, rather than blame or shame them.

At this point you bring in tools that help to clear the constructs that trap your client into thinking they can't heal their illness unless they leave their marriage, and detangle the two from one another.

Your client begins to feel deeply supported, respected, and honored in their experiences and choices. They begin to see that there may be many different ways of holding this predicament and hope, connection, and a feeling of calm washes over them.

What healing is possible when living in "what is" happening, not what "should be"?







02.

TRAUMA IS IN
EVERYONE - NOT
KNOWING HOW
TRAUMA PRESENTS IN A
SESSION, OR WHAT THE
HECK TO DO WHEN IT
DOES, CAN ACTUALLY
CAUSE HARM

You can't live in this wild wacky journey of life without trauma.

For some of us, it's big "T" Trauma and for some it's little "t" trauma, and yet the impact can be challenging at best and completely debilitating and devastating at worst.

And to make matters more complicated, we also walk around laden with trauma that has been passed down through our lineage - that is impacting us more than we realize.

The fact is, many life coaches and healers are not trained in trauma, and don't always recognize the signs of trauma as they occur in conversation or sessions. Even if they can recognize it, they certainly aren't equipped with the resources to handle such intensity.



WE KNOW THAT
COACHES AND
BODYWORKERS AREN'T
SETTING OUT TO CAUSE
HARM!



What's worse, is that some practices and methods that coaches do have and use, aren't necessarily appropriate to use when a person has launched into a PTSD or anxiety attack and can actually cause more harm to the person.

A lot of the time this can even leave clients stimulated in memories, feelings, fears, and pain that's caused by PTSD... and can ramp up the hamster wheel of trauma. Yikes!

Not exactly what we're going for...

We KNOW that coaches and bodyworkers aren't setting out to cause harm!

To take it a step further, here's what this could look like in real time:

During a session, your client starts to cry - and we're not talking a few tears - they are really sobbing, and letting the trapped emotions flush through. While they cry, they are shaking, sweaty palms, and look almost pale.

You might say to yourself "Great! We're getting somewhere here... they are feeling and processing and letting all those emotions flow!" The client shifts often saying, it's ok, I'm fine, and we move on to close up our time together.

They start to feel better after the release and big emotional experience, and you end the session on a good note, feeling that it was helpful. But, often later, when they are alone and out of the session, they begin to feel a boatload of overwhelm and overload, and start to drop into random shame attacks about their experience with you. They aren't sure what to do with the shame, or the overload, and are under-resourced, so they jam it all back inside, into their unconscious.

Unfortunately, this can cause negative or destructive coping strategies to pop up as a way to deal with the shame, intensity, and flooding.

Your client could now be scared to return to you, afraid of what might surprise them, unsure of what started the emotions, and maybe even re-traumatized by the memories.

They might have no idea how to manage or make sense of the experience they just had with you, especially if this experience was catalyzed by a "simple" conversation about their weekly goals.

And they're back to where they started - or even worse off.

AHHHHI

Let's look at what this might look like with a more present understanding of trauma and how to use the LaChiara Method during a moment like this.



The LaChiara Method's approach:

You are trained to recognize the patterns and symptoms of PTSD in your client - you are able to feel the sensations, the energy of it, and the emotional patterns in your clients.

You have learned that shaking, unusual floods of tears, eyes darting, sweaty palms, circular repeating sentences, and other various body signals could be a sign of an underlying trauma being activated.

You're tuned in and aware - present and open - and know the dance of what it is to hold someone in their trauma, in their emotions around their trauma, and intuitively know when to slow things down, when to pause and breath, and when to let it all just flow through.

HELPING YOUR CLIENT
NAVIGATE THROUGH
THE TREACHEROUS
WATERS OF
DYSREGULATION AND
OVERWHELM, TO FIND
A PLACE IN
THEMSELVES OF
RESTORATION,
STRENGTH, AND
RESILIENCE.



While this is happening, you yourself feel resourced, present, and calm - confident in your ability to hold their experience, their trauma, and their pain with them.

You have a plethora of tools and resources to bring into the session - helping your client navigate through the treacherous waters of dysregulation and overwhelm, to find a place in themselves of restoration, strength, and resilience.

You are able to give context to the situation, why their body is doing what it's doing, and what they can do in their own lives to navigate these things when you aren't around.

Your presence and stability are resourced with a whole toolbox of breathing techniques, neural pathway resets, and safe language strategies.

