



The ACT of Coaching Podcast

Stories of transformation from professional coaches

The Act of Coaching S01:EP2 Jyllian Clarke

[00:00:00] Introduction to the Podcast and Guest

Phil Askew: Welcome to the act of coaching the podcast from act leadership. We're a leadership and performance coach training company focused on developing exceptional leadership coaches for modern times. My name is Phil Askew you in each week on this show, I'll be joined by a member of our brilliant alumni. Putting a voice to their very own hero's journey story. Our , hope is the listening in to real-world stories of everyday people who have chosen coaching as a vocation will serve to demystify things and help you decide if this incredible vocation is something that calls to you to. So with that. Let's meet this week's guest.

[00:00:36] Understanding the Guest's Coaching Niche

Phil Askew: so really lovely to have you here, Jillian. really nice. Thank you so much for coming on the show. Of course, this is called The Act of Coaching and it's the podcast where I get really curious about the backstories and the hero's journeys of the alumni of ACT Leadership.

And so I suppose the very first thing that I get curious about with people [00:01:00] when they come on the show is... Who they get a sense of? These are my people. These are the people I feel called to be in service of and how do you get a sense that You support them. What is it about their predicament you feel called to be in service of?

And it's absolutely okay if you haven't nailed your niche yet as it were because it's an iterative thing But do you have a sense of that?

Jyllian Clarke: I do. and thank you so much for the opportunity to be here. it's a topic that I'm passionate about. I love coaching and I'm sure we'll talk a lot about that. carving index is, uh, something that I have. Done. I have found in terms of looking

and going, where's the gap? Where is the need? my true passion is working with executives, helping executives lead with confidence, lead with authenticity.

And that's, either current executives. aspiring executives. the other passion that I have and where I do a lot of work is those who are in transition [00:02:00] really going to the next level of their career. So something like a mid level manager who's moving to the next ranks and going into senior leadership positions.

And so I've carved that out to very, very core, passion areas for me working with executives. Leading with confidence and authenticity and then helping people actually transition into that next level. I have found that even with my own transition, sometimes that's hard and you get thrown into a situation.

because you're good at what you do and you, and you're ready to transition, but the actual transition, like what are the steps? How do I transition to that? and that's what speaks to me and that's what calls me to do this coaching in that area.

Phil Askew: So needed isn't it there those people Those future leaders, in a way, people who are doing big things in the world, oftentimes it can be so difficult to know how to do it a lot of the times they're afraid to ask because it's well, I've been given this position of authority in some way, is it okay for me to [00:03:00] ask for help now?

Or should I know everything? I'm really curious about what do you see as the pain points of those people? So why would they seek a coach such as yourself?

What are the pain points that they struggle with that they would go, do you know what? I think I want to find some help.

Jyllian Clarke: So even drawing on my own experiences and then my peers who I've talked to a lot about this particular area. Moving to that next level is sometimes frightening. People sit back and they observe the actions of others and feel like, okay, this is what I need to do. This is what I should do. This is what I'm supposed to do.

But I think in that. Some people lose their authenticity and the reason why they got to that point anyway, where they're transitioning to that next level is really about who they were, how they performed in the past, how they led in the past, what type of person, their own characteristics. So I see people a lot when they get to that point where they're transitioning, I'm watching others and saying, this is how they did it.

Or they go seek help from a [00:04:00] mentor and mentors are great. I'm a mentor, but at the same time, mentors are really great at giving guidance and saying this is how I would do it. And then people go off and they do it exactly how their mentor said to do it. That's all fine and it can yield great results.

But wow, it's really powerful when people really understand their own values, their own boundaries and what they bring to the table and actually do it with authenticity.

[00:04:25] Exploring the Guest's Personal Journey

Jyllian Clarke: so my journey is Yeah, it's quite a journey actually. So bear with me here. So I was born in England. I came to the United States when I was seven years old, my parents both worked for the government and we were in England, came back here in the United States. So I was transitioning schools, came back with my British accent, um, a lot of transition and you know, throughout my years.

[00:04:49] Transitioning from Special Agent to Coach

Jyllian Clarke: in school and then when in my professional life, I got to the point where, I graduated from college and I stepped into a role of being a probation officer.[00:05:00] first I was supervising juveniles and then I actually transitioned to supervising adults. Um, and then eventually I landed a pretty awesome job with the United States government as a special agent.

I'm like, wait, she's a coach, so, so I'll tell you a little bit about that. So basically.

Phil Askew: Yeah.

Jyllian Clarke: So basically I worked as a special agent, all different disciplines of security. I was in personnel security, physical security or technical counterintelligence, worked a lot of really exciting things. I was able to collaborate with different agencies throughout the world.

Great experience. And. And then eventually that led me to actually being elevated into the most senior ranks of the government, which in the U. S. We call that senior executive service. And so I was thrilled. Great career. Extremely successful. But in 2018. I, people would call me crazy, but in 2018, the agency I worked for, they actually reorganized and [00:06:00] they established this organization called Workforce Development.

