

THE COACHING HUB

Podcast Episode 60 - Coaching whatever your age

I kept striving looking to see where were those black leaders were there any female heroines, anybody that I could say, look, you're doing this against all odds. You're really, really fighting to try and change the landscape. And the unfortunate thing is we're still trying to do that in the 21st.

Hello and welcome to the coaching hub podcast with me, your host, Ruth Good feet. If you're a coach or you're coaching curious, this is the place for you. We're going to be talking all things, coaching, pastoral development, business development, and a really fun way. You're going to have live coaching sessions and you're going to come away with tools and techniques that you can practically use and take away. If you enjoy this podcast, I would love you to subscribe. And if you really enjoy it, give me a review. Welcome to the coaching hub podcast. I'm here with Phyllis

Fine, and we have got a lot of things that we're going to be talking to you about today. She's an osteopath, a mindset coach and a lecturer. So multitasking lady and we're going to be really diving into quite a lot of topics here. So we're going to be talking about how moving forward in your career. Doesn't really matter, whatever your age and there's always opportunities for personal development into me for it. We're going to be sharing about how as a therapist or coach, we need to have a look at the support for ourselves as well as the support for our clients. And we're also going to be talking about black women as leaders. So Phyllis, I cannot wait. Do you want to tell people a little bit more about you because obviously you've got your work quite a few hats, don't you? Yeah, yeah. Some would say too many hats, but I'm a polymath I've decided.

Definitely. Yeah. So my original, when I first left school and started to do things, was I trained as a building surveyor, so a completely different way of life and then realize that, although I loved helping people from that side of things, I really wanted to get into their mindset and their health and following sort of my injuries and that sort of thing. So I went ahead and trained initially in complimentary health therapies and then eventually as an osteopath. And that has been the main thing that I've been doing for the last 20 years. But along with that, I then got into student support. So did a bit, some minor coaching courses then went on and did my NLP training. And amongst that in the background, I've

done a bit of polarities. I've trained as a [inaudible] teacher, Tai Chi and lecturer, and yeah, so a bit of everything. So I really do delve into all these, these other things. And it's probably, for me has been every decade I've gone on to a new thing. So can the other, but learn something new.

Why do you think it's so important to continue to develop?

Oh gosh, I really think we need to, you know, think of that breadth of our brains as that muscle that we have to keep active. And for me, I really think that we're lucky specially in this country, in the UK to have so many opportunities. I know it's really, you know, if you're going to do a degree or do something like that, it's going to cost you money, but we have the access to it. Whereas in a lot of countries, they don't have that sort of access. And over the years where I've been lecturing and teaching, you know, I've come across people, who've had to come from different countries to get the training because they're not getting quite the same training in their countries and the hardships and the heartache that they've had to go through to get it. And I just think if it's out there and it's going to keep us learning and moving forward, then why not do it? Um,

I love that. So when, when we're saying it's never too late, there's always opportunities, whatever our age to develop honor.

Definitely. And for me, it has always been, I often say age is just a number and that's not to say that, you know, I don't feel a lot more creaky now at almost 58 than I did when I was 21. And sometimes it takes me a bit longer to absorb things because you know, menopause brain is a little bit, so tell me about that, Phyllis, but it does, you do recover. Um, but it's, you know, I really do think that don't let your age be a barrier. You can move forward. You know, I trained as a [inaudible] teacher in my forties and I used to do a lot of sports sport when I was younger. And then because of all the other things I was doing, I stopped doing as much sport, but I was able to do that. You know, I trained as a hypnotherapist in my fifties, I am doing the coaching course, which I am loving. And, you know, as I said, I'm going to be 58 in a months time. So I, I really just, I think it really is a mindset thing is that if you tell yourself you can't, you won't be able to do it, keep telling yourself how you are able to do things that you can learn things and you're able to do it.

Perfect. I love that it is a mindset thing. Like if you can see, and we know now don't worry that we can build new neural pathways that doesn't stop that ability to build new neural pathways doesn't stop.

No, exactly, exactly. And it's still there and you can keep doing it. And the amazing thing you see when, you know, like take older people, you know, people in their eighties and nineties who sort of like take up new sports or learn new things and do you know, all of this, this stuff is just so encouraging. You know, and I, uh, for me, I think at the age I am

now assuming that I don't get some, you know, awful illness or whatever. I've probably got another 30 years here on this, you know, at least another 30 years. And if I go by my parents, my dad's 93, so, you know, my mom's 84. So that, that likelihood that I'm going to be here for at least another 30 years, you've got to make it fun. You've got to enjoy it. And you've got to keep that brain go in. And for me, the other piece of it is helping people. And that really is something that, that really makes my heart sing is that when I'm helping, when I'm helping people to recognize how incredible they are and to move forward in their lives and businesses. Hmm.