While you deeply honor, name, acknowledge, empathize with them, you're also able to hone into the deeper, underlying beliefs and meaning they have made from the traumatic experiences they've been through - and are able to support them in repatterning their survival brain towards more supportive messaging.

Or, if this is not appropriate you help them to carefully contain the traumatic response in the moment, and encourage an environment of acceptance and honor their being.

They leave feeling like they have a deeper understanding of themselves, they are supported and held, and they have tools to reach for when they find themselves feeling anxious, overwhelmed, or dysregulated.

They feel understood and even expect the shame attacks that might come, and are aware that they might need help from a trauma specialist or therapist.

PHEWWWW! What a relief.

Just writing this brings a sense of ease and possibility.

Sometimes what a client needs will not be what you can do. The LaChiara Method allows space for this reality to emerge, and does not assume we are the perfect match for every client's needs.

What does it take to bring a full heart, compassion, skills, and awareness into each client's session? and to simultaneously know your limits?



WHAT DOES IT TAKE
TO BRING A FULL
HEART, COMPASSION,
SKILLS, AND
AWARENESS INTO
EACH CLIENT'S
SESSION? AND TO
SIMULTANEOUSLY
KNOW YOUR LIMITS?







3.

FEELING BORED,
DISTRACTED, OR TIRED
DURING A SESSION
MIGHT MEAN THAT YOU
ARE... INTUITING!
WAIT WHAT?!



Do you ever feel tired, bored, heavy, distracted, or feel like you could yawn your face off in a session or conversation?

Imagine you are sitting on zoom with your client as they are sharing about what has been going on for them...

You start to notice that your eyelids are feeling heavy and you could yawn a million times over. You begin to think about what you're gonna make for dinner that night, and realize you just missed the last two sentences they said.

You catch yourself, and with a ton of self judgment and shame, you say to yourself something like:

"I've got to pull my shit together! I'm never going to



WHAT IF THERE WASN'T SOMETHING WRONG AT ALL, WHAT IF ALL OF THOSE SYMPTOMS ARE ACTUALLY TELLING YOU THAT SOMETHING IS GOING RIGHT?



be a good coach if I can't even be present. This person is paying me and deserves my undivided attention. And goodness gracious - I need to stop watching that second episode of Queen Sugar every night and go to sleep earlier! What's my problem?"

You've probably been told that these are bad practices and that you need to override them because they couldn't possibly be related to the session, and are keeping you from doing your best job.

And you know that self care is very important, so you better get more sleep, meditate more often, and figure out what the hack it's gonna take for you to learn how to be more present.

You shut it all down, your feelings too, and put all your focus on that...

And of course you are doing everything in your power to hide it from your client, 'cause heaven forbid they notice what's going on with you and feel disrespected, unheard, unimportant, or upset.

Ok, you're probably getting the point!

What if there was actually a different way of looking at this?

What if there wasn't something wrong at all, what if all of those symptoms are actually telling you that something is going right?

The LaChiara Method's approach:

Imagine you are sitting on zoom with your client as they are sharing about what has been going on for them...

You start to notice that your eyelids are feeling heavy and you could yawn a million times over. You begin to think about what you're gonna make for dinner that night, and realize you just missed the last two sentences they said.

And you think to yourself:

"Huh, I wonder what energy and healing is arising in this session - I'm feeling awfully heavy and tired, distracted"

You then pivot into a big ole "Yahoo! We must be getting somewhere juicy! Let's dive in!"

And you fearlessly out yourself to your client - no need to hide any of this, it's all a part of the session!

That might look something like this:

You name that the energy is feeling heavy - and share that you find that this is often a sign that there's some information or awareness coming from your unconscious about to birth.





You invite your client to pause with you and feel.

What's amazing in the LaChiara Method is that as soon as you acknowledge these sensations, breathe into them, and meet them with our energy medicine tools, they shift!

Yawning, being bored, getting tired, feeling heaviness, getting distracted can be positive signs that healing is taking place!

YES, these sensations are indicators of unconscious emotions, energies, and beliefs and can be powerful agents and guides in the coaching process.

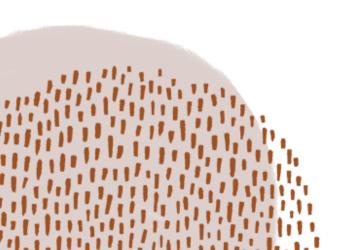
The LaChiara Method teaches coaches to honor these sensations, to stop, listen, feel, and pause into what's happening. We teach practices that help to clear, shift, and reorganize the energies of these experiences so that clients can receive the deeper healing that's being stimulated.

