

# WOMEN in the WORKPLACE



## Helping others have it all

By Jennifer Nauck

Now more than ever, women realize that they can have it all. Carole Billingham, M.C.C., is not only a perfect example, she's also a certified coach who helps others have it all, too. Billingham balances a family with a successful career without sacrificing her own emotional balance, which is often at stake when people try to have it all.

Billingham is a spiritual and business coach, a coach who will help people "who are looking for balance," she said, a balance between the successful career that allows them time with their families, time for spiritual connections, and time to take care of themselves both inside and out.

### Carole Billingham

**Occupation:** Master Certified Coach, Spiritual and Business Coach

**Held job since:** 1996

**Previous jobs:** "Ballbusting, steamrolling" stockbroker in Miami, Fla.

**Qualifications:** Certified by the International Coaching Federation, first as Professional Certified Coach then as Master Certified Coach (5 years' worth of training).

**Family:** Husband, Barry Stein, and 2-year-old daughter, Ania Joy.



### Ten Principles of Attraction

1. *Know What You Want: Be clear about the things you want to have, be or do in your life.*
2. *Set Your Intentions: Let the universe know what you want.*
3. *Create the Space: Eliminate tolerations and things that clutter your life so that there is space for the things you want.*
4. *Be the Source: If there is something that you want or need in your life, be the source for others to have it in your life, be the source for others to have it in theirs.*
5. *Be in Integrity: Be totally honest with yourself and with others.*
6. *Meditate and Pray Daily: Spend time each day in quiet thought and reflection, to connect with that place of inner strength and wisdom.*
7. *Play and Have Fun: Make time to be childlike and playful.*
8. *Take Good Care of Your Body, Mind, and Spirit: Honor yourself physically, mentally and spiritually.*
9. *Love Yourself and Others Unconditionally: Come from a place of non-judgement and unconditional love in all that you do.*
10. *Trust and Have Faith in the Universe: Know that within the chaos resides a world of true perfection and peace.*

Six years ago, Billingham lived the hectic life of a stockbroker in downtown Miami, Fla. But she left the financial world, she said, because she wanted to slow down — she was burnt out, and the job no longer satisfied her. "I wanted to make a difference in people's lives," she said. "I wanted to help them plan for success and happiness, and money wasn't a prerequisite."

She left sea-level Miami and headed up to Denver for a change in altitude and a change in priorities. She considered psychology, but, she decided, "I didn't want to work with people who were dysfunctional, rather, I wanted to work with the ones who wanted more." So, she said, she prayed about it.

On March 22, 1996, Billingham recalls, she read an article about coaching. "I thought, this is what I want to do. This is the perfect answer to my prayers."

Within a few weeks, Billingham found herself immersed in coaching classes, well on her way to the first level of certification in the International Coaching Federation, Professional Certified Coach, or PCC. The ICF began only three years ago, as the coaching profession began to boom, and it is the only organization that governs the coaching profession that is not tied to a specific school. Billingham was one of the first PCCs certified. In January, she applied for certification as a Master Certified Coach, which she recently was designated. Only one percent of the world's professional coaches are certified as MCCs. "I'm really proud of my credentials," she said. She said she hopes to be more involved with the ICF in keeping the standards for professional coaching credentials high.

Billingham contacts all of her clients over the phone or via e-mail. "I have clients I've been working with for years whom I've never met," she said. Not only does phone contact fit better into clients' and her own busy schedules, Billingham said it also allows her to be a better listener. "At first the virtual thing was odd — I was used to being with people," she said. "But it taught me to listen in a whole new way. I'm not distracted by visual things. I also find that it's easier to be truthful — both ways — when you're on the phone."



Photo by Walt Hester

**Carole Billingham left the high-pressure life of a Miami stockbroker to move to the mountains, where she started a quieter, more satisfying life. Billingham visualized and then built for herself her ideal life. Now, as a spiritual and business coach, she helps others do the same.**

Billingham said that she has honed her listening skills and is able to intuit much just by listening to her clients' voices.

In their sessions, Billingham discusses with her clients such things as obstacles they overcame during the week, what they did not accomplish that they wanted to, what opportunities presented themselves that week, their goals for the coming week, and what they promise to have accomplished by the next call. The idea is that if the client properly prepares his or herself, then every opportunity they could want will somehow present itself. And when that happens, the client will be balanced mentally and prepared to accept the opportunity. The preparation consists of mental, physical and spiritual aspects.

"The 10 Principles of Attraction," Billingham's audio book, outlines the ways that inner changes may bring about answers to life's questions as well facilitate opportunities. Thousands of people have bought her audio books, and many of them contact her, saying that they have changed their lives because of it. Copies of "The 10 Principles of Attraction: a Practical Guide Creating Spiritual and Business Success," as well as a description of her coaching techniques are available on Billingham's web site, [www.wisdomcoach.com](http://www.wisdomcoach.com).

Billingham herself is a testament to the fact that coaching works. She has worked with a coach herself since she first discovered coaching. When Billingham's car was rear-ended by a drunk driver, she suffered a "mild traumatic brain injury." Coaching principles helped her discover something about herself through the accident. She said she prayed for answer as to what she was supposed to learn from the accident, and she said she realized three things.

The accident meant that she had to slow down in life, she had to allow others to help her, and she had to work through some residual anger she had regarding her own adoption. "This accident) was going to teach me how to handle that," she said. Instead of being the worst thing that ever happened to her, she said, "My life was changed in a wonderful way. It brought the biggest gifts — slowing down, learning how to receive, and learning how to use the ten principles of attraction. My health depended on it."

Since then, she said, I'm much more grounded, my pace is slower, and I'm more focused and intentional. Especially as a mom. I'm much more content, not chasing the carrot and waiting for what's next." She has, she said, attracted her ideal man, Barry Stein, who is now her husband, and she is the mother of a two-year-old daughter, Ania Joy.

While her home-based virtual business is ideal in that it allows her to spend time with her daughter, in the future Billingham would like to branch out in her business to include more public speaking. She hopes to organize retreats in the area. "It would be wonderful to take people out of their busy lives and plopping them down here in God's country and coach them for a few days."

She is also working on several books and is in conversation with a syndication company about a newspaper column.

While opportunities seem always ripe for the plucking, Billingham said she is careful not to take every opportunity that comes her way if it comes the cost of balance in the rest of her life. "If I were to die tomorrow, I'd die knowing that I'm fulfilled," she said.