So actually the helping people is not, I would say from knowing you that does seem like one of your main drivers helping people.

Yeah. Yeah. I suppose it is. I often think of the Maya Angelou. Coachee is like one of my all time favorites. I was really, really lucky to have seen her live. A couple of times she came over to England and used to speak in Catford at the Ellucian, uh, the Capitol theater of all things. And I went and saw her talk a few times. And one of the things, one of her quotes is she says, I'm trying to remember, it's a, people will forget what you said, they'll forget what you did, but they will never forget how you made them feel. And that's, you know, that's something that really is true to my heart. I like to help people and like to make them feel as if they have moved forward in their lives and they feel better. And that, and that for me, it really does help me. And it, you know, for me, it's almost like, I feel like that's why I'm here. That's why I was put on this earth.

I would agree from knowing him, not as well as I want to know you, but from knowing you a bit so far, I love the fact that she was in cat foods as well. Yeah. We both live in Southeast London. My husband is from Catford. So I'm gonna have to let him know that Maya Angelou was in cat, but he probably knows maybe he went to see her team,

Incredible woman.

She is an incredible woman. She was an incredible woman. Um, so, okay. So it's never too late, there's all links into your purpose. What about this thing about supporting yourself? Oh, the support that we need as therapists.

Yeah. I mean, I think, you know, that's a really big thing. Having been a set in this complimentary health world for 28 years now, and certainly titularly as an osteopath seeing therapists who even more so now, and, you know, what's happened over the last year in the world, how we as therapists support our clients and our patients, how we do the best for them. But we often forget about our own self care. You know, I'm, I'm equally guilty of this. I'm not, not talking from a person I'm great at doing this. I don't, but it is something that we have to recognize. We have to start supporting ourselves, being kind to ourselves. And it goes back to that, you know, not, you can't feel from an empty cup or

if you're talking about flying, I know none of us are really doing any of that at the moment, but putting your oxygen mask on first.

And one of the things I always say about that is I get that oxygen mask. I sort of like, get it really, really close to my mouth. And then I think they might need it a little bit more before I do. Um, you know, you know, that you've got to try and really make an effort to support yourself and have some self-care. And that, and for me, that's part of the coaching piece for me is coaching and other therapists to make them really realize that, help them to realize what they need to do to move forward.

Yeah. Cause it is, uh, yeah, I would say so I think self care and being really honest, like it's a work in progress for me as well. I'm not always perfect, but you see it, you can see it in your ability to hold the space for others is so much better when you focus on yourself.

Yeah, totally, totally, totally. And I think, you know, as I said this time has really allowed a lot of people to look at that and start to reevaluate what they're doing and how they can help people. And I know for me, I stopped, we as osteopaths didn't have to stop working, but I closed my practice for about four months. And in that time I recognize some of the things that I had been doing that weren't actually serving me very well as a therapist. And therefore in reality was not serving my patients very well. And I really do think as if that time away to reevaluate and look at things has been great for me and that I am now even 19 years later, a better therapist from the point of view that I'm more aware of what I am and I'm not doing. And, and that's the thing is that, you know, it is a work in progress. We will keep having to revisit it, but it's knowing that you have to look at it. Yeah.

Yeah. And it's always a work in progress. It's not, it's never, it's never like you D like that you're there. And I think that was the whole thing. It's a journey, isn't it? I know journey can be much easier, but it is the journey.

Yeah, totally. That's it. And it's just, and it's accepting that that is the case, that it is a work in progress that you need to keep revisiting it. You know, you're never going to talk about procrastination. We all procrastinate over things, but it's recognizing that you do that and then changing it. But then the next time it happens, recognizing it again. So it's the same with this realizing. Yeah. I haven't been for my walk today or I've been working too many hours. I've sat at the computer for how many hours, maybe tomorrow I'm going to make a change and I'm not going to do it as long or I'm going to do you know what I mean? So it's really, it's just recognizing, and it's looking forward, which again is that coaching piece is you look forward, not backwards and it's exactly the same with your self care and you know, and how you work, your career is looking forward and not continually looking back unless it's to take what's happened previously to improve how you can move forward, but it's not dwelling on the past.

No. Brilliant. I love all of that. Yeah. Do you know what dwell on the past that there's a book called the go between by LP Hartley? I read it for my A levels. It is a great book. It's got a great phone duty, Christine as well, who is my locker? And the first sentence says the past is a foreign country. They do things differently there. And I'm like, I always just remember that, like the past is a foreign country. It's different. Like, it doesn't mean that we can't learn from it, but we've changed. Things have changed. So yeah. Used to stay in the past. Yeah.