Fun Fact: The LaChiara Method coaches are trained to tune into their bodies and know what belongs to the session versus what belongs to their own body. Of course, we know, sometimes you really are just tired.. and guess what, we even have tools for that!

What if it isn't at all what you think it is?!

We invite you to get curious next time!





What if it isn't at all what you think it is?!







4.

OPPRESSION EXISTS
AND IT'S EVERYWHERE SEEING IT ACTIVATED IN
YOUR CLIENTS IS
IMPORTANT

We all have inherited a shit ton of oppression and are unconsciously swimming in it everyday.

We eat oppressive dynamics with breakfast, lunch, and dinner.

It is in the air we breathe, the water we drink, the work places we go to, the families we have, the schools we send our kids to, the beliefs we live by, the thoughts we think.

How can anyone truly heal without addressing the systemic and deeply ingrained oppressive dynamics in each of us?

Yes, even the people who have more power and privilege, and yes, even the ones doing the oppressing...



WE BELIEVE THERE'S A
FUNDAMENTAL BLOCK
TO TRUE HEALING IF
WE'RE UNWILLING TO
UNDERSTAND WHERE
THE RELATIONSHIP
BETWEEN TRAUMA,
OPPRESSION, AND
HEALING LIVES IN EACH
OF US.



And naming that, in no way, is to diminish that oppressed people are struggling horrifically more than other groups with more privilege. This is the tragic reality.

We believe there's a fundamental block to true healing if we're unwilling to understand where the relationship between trauma, oppression, and healing lives in each of us.

How is it that most coaches, bodyworkers, and energy medicine practitioners aren't trained to see where it's at play and to tune in and work with it?

More people than you could imagine have experienced racism, ableism, sexism, antisemitism, ageism, hetero-sexism, transphobia, sizeism, the list goes on...

These experiences can have a major impact on your clients health and well being. Not knowing that, or naming it, can keep one seriously stuck. And not only that, as their coach, you might be wildly confused by why your client is so stuck and isn't getting the change or progress you expect them to.

It also feels imperative to name that as a coach, whether you like it or not, you have power - lot's of it!

People are giving you money, wanting help and answers, sharing their vulnerability and pain, and can certainly put your insights and wisdom above their own. Too many people are just longing for the guru, the teacher, the person with all the answers. Whether you want that or not - it is important to know that that is at play, no matter what.

If you deny that, it could lead to some really sketchy situations!

As an example:

You have been working with a client for a while - and you keep bashing up against a whole lot of resistance- it seems to be getting in the way of "moving forward" in your work together.

You begin to feel frustrated by this, and might even see it as wrong, and you judge your client for not being "ready" or "willing" for healing or change.

You have a bunch of ideas as to what their healing would or could look like, so you push them harder with your agenda, and put all your energy into meeting the goals you have set out in your mind for them - or even talked through with them.

You set up new steps, new plans, and encourage them to keep going.

With this push, they get even more resistant, and begin to shut down completely. They are starting to feel like a disappointment to you and also feel deeply misunderstood.

You begin to wonder if you're ever going to be able to help this client - they are just so damn resistant!!! You come to a conclusion that you can't help them anymore.



The LaChiara Method's approach:

Your client comes to you with a clear goal in mind:

They want you to help them take steps towards having a child with their current partner.

They want to be able to embrace parenting and tackle their resistance to this huge life change. They don't know why they are so resistant, as they really want children.

You feel the resistance rise up in your client - and take a moment to pause and breath.

This resistance comes in as arriving late to sessions, missing sessions, starting a process and not finishing it, and saying never mind a lot when they begin to share. You remind yourself this is all just a part of the healing process and use the signature LaChiara Method question process and ask:



What sensations
MIGHT BE ARISING IN
YOUR BODY? YOU FEEL
TOGETHER, YOU
LISTEN TO WHAT THE
BODY IS SHARING...



"what if this resistance isn't what we think it is?"

You bring this question and presence to your client and ask them if they would be open to exploring what's coming up in sessions.

