

## Episode 56 - When We Stay in the Hard Conversations Transcript

[00:00:00] Welcome to this life of ours, A space for real conversations, heartfelt insight, and everyday coaching. I'm your host, coach Emily P, life Coach Storyteller, deep Feeler, and Vermont Hobby Farmer. Around here, we talk through what it means to grow. Heal and stay grounded in the life you've got while reaching for the one you want.

I'll teach, I'll coach. I'll talk to myself no matter the episode. I hope you leave feeling a little more connected and a little less alone in this life of yours. I'm so glad you're here.

Welcome back to the podcast. I want to talk about something that feels really present for me right now, and honestly something I don't think we talk about enough. [00:01:00] Actually, I have a few different things I wanna talk about. So you know, we're gonna go in a loop here, but that's nothing new between you and me.

So here we go. I just got back from San Antonio where I got to meet members in person. There is something about being in the same room, the same space with people that you just cannot replicate online. You can know someone, you can talk to them every week. You can coach them, and then you meet them in real life and it's different.

You feel them. Their energy, their presence, the way they laugh, the way they hold themselves, all of it. Some of it's exactly what we expect and some of it is surprising in the best way and also in real ways. I don't, it's like in person, there's no, there's no curation, right? We can't mute [00:02:00] ourselves. We can't turn our camera off like we can on Zoom.

We are there. What I kept thinking the whole time I was there was this is why this matters. This is why we do this, because we are not meant to do life in isolation. Even if it's easier that way, even if it's easier that way. There were plenty of moments in San Antonio where there was some friction, there was some tension, but that doesn't mean it was not a meaningful experience.

It was an amazing experience. I got to know people on a different level. Other people got to know each other on a different level, and honestly, it makes me excited for what's coming next. New York City, Chicago. Not because of the events themselves, but because of the experience of being with people again, people who are [00:03:00] working on their own lives, people who are wanting to move forward.

There's something about it that just brings everything back to life. At the same time that this excitement's happening and we're going out and about, there's also another layer that's happening within the business, and that is watching it grow and shift. It's bringing out different emotions in me. I, we have new offers coming out, the membership's evolving, and I can feel myself doing something different than I've done before.

I'm not gripping it as tightly, I'm no longer trying to control the different pieces of it. I'm letting it become what it's meant to be. And I'll be honest, that is uncomfortable. It is uncomfortable because as much as I teach trust, this is me actually living it. [00:04:00] Letting something grow beyond what I can fully see.

Definitely brings up trust, right? A lot of what ifs. What if I don't know the answer to that? What if I'm not sure the next step? What if I let people down? Letting people that are within

the membership and within the current Birch & Stone team help shape it, help expand this, this business outside of my own perspective.

I think that's leadership for me. I'm learning how to lead without needing to control the outcome, but just working on staying grounded as it unfolds and staying grounded means not, not staying just in the business, but also making sure that I'm present in my own personal life. Right? Like letting the business be work.[00:05:00]

I think it's like the line blurs you all. The line blurs for me between work and personal because the work I do feels so darn personal to me. I mean, my heart is in it. It's in it when I'm laughing. It's in it when I'm crying. It's in it when I'm rolling my eyes. It's in it with all of it. And that blurred line,

that's caused some pain at home, and I shared some of my own pain on social media with you, not for attention, but to show you that, hey, for every time that people are saying, wow, like, look what she's doing. There's also times where I'm taking a minute to be sad, or I'm taking a minute to feel uncomfortable or to feel scared, or to feel threatened.

I won't go into all of the details, but this week in certification we're talking more about processing pain and I, you know, I've had a very real front row experience with that lately. [00:06:00] Um, and what I will say is it has not been easy to hold space for a business and stay fully engaged in a marriage,

especially when things feel hard. It would be much easier to check out of one of them to put my focus in one place and avoid the other. But that's not the work. The work is staying present in both, and that's the work that I'm in right now. It's staying in the conversation, staying in the discomfort of, Hey, we're not feeling as connected right now.