Yeah. And I think as well, I mean another, another one of those people who I look up to and love hearing them speak is good, old Barack Obama. And he said in his speech and I am very much Nick in part of it because he went on to say other things, but he was, he one of the things he says that change will not come if we wait for other people for some other person or some other time. And that, that again is, you know, you're not gonna, you're not going to create change if you're keep looking back in the past and wait for me, you've got to create that change.

I love that. So we've talked about my Maya Lee, we've talked about Barack Obama. This is going to seamlessly move onto black women as leaders, which I know is a topic that we both think is super important. Yeah. So we're going to give, I'm going to give it over to you as a black woman and a leader about what you want to talk about in this. Yeah.

I mean, I think it's, you know, it's one of those things for me, growing up as a child of the sixties and seventies, as a teenager in the seventies, there weren't that many black women leaders that you had access to. And you'd hear the odd little bit Angela Davis, you know, and what she had, what she said. I remember my sister who's five years older than me had a massive poster of Angela Davis with her incredible wonderful Afro posted up in her bedroom. And I used to look at that and saying, you know, I was just like so impressed by this woman having had a photograph taken of her. And now having had a poster that my sister had up. Cause she had all these powerful, wonderful statements that she said, but there were very few of them. And I remember even as a 15 year old, when I was doing my own levels, I did my, uh, what do they call it? Um, not dissertation, but you had to, for, I level you had to like write an essay or something. Um, a project, that's the word?

Okay. I was like, no, did you have to, I did GCSE. It was multiple choice.

All right. I am going back years. So we did a project and you had to do it on somebody that you looked up to or that you thought something Cove. And I did mine on Althea Douglas who won Wimbledon and was one of the first, she was the first black woman to win Wimbledon. You know, for me, even as I said that, uh, in, in my teams, I was still looking for those leaders to be out there. And although I, you know, just searching to try and find people who were prominent, who had done things, who were people of color.

And it just, you didn't feel as if there was anybody out there. And I think, you know, not necessarily somebody who's famous, but just people who had something to say that would be thought provoking and thought pieces. And so for me, I suppose the, my whole life, I've always continued to look to see if they are out there.

You know, that's why I love my own jello, Oprah Winfrey, Barack Obama. You know, I know that he isn't so much, but his wife, Michelle Obama, incredible. Yeah. Just listened to, they're all great orators, just listening to them. It's incredible to think of where they have got in this time. And for me, it's a really important piece. And although, you know, you set up one of the leaders, I don't necessarily think of myself as a, as a leader, although I have certainly in the osteopathy world, you know, I'm probably a bit more known than I even think about because sometimes I'll go to something and somebody says, Oh yeah, yeah, no, no. I saw, I've seen you, I've seen your Facebook page. I've seen there. So I know you teach at these two colleges and stuff. I don't lead with that. Cause I'm might. The important thing for me is to be good at what you are doing, but even even more wonderful, if you can shine that light as a black woman and show that we are out there and actually as a woman because there's women were underrepresented in. So things take the pandemic at the moment, you know, look at how many incredible women you're one of them race, how many incredible women have been dealing with homeschooling looking after their parents, running their businesses as self-employed people, as entrepreneurs, or, you know, even if they're employed, keeping all of that going while still managing the household and looking after their kids and, and, you know, looking after elderly parents, as women, we are incredible. And we don't recognize that enough. We really don't and the world doesn't recognize that enough.

Hmm. Yeah. I really believe that as well. I believe that. And I think it was interesting that before we came home, I was saying black women as leaders. And I would say, well, the wrong enough in our industry. Um, and then we were saying, actually it's everywhere. But yeah, being able to see, I know that Megan said this the other day, so, uh, but you can't be what you can't say. You can't be what you can't say

Totally. It is. That is so the trees. And, you know, as I was saying, I was looking for these things when I was a young girl, when I was a child, when I was, you know, I grew up in Peckham, Peckham was a very different place in the sixties to what it is now and to what it was in the eighties, you know, it was a bit more middle class. There was, you know, on the road that my parents lived on, the, I lived on, there was one other black family. And that wasn't until probably when I was about 10 years old, you know, that was the thing. I went to a grammar school where there were three black girls in a class of 30, you know, I was

At the grammar school in new cross, by any chance?

No, I went to, um, it no longer exists. I went to honorary Graham school for girls. Oh, that felt very, very fancy.

Well, I mean that shows how, how Southeast London has changed.