Once they agree, you begin a process of tuning in together, and ask "what sensations might be arising in your body?" You feel together, you listen to what the body is sharing, and you begin to get curious about what is needed in the moment. You encourage an atmosphere of curiosity, wonder, and respect. You keep all of your own opinions quiet and hold space for your client.

You investigate together what is there - what is

under the resistance - and you tag for your client that resistance can be a symptom of frozen trauma and/or a powerful reaction to experiences of oppression of all kinds.

You start to hone in on what tools and practices might be helpful in this moment to honor and work with this resistance, clear the energy around it, see what healing opportunity it is presenting.

As you further your journey, you uncover that your client has a much more extensive story under the surface

They get teary and share an experience from childhood where their grandfather crossed all kinds of sexual boundaries with them.

They told parents and teachers what was happening but no one took them seriously, and

although they've done a ton of therapy on this, the story is screaming in the background.

What was most interesting is that your client felt less hurt by her childhood inappropriate grandfather... and more angry that everyone protected him, his identity in the world as a powerful man, and his appearance. They didn't want to believe that he did these things, and just thought of her as a silly little girl being mean to him.

This created unconscious doubt in her, and she realized she was running these questions in the background:

How can I ever have children? I'll need so much help.

Will I ever be able to protect them from these powerful men? and how in the world can I feel safe with my own family taking care of my child?

Clearly, your client is resistant for really healthy reasons, and you welcome the process, and remind them that we can pause, reflect, and feel together.

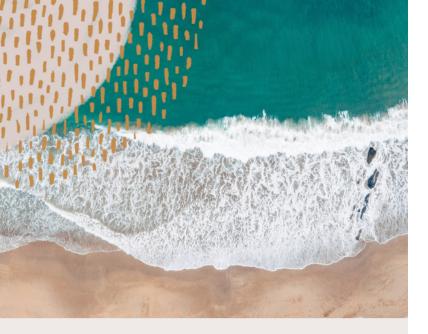
And as you bring context to this oppressive dynamic in them, the energy begins to shift.

They feel more open, and awareness and ahas start to flow. They had no idea that these things were related, and just knowing that their history of abuse was affecting the present time decision is a huge relief.



As you further your journey, you uncover that your client has a much more extensive story under the surface.





Resistance is HEALTHY and an important part of your client's process. It is not wrong, and it doesn't mean that you are failing as a coach if you're hitting up against it with them! It could mean that you're actually getting to some deeper healing just waiting to birth.

The LaChiara Method includes conversations and aware building exercises related to oppression from the beginning of training. We do our best to educate our coaches to understand the impacts of inherited, intergenerational, and present time oppressive cultures and dynamics.

We are not social justice experts, but we do our best to educate our coaches on historic oppression and provide ample social justice resources to all of our coaches. Many of us have no idea how insidious oppression is. We also train our coaches to know when they are in over their head, and to be willing to refer a client elsewhere for trauma recovery work, or other types of resources.

We know that understanding oppression and the systems that are built with it at their core, is a lifelong journey, and we are deeply committed to this journey for the long haul. We encourage our coaches to do the same - commit to a lifelong journey of exploration on the impacts of oppression.

Here's to the sometimes wobbly, sometimes gut-wrenching, sometimes profoundly powerful journey of liberation!







5.

SAFETY IS AN INSIDE
JOB - NO ONE CAN
DETERMINE IF ANYONE
ELSE "FEELS" SAFE - STOP
TELLING PEOPLE THEY
ARE SAFE WHEN YOU
CAN'T POSSIBLY KNOW

This is a dicey one and something that we hear on the regular and see plastered all over people's websites:

I create a safe space for people to heal.

Sounds lovely, right?

But noooo, it's NOT, and could be wreaking havoc on your clients!

The reality:

You can never determine what is safe or not for someone else.

This is especially true for people who have experienced trauma, and for the most marginalized



No, we aren't saying you, or anyone else, are horrible people. We've done this shit too!



groups of people - BIPOC, LGBTQIA+, Jewish people, people with disabilities, etc. who may never feel safe.

Why not?

'Cause for generations and generations they have been killed, discriminated against, left out on the streets, under served, ripped from their homelands, and dehumanized. All things that are still happening to this day... and one can never know the impact that this has on each person except that person.

This can have zero to do with whether or not you are kind, generous, loving, forgiving, and have your judgments in check. You might even be the most amazing anti-racist, social justice advocate, and even might have experienced a shit ton of oppression yourself.

STILL -

Safety is an inside job and not something we can determine for anyone else.