And I was excited that there was an organization that was dedicated to and accountable for the development of careers of employees worldwide, and it spoke to me. It called my name, and so people were thought I was crazy, but I actually applied for the position, and I'm very grateful, forever grateful because I was selected to lead that organization.

That was something that was really cool. core for me is helping people, develop their careers. I have been a mentor and guidance and people tend to gravitate towards me, for advice with their careers and such. And so when this position opened up, I said, I'm all in. And so it was really bittersweet for me because I, what it did is it basically ended my career as a special agent.

So I turned in my credentials, which everyone's Oh, are you sure about this? And I was absolutely certain about it. yes, turning in my credentials was tough, but what I now know is that it was a first step,[00:07:00] reflecting back, it was the first step to where I am today. And so that's a little bit about my, career and my background leading up into this space.

[00:07:09] The Impact of Coaching on Personal and Professional Life

Jyllian Clarke: And, honestly, Like helping people, like I said, really energizes me. And so the decision, to actually take on coaching and go into the coaching program was pretty, pretty easy for me and the coaches that I knew. the coaching program actually resided in the same organization that I was leading and the coaches that I knew who had gone through the program, they were top notch.

And so it wasn't a question for me about if I was going to go through coaching. It was more about. I love helping people. My goal was, how do I enhance my own ability to help people? How do I enhance my own leadership skills? And I've got this wonderful program, top notch coaches around me. I had been in leadership courses and had been coached.

myself along the way, and I always enjoyed the type of coaching and guidance that I [00:08:00] received. So it really wasn't a question of if I was going to go down that route. It all spoke to me. And I immediately decided I was going to enroll in the next program and become a coach. it was core for me.

It was. important to me and I knew that it would help me, actually be a better leader and be able to mentor people, guide people, give better career guidance and such. so that's how I got to that point. And when I went through the program, I enjoyed it. It was transformative for me. and, and we can talk about that if you'd like, but it was transformative for me and, that's how I arrived, where I am.

But that was a big step coming out of the security world, getting into, this coaching and I've loved it. And I have never, came around, came away from that.

Phil Askew: never look back. Yeah, that's

[00:08:44] Connecting with the Guest on Social Media

Phil Askew: amazing, isn't it? and, and not surprising, like when I listened to you talk about that, I get a sense of you having this kind of natural ability to, I get a sense when I'm here present with you now of safety. Like it feels like you hold the [00:09:00] space and You walk with safety, I sense.

And I don't know if that's what people picked up on you, but my sense was like lots of opportunities came your way and you escalated up the ranks and what do you suppose, I know it might be strange to ask you, but what do you suppose those people who were in a position to elevate you up the ranks, as you said, what did they see in you?

That they thought, yeah.

Jyllian Clarke: Yeah. so I think there's a couple of things. I think trust first and foremost. I was definitely a person who, if you gave me something to do, I was true to my word. I would complete the task. I would ask for guidance if need be. But I was also very good at strategic planning as well. So building teams, bringing the right people in, to build those teams was great.

And I created an environment where people were psychologically safe to work in, where their, voices were heard, I managed, multiple teams that were very productive. And, I think that was, highly recognized as well. probably by other people before I even [00:10:00] recognized that was something I.

it did well because it was just something that I did was also really good about stakeholder management as well. So keeping people informed, bringing people into the process who needed to be part of the process, allowing them to part of the decision making process along the way. So I think those are all really big things that initially faulted me to where, I was, but also being able to connect with others and empower others. and they could do so in a trusting environment with me. I would have people just talk to me about all types of things personally, professionally, all types of things, I never broke their trust or their confidence.

And anytime that I needed to discuss something, outside of the, individual and myself or the team and myself, I always was really transparent about. I need to talk about this with somebody, conflict resolution, being able to manage a lot of different things and I would always do so with their permission, but also asking them to help me guide what I, could and couldn't say so they were comfortable [00:11:00] with it.

And I think people appreciated that, that was part of my values as well. when I talk about authenticity and, having boundaries, it's always been very important to me to be able to empower people to feel like they could be their authentic selves in the workplace. And so that's why I think I moved into that.

Had the trust of leadership above me, had the trust of the people, and my teams, and then also my peers. I really enjoyed working with my peers and, I'm not going to say everybody loved me, but at the same time, I was really true to my own values. stay authentic myself and that's how I moved up.

Phil Askew: Wow. Yeah. and there was a word that kept coming up for me when you were talking, which was like integrity. I just get this huge sense of integrity. Yeah, there it is. Yeah. Integrity is a massive one, isn't it? And coaching as well, because we obviously don't divulge our clients stuff to anywhere else beyond the container of the coach and client.

Jyllian Clarke: And so of course, you're having that natural disposition of being able to hold people's, content with deep integrity is massive. So yeah, you sound like a No, [00:12:00] thank you. Thank you.

Phil Askew: And wow, it's an amazing journey, isn't it? We could take this in many directions. what was it that kind of, what was it that you did to explore coaching?

so not everybody, people don't just necessarily fall into coaching. Maybe they do. But, some people come to coaching because they've had a sort of debilitating kind of life event that's happened that's propelled them into looking for solutions. Some people come because they're at a loss for their purpose and direction for what's next.