What's getting in the way? And staying in the power of, no, the business doesn't get to be an excuse. The business is my passion, right? So how, just like his work is his passion when he's out doing what he does. So how do we let [00:07:00] those coexist and work on feeding the marriage? It's about staying long enough to actually understand each other

in a new way. I mean, this is the first time that we've been husband and wife and the rank he is at work and with me as a business owner and with an 11 and 12-year-old and with a, with a hobby farm, right. We've never been in this exact situation before and what I'm seeing right now is we're starting to have conversations that we didn't know how to have before

because we're staying in the conversations, we're finding truths that we didn't have access to before, and that only happens because we didn't walk away from the hard part. And this is not, uh, listen. any of you that have walked [00:08:00] away from a marriage or from a relationship, or from a job or from anything.

If you've walked away, that doesn't mean that was wrong. You could very well have known I've done everything I can and I still know this isn't right for me. That's when it's time to walk away. And through conversations, what my husband and I have realized is no, we have not done everything that we can. We did through conversation, uncover more work, and that's both uncomfortable and exciting because wait, we still get to grow together.

We do.

I think this all ties into something bigger, and that's the people in our lives, whether they're family or partners or friends or people we meet inside a membership, they are not random. They are there for a reason. Some of our connections feel easy. [00:09:00] Some of our connections feel challenging, and what I know about human behavior is if it's challenging, we will want to avoid it.

We will want to go the path of least resistance. But here's what I want you to hear. When things are challenging in a connection, still is offering something. The more we approach the challenge and the ease equally as being valuable parts of a relationship, not perfect, not easy, but just valuable. I think the more we can actually grow and not just not grow in just what we do, but who we become.

I, I, I'm big lately on identity building. We, every action, every behavior, every sentence we, we say. We are building and creating an identity for ourselves.

I think I just said a lot in a [00:10:00] little bit of time. I don't know. I just have so much whirling through my mind about this whole experience this past weekend and the pain leading up into the weekend and feeling like, oh my gosh, this pain is coming at the worst possible time. But then in a reflection, it came at the best possible time.

It truly came at the best possible time. We don't need everything to feel smooth or figured out. If you were to ask Emily B of five years ago, hey, what would you need to be able to go away for five days and be together with people that you haven't met in person, da, da, da. I would tell you I need home to be a hundred percent okay.

If home is not okay, I am not sturdy. I'm not steady, I'm not balanced. I can't do it. What I know now, and not just from this past week, but what I've learned is you do not need everything to be figured out. You do not need it to be a smooth path for you to do it. You don't need a perfect [00:11:00] relationship. You don't need perfect timing.

What you need is the willingness to stay present, to be in the room, to feel what's real, to keep showing up even when it's uncomfortable. Don't give yourself the easy out. You deserve more than that. That's where your life actually happens when you stay in the challenge, and that when you stay in the challenge, not only do you see what you're capable of, but you also see the glory in the ease.

Your life is, is what you're living. It's not the version that you plan, it's what you're living. How do you get present with that?

You know, maybe that's the question I'm gonna leave you with. How can you allow yourself to be present with the life that you are living? And from there, create plans for what's next. I appreciate you listening. I [00:12:00] appreciate you being here as a podcast listener, as a member, as a one-on-one client. However you and I interact.

Thank you. You teach me just as much as I attempt to show up and teach you. I was just telling some members that this weekend. They were thanking me for what I've taught them and for what I've opened up in their lives for them and what I've changed for them. Really, they've done all the work. I've just been able to ask them the questions that brought them to their answers, but what I wanted them to know also was every time I write curriculum and I show up to teach, I'm teaching you something, but at the same time.

In the way that you receive the information and the way that you show up as students, as learners, you are teaching me and I'm so incredibly thankful every day.

Thank you for being you. Thank you for being here. [00:13:00] Thank you for giving us all a place to belong. I'll see you next time.

Thank you so much for being here. If something in today's episode resonated with you, we'd love for you to share it with a friend or leave a review. It helps others find this space. You can find full episode transcripts and learn more about our amazing team of coaches. At [www.birchandstonecoaching.com](http://www.birchandstonecoaching.com).

Until next time, stay rooted, stay resilient, and keep rising. This life of ours is worth showing up for.