And realities like schools and LGBTQIA+ clubs being terrorized by gun violence proves to some that safety can never be promised.

No, we aren't saying you, or anyone else, are horrible people. We've done this shit too! But now that we know not to, we want you to know too - please do stop telling people that they are safe with you. It's just not always gonna be true.

Let's look at a few others, shall we?

Many people say "just relax and breathe" or "close your eyes" or even more extreme "allow the safety of the room to wash over you", "feel your body relaxing into the safety of the space"

Let's break these down a little bit further...

Just relax and breathe assumes that someone can relax and breathe easefully, and that is not the case for so many people.

Relaxing to a client with trauma is NOT simple.

They may never relax or be at ease on command - that is completely different than whether they can heal deeply and live thriving, resilient lives.

And when you direct someone to "close their eyes", you're assuming that they feel safe enough to do so, and this just isn't always true.

Why not?

People with trauma histories are prone to have traumatic flashbacks just by closing their eyes. No need for any extra push even.. just close your eyes and all of the sudden a flashback triggers. YIKES.



Not to mention simply closing their eyes could also bring up fear and anxiety. Not quite the effect you were going for, right?

Are you starting to get the idea?

Let's take a look at an alternative way to approach this.

The LaChiara Method's approach:

The LaChiara Method life coaches are trained to make no assumptions around safety. One of our primary values is self-determination and we train all life coaches to communicate this often and clearly with clients.

We believe in creating a brave space that embodies principles such as consent, modeled vulnerability, deep listening. Our practices include accountability structures for judgment, biases, and assumptions.

FEELING SAFE MAY NEVER BE AN OPTION FOR SOME PEOPLE.



We are not aiming to create safety, instead we are aiming to foster resilience and connection to inner wisdom. Of course, we want our clients to feel safe, and do whatever we can to make our spaces as safe as possible, but we never assume that a person "feels" safe just because we do.

Feeling safe may never be an option for some people.

We go for building resilience in the face of living with the unchangeable, unsafe circumstances a client may be facing.

We aim at where clients can find deep healing, awareness, and faith in their healing process.

And maybe the most important of all, we aim at building healthy relationships with our clients and what we call the "safest" space possible, a brave, courageous heart centered space.

Let's unpack this a little more:

Instead of saying "I create a safe space for you to heal", we might say "I strive to create the safest space possible."

It's a subtle shift, but one that can make all the difference.

It takes the assumption out, and allows for spaciousness and the client's personal relationship to what safety means, looks like, and feels like for them.



Instead of saying "Just relax and breathe..."

We first set the stage that they have full self governance in the process - that anything that we say or ask is completely up to them, and they can take it, or leave it, without causing us harm.

Keep your client's choices, opinions, decisions up to them!

And, how to take the moment of breath with them? Maybe try this:

"I invite you to breathe and if it feels good for you, feel your breath as it rises and falls."

Or,

"Let's take a moment, eyes open or closed, to breathe together. Can you notice what this feels like?"

Or,

"Let's pause, and feel together, feel free to

have your eyes opened or closed, as we take a moment of space."

Can you feel the difference?

How about this one:

Instead of "close your eyes"...

You could say:

"I invite you to take a soft gaze or close your eyes - whatever feels best for you in this moment"

Leaving space for choice and that closed eyes is not required at all.

So there you have it!

As you can see, safety really is an inside job, and we can never know what people's experiences of safety are. Making no assumptions about safety will go a long way in creating a healthy, courageous, compassionate environment.







6.

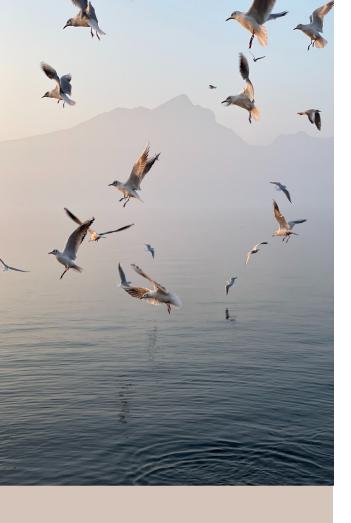
ANXIETY MAY NOT BE WHAT YOU THINK IT IS

Anxiety and depression are at an all time high in the USA. Therapy practices are saturated, and more and more people are recognizing their need for help - which means, without a doubt, we need more life coaches and helpers than ever before!