Yeah, yeah, yeah, yeah. Totally, totally, totally, totally has changed. It was not like that at all. I mean, I loved, I loved loved school. I didn't have that particularly a bad experience. I do know others, you haven't Mallory black Blackburn I'm the writer. But to my school, she was a year above me. And I know she didn't quite have the same experience that I had. Um, so, but there was still, you know, there were elements of, uh, of racism that, that, that went through it and prejudice that went through there. But amongst all of that, I was still encouraged by, I remember my English teacher, Ms. Watson. She was really, really encouraging to say, you can do anything. You can be anyone you want to be. And she genuinely meant that. And as a result of that, I think that's probably why I pushed to do all the different things that I did as well as being supported by, you know, my family, you know, my parents came from really, really humble backgrounds.

My mom had to leave school when she was in her, when she was in her teens, I think she was 13 because they couldn't afford, she grew up in Jamaica. I couldn't afford for her to go to school. And so it didn't stop her from reading and being excited by things. And when she came to this country, a very young age of, can you believe 20 to marry a man? She didn't know that well. And my parents are still married 63, 60, almost 64 years later. But when she came to this country, you know, and she had children 21 first child, her thing was encouraging us always to be the best that we can be. And in fact, that's why I went to the grammar school. I went to cause I wanted to go to Peckham girls school with my best friend and my mom put her feet foot down for the first time ever with me in that really know you are going to do this, you've passed your 11 plus you can go to grammar school.

You're going. And I'm so glad that she did that because it's why I am who I am now. And you know, that encouragement from my, from the whole family and from my mom to be the best you can be, do what, you know, you can do anything you want to do. And then also having that from, as I said, like my English teacher, who would say the same thing, just go for it. You know, we'd encourage you to do things. That's why I've ended up being where I am. And, but it also meant that I kept striving looking to see where were those black leaders? Were there any female heroines, anybody that I could say, look, you're doing this against all odds. You're really, really fighting to try and change the landscape. And you know, the unfortunate thing is we're still trying to do that in the 21st century. Yeah.

So your love this, like my kids new school had teachers, a black woman and the head of junior school is a black woman. And when we went there and we were really honest, we

were like, this is part of the reason we want our daughters to go there because they can say like, okay, like they've got those role models who are that for them? And it was just, hopefully they'll never leave well. Yeah. But, but actually like, cause they hope we don't ever leave, but actually the school is really diverse and we're actually moving from Southeast London and we were really worried about that. We're genuinely cause we're like, we want them to have role models and, and I think bringing it back to the coaching space, but actually it's, it's relevant to everyone. Like in the coaching world, we want to actively encourage everyone's voice to be heard. And I think that sometimes the dominant paradigm is not the dominant paradigm is the white male. And of course that

Voice is still relevant, but we need to have everybody's voices heard if we're, if we're truly about personal development. Yeah. Yeah, totally agree. And it's, I mean, it's one of the things that I love about your course and you know, the coaching Academy and that difference that we are looking at all sorts of voices and we are really looking at the paradigms there at the moment and what needs to be reintroduced into it. And it's wonderful. It really is. I looked at quite a few things and it was one of the things that the diverse range of people, the fact I've got to admit that there were a lot of women who were heading and that you had an up, that for me was like, yay, definitely, definitely a positive. But also the fact that, you know, you're not afraid of speaking out about those things and recognizing, you know, where those, those, I suppose that the changes need to be made and that they, they should be looked at and I'm not often for the should a need, but in these cases, I think it is.

I think sometimes we need to be, Hey, I said it as well, actually we've got work to do like we, we need, and there is a need as well. We need to have more diversity in the people who work for us because what we're finding is not as diverse as I would like. So that's, again, that's something that we're looking at, like in the admin roles and the support roles there is, but actually in some of the training roles we're looking for for more diversity. So, um, now that's that, that could be a future episode. Phyllis, I think we've covered quite a lot of ground. Well, I didn't say at the beginning, but I think that everyone will realize is it for, this is somebody here is a valued member of our coach training. And we absolutely adore having her on board. Phyllis, if someone has been listening to this and they want to get in touch with you for various different reasons, there's probably about 20 reasons I can think of off the top of my head from hearing you speak for half an hour, where can we find you online? Okay. So I am on clubhouse at, at Phyllis coach. I'm also on Instagram. Well, I'm very good with Instagram at Phyllis coach on that as well. And I'm on Facebook, which I'm probably on more, I have got a women's group called woman to woman, and then I've got Woodfine coaching, which you can find me at or otherwise I'm online. I've got a website and that's fittest would find

Thank you so much for lessons. It's been brilliant. Thank you. I've really enjoyed it. Thank you for listening to the coaching hub podcast with me, Ruth curtsy. If you enjoy this, I would love you to join my Facebook group, the coaching community for more of Messiah.

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