Although life coaches might be trained in helping people with anxiety, they might not understand all of the many reasons people feel anxiety.

People with anxiety pathologize themselves and are seriously pathologized in society, meaning that society see them as sick, not fixable, and permanently damaged. They are tagged as so and over time it is expected and assumed that they will continue this way. So many people with anxiety are also thought of as oversensitive or overemotional.

Now, don't get us wrong, there are plenty of real



WHAT WE CALL ANXIETY
CAN BE THE RESULTS OF
VERY DIFFERENT
FACTORS THAN ONE
OFTEN THINKS.

emotional reasons for anxiety - especially with our current culture and pandemics, war, and violence on the rise.

And, yes, we also know that anxiety and depression can be a legit genetic reality.

But, we also know that anxiety is sometimes not what you think it is! The unfortunate truth is that because of these conditions we sometimes miss other factors that are causing the very uncomfortable, downright horrible experience of anxiety.

Say what?!

Yep, what we call anxiety can be the results of very different factors than one often thinks.

"Anxiety" can also be an indicator of these things:

- · an exposure to environmental pollutants
- an energetic overload of someone else's emotions
- triggered by barometric pressures dropping
- lyme disease, covid, and other viral, bacterial, or parasitic infections
- signs of current or past trauma

And the list goes on and on!!

People with anxiety likely have plenty of anxious moments and are generally prone to worry more, get stuck in mental loops, have persistent nagging negative or fear-based thoughts, and experience faster heart rates, sweating, shaking, and rapid breathing when the anxiety kicks in.

These more fragile nervous systems will have some of these same reactions when sick, tired, exposed to pollution, or have an underlying disease.

A person "with anxiety" might be so because of chronic illness - these feelings and sensations of anxiety are directly caused by nervous system damage due to pollution or disease.

Did you know that chronic lyme disease can damage a nervous system and cause someone to have symptoms of anxiety?

Here's an example:

Coaching client is reporting two weeks of higher anxiety at the onset of school. They are an educator in an elementary school and have named that the beginning of many school years are trickier for them.

Today they are really agitated, saying they are just so annoyed with their coworkers but also very shaky. They are saying their anxiety this time feels like agitation - they are mired with spiraling thoughts, can't sleep at night, break into sweats on and off all day, feel worried about losing their job and not being liked, and generally feel hijacked with stress. Simply put, they were miserable.

These sessions continue on for the next month. The client's anxiety is increasing, not decreasing. All techniques and



encouragement - goals and tips for calming down, thinking logically, breathing through are temporarily effective, and it all comes crashing back in an hour or two.

The trickiest edge here - client feels like a failure, nothing works, their self esteem is crashing even more, their work production is poor, supervisors are on their back, and they are now generally scared and anxious about everything.

What if this client's anxiety is NOT what you think it is?

Here's how the LaChiara Method would approach this:

The LaChiara Method coaches are equipped with a tool that explores all of the planes of healing: physical, mental, spiritual, emotional, energetic, and genetic. Here's how this might be helpful in real time with this client:



YOU ASSESS THE
PLANES - PHYSICAL,
MENTAL, SPIRITUAL,
EMOTIONAL,
ENERGETIC, AND
GENETIC.



Your client comes in, very stuck in anxiety, week after week. You are working consistently with simple breathing techniques for calming the parasympathetic nervous system.

You've reset the survival brain's neural pathway regularly, as has the client, with another one of The LaChiara Method's simple breathing techniques. You've felt in together, using somatic techniques and uncovered valuable insights. Although your client is now more aware, they are still seriously stuck.

It is obviously time for more information! So you move to exploring the planes of healing, using our LaChiara Method energy medicine tools that help discern for more information - and you assess the planes - physical, mental, spiritual, emotional, energetic, and genetic.

You learn that your client was being affected on the physical and energetic planes. What does that mean?

Something in real time, in the physical world in or around your client, is causing the current experience of anxiety, so you explore more questions directly related to this.

Ouestions like:

- Have you been around any pollutants that you know of recently?
- Did anything change in the environment around you around the time when the anxiety started ramping up?
- Have you been eating differently?



- · Traveled?
- Been exposed to anyone seriously sick?
- and more...

Ding ding! They realized that they've been working in a school where all of the floors are being refinished and the walls are being painted and that the anxiety started to ramp up right as they started back after summer break!

They have a big shift, in not only awareness, but their body starts to feel lighter. They can sense that you are onto something here.

And then the even bigger lightbulb went off they realized that their anxiety started when
their family moved as a child. They had
always considered their anxiety to be caused
by the grief and upset of leaving their
childhood home. They now started to put two
and two together and realized that that first
year of living in the new house was full of
renovations and toxins galore! Maybe it was
the combination of these 2 things caused

their anxiety.

They had an immediate sense of relief and their first speck of hope that this could actually change!

No, it's not that your client's anxiety isn't real or emotional, but yes, this anxiety is being stimulated by the toxins at hand!

The LaChiara Method coaches are trained to be very, very curious, and to never assume the problem is what we, or our clients, think it is. Coaches learn the art of staying present with their clients' process and simultaneously take steps to see outside of the box.

Here's another example of how this might pan out, LaChiara Style:

You've been working with a 9-year-old and their family for a few years. This child has never presented as anxious, clingy, or worried.

Then, completely out of the blue, the child develops anxiety, rather quickly, and can't seem to get a hold of it. After a few months, with some tragic school drop offs and a parent who now has a child stuck to their leg, they seek help from a doctor.

In the session, you get curious - what else was going on at the time the anxiety developed? The parent reports that the child had a fever around that time. You then have a knowing to ask if there was a tick bite

prior to that fever.

There was!

The doctor working with this family sees no correlation. She immediately assesses the child as having an anxiety disorder and recommends medication.

The parent advocates for a lyme test, and the doctor says "no, this is a classic presentation of anxiety and you must accept that." The doctor knows that the parent has a history of anxiety and says "just like you, your child has anxiety." OUCH!

This parent was stunning, and thankfully had the resources and awareness to ask for more help. Another doctor immediately ordered lyme tests and guess what? This child was infected with not only ONE tick related disease, but multiple! They were able to pursue treatment from here.

Years later, the child no longer has infections and is a successful college student, in a healthy relationship, and has friendships with ease.

What we have come to find is that anxiety can be an indicator light that something is needed - we love to think of every sensation in the body as a communication from the Soul.

Our method encourages coaches to listen deeply, feel fully, and respect the communication of our vulnerable and sensitive bodies - there's so much wisdom hiding right under the surface!

WHAT IF EVERY
SENSATION IN THE
BODY IS A
COMMUNICATION
FROM THE SOUL?







7.

WANTING TO SAVE AND RESCUE IS NATURAL AND FINDING INTEGRITY AROUND THIS IS KEY.

NOTE: RADICAL INSIGHT #7 IS A PERSONAL SHARE FROM GABRIELLI

Over many years I have seen two different extremes of saving and rescuing.

One looks like: Just give me your time, your money, see me as your god or guru 'cause I have all the answers, and in return I will fix and save you, and everything will be ok...

Oooof!

I sadly see this everywhere... and it makes me cringe. Talk about wielding way too much power and influence! And for me, this was the one that deeply scared me - the thing that I knew I never wanted to be - the guru that people put on a pedestal and gave all their power over to.



That, I knew, was not my path.

So I found myself playing way more into the other extreme:

Never save and rescue! It's wrong. It's bad. It means you're codependent and failing as a practitioner.

This one stumped me for a long time.

As a good girl, I wanted to get it right because of course I didn't want to hurt my clients, and I certainly knew that I didn't want to be their savior, or worse still, their white savior, or cause some wild upside down messaging about me being the ONE person on this planet who can fix them.

I was exhausted at every turn because I was trying desperately to shut off that instinct inside of me to save the world and everyone in it. I buried it deep inside, hoping to hide it from myself and everyone else.

I'll be good, I'll do it right, I promise I won't

ever want to save you - no, no, no - fix yourself!

But I could only suppress it so much. It would come flying out at night in my sleep and in other random moments. I'd start to feel overwhelmingly sad or have desires to help beyond what's "normal" (whoever measured my normal for me anyway?) until it made me so freaking anxious. I was in over my head.

And then I had an AHA!

I finally let myself fully feel it ALL.

Yep, I mean ALL OF IT - every bit of how upset, angry, hurt and helpless I feltl in this world of pain and suffering. Every bit of how freaking much I wanted to SAVE AND RESCUE anyone who wanted me, or needed me to, or was desperate for my help.

What a relief that was! 'Cause you know what?

The URGE to save and rescue is actually healthy!!

Hellloooooooo!!! How can I NOT want to save and rescue people from pain, messed up realities, and oppressive, abusive lives?

It occurred to me that the desire to save and rescue is actually the very potency, power, fire, and emotions that I need in order to show up fully on this earth.



PEOPLE CAN DO HARD SHIT



And no, it's not appropriate or healthy or safe to run around trying to rescue everyone from their pain.

I get it.

It's true.

AND, if I'm honest, there have been people that I have literally dropped my life to go save.

YES, I've gotten on the phone at 3am.

YES, I've run to a hospital in an emergency.

YES, I've triaged a suicide, or sadly, a few.

And YES, there have been countless other moments where I have dropped everything to show up and help.

YES, it actually sometimes IS part of my mission...

And NO, it doesn't need to be yours if you choose this work. It's not all or nothing.

There are ways to feel the deep desire to make the world a better place, and to save humanity and earth, that aren't unhealthy and actually are exactly what motivates us to do the hard stuff.

And, YES there are many people who have the desire for you to save them, fix them, and help them "bypass" their hard work and NO, we don't need to do that, people can do hard shit.

SO, if you're someone who feels the deep urge to save, take a moment and allow yourself to feel it,

'cause feeling it might help you make the exact right choice in any given moment - a choice filled with self respect, clarity, wisdom, and faith - one that allows others to feel their own pain, make their own choices, and have their own self respect too.

And YES, every once in a while, miracles do happen, and I have saved people's lives, or they have saved their own life with my help, or healed the "incurable", or can barely walk into a session because they're in so much pain and leave with no pain at all.

This can happen, we've seen it many times, but we don't hold it as the promise of this work.

And yes, we do WANT to save the world, even though we're not delusional in thinking we can do that on our own.

It is our vision to support coaches and helpers on this earth to fire up that deep, soul driven urge to save the world - the animals, the plants, the trees, the oceans, and all of humanity - none of this is wrong, and in fact, we NEED those feelings in order to do what we do. If we try to stuff or suppress those we are gonna get ourselves sick, depressed, or deeply anxious.

And we are committed to helping coaches discern between the FEELING and DRIVE to save and rescue and ACTIONS or behaviors that come from these feelings.



Without that discernment, those feelings can run our lives and we will find ourselves endlessly working, trying to solve everyone's next problem as soon as possible, and doing shit that drains our life force and misuses our powers.

The LaChiara Method life coaches are taught to honor the urge and drive to save and rescue as REQUIRED for us to do what we do with the most integrity and safest practices possible. We teach ways to transform and transmute our love of humanity and life into healthy practices for ourselves and our clients.

Feeling the intensity can be very powerful and a catalyst and vehicle for great change in this world!

What does it take to use this ferocious drive for change in the most aligned, integrous, and conscious way possible?

THE END



And there you have it - our 7 Radical Insights (of probably a million one could have around being a life coach!!!) to Take You and Your Clients from Stuck to Major Breakthrough!

We hope you've found some inspiration, ahas, and resonance over these last 7 days. If you want to share any of that with us, we would LOVE to hear what it stirred for you. Feel free to send us an email at info@lachiaramethod.com and it will come straight to us!

Here's to the next insight just waiting to be uncovered!

with all our love,

Gabrielli & Chloë Co-Directors of The LaChiara Method









OUR 200-HR LIFE COACH TRAINING!

YES PLEASE!



Meet the authors



Gabrielli LaChiara

(she/her/hers) is a white, cisgender woman of Italian descent, age 56 at present time, 2023. She holds her private practice and healing center in Amherst, MA, on the indigenous land of the Umpanchla, Quonquont, and Chickwalopp people.

Learn More



Chloë Faith Urban

(she/her/hers) is a white, cisgender woman of British, Irish, French, German and Scandinavian descent, age 35 at present time, 2023. She lives and holds her private practice in Portland, Maine, on the indigenous land of the Abenaki people and Wabanaki Confederacy.

I FARN MORE



Stay Connected

WWW.LACHIARAMETHOD.COM







Copyright notice

Dear reader,

This book was written after many years of experience. Please, be aware that sharing it without the author's permission is strictly prohibited. The copyrights belong to the authors and if you would like to use information from this book, it's allowed only when you use the name of the author or source links. If you have any questions about the rights of sharing our content, do not hesitate to contact us.

We really appreciate your understanding, with love. Gabrielli & Chloë