And I know that you said you were in a fantastic role and all things were great for you in that position you were already in, so it wasn't like you were trying to move away from something and I need a fresh outlook on things. But it was more, it sounds like complimenting what you were already doing naturally and well.

So I'm just curious what was it that had you sign up for the course and to dive into the process? 'cause it's quite an undertaking, isn't it? The coach training.

Jyllian Clarke: absolutely is. and like I said, it wasn't a matter of if I was going to go, it was when and you're right. It was to compliment what I was already doing. I have been around people who have gone through the program and like I said, they were top notch [00:13:00] coaches and. for me, it was really just about adding a different tool, to what I had.

I enjoyed, being coached and it was something I knew I wanted to do. and it was all about adding it to my toolbox when I actually went through the program, It actually

surfaced for me, the challenges that I had just pushed aside, ideas, thoughts, a lot of different things that I had and I really went into the class thinking I want to learn how to be a coach.

I've experienced coaches and I watched these top notch coaches do their job and I want to do that as well. But it was really transformative we had to use real life examples as part of our coaching program. And so in these real life examples, of course I had my little list.

I'm like, okay, here are my three topics that I'm going to come to. But those, I know I had prepared, I'm like, this is what I want to get out of, someone coaching me. And so in doing that, it was a really powerful, transformative experience [00:14:00] for me because, thoughts, ideas, emotions, many, many things that I had kind of push those aside in order to move forward.

And so that's how I was operating was just, I move forward. keep moving, just. whatever you do, keep moving forward. But I think learning how to coach and the art of coaching helped slow me down. And there were things during the coaching program that were tapped into and I thought, wow, I didn't even know I had that idea.

I didn't even know that I had that. Thought process, right? But it helped me slow down so much so that it became a very transformative experience for me. And I can't remember exactly what we were talking about or what the topic was, but I remember there was an emotion that was touched for me in a very odd time during that coaching.

But it was powerful questions that were asked that allowed me to really explore the journey that I was on. So what it did for me personally was

enabled me to make these giant steps with confidence, look at things with such a different perspective. I think it [00:15:00] opened me up to, Hearing from other people as well about their perspectives to even make it a bigger, step, to move things forward. And so it really was a transformative experience for me and, I, brought into not only just like having it in my toolbox, but wow, I worked through a lot of different things as part of the coaching program and, such a huge advocate for it.

And I still work with the coach today.

Phil Askew: um, now I'm fascinated by 'cause I was like, oh, when she said that, I was like, That's really interesting. What did you discover when you slowed down? what came up to meet you as it were

Jyllian Clarke: yeah,

[00:15:35] The Power of Metaphors in Coaching

Jyllian Clarke: that's such a great way to ask that question. what I recognized about myself and then learning how to coach others is, you have a goal and you set your sights on their goal and you just go. at least for me, I just went and I didn't, a friend of mine recently said, Oh, everything's going to work out for you.

You've always been very fearless. And that's been a trait that I've enjoyed about myself is that I was fearless. But what I realized about myself and like [00:16:00] almost every topic, like I said, I had my list of, three topics and then we'd have to come up with three more and that's Oh, I'm running out of topics.

mostly cause it was like, I don't know that I want to talk about these things in front of everybody, but I did, what I found though, is that, yes, I would have these goals and I would race towards them. And it was really about accomplishing a task to get to the goal. And in slowing my side, didn't have that realization before that.

But in, being coached and really tapping into the thoughts, the ideas, and the emotions that I had, it did cause me to slow down. Not only professionally, but personally to understand, to be quiet and hear what was being offered, so that when you met the goal, it was even more, dynamic and better than I had ever planned for it to be because I was able to take in, different ideas, perspectives, tap into my own creativity when I slowed down.

So it was truly transformative.

Phil Askew: That's amazing. It's interesting, isn't it, how a lot of people, a lot of people are [00:17:00] celebrated, and we're celebrated at school as well, by knowing the right answers and putting your hand up fastest, being first. And it's often, I often sort of call it like the metaphor, like building your right arm, you've got all these muscles and biceps on that, you do it really well.

And oftentimes we haven't done the work in the left arm. So when we start training to be a coach, it's more about. The power in coaching is holding a being space for the clients, isn't it? As in like, how safe can you create that space and how well can you listen? And that is being a great coach rather than taking people somewhere necessarily.

And, because clients of course, take themselves to the places that they need to go and discover what they need to discover. So it's really interesting. How did you find that sort of polarity? Or maybe it wasn't a polarity for you though. How did you find that?

Because I sense that you hold space, like I was saying earlier, really easily, naturally. Was it, what was it like? So from going from goals like, I'm going to achieve, I'm going to, I've got my top three things. What was it like from doing that to actually allowing [00:18:00] yourself to sit in the space of not knowing with your clients and with yourself?

Jyllian Clarke: Yeah, it's different. It is very different because just like you said, we're rewarded for putting our hands up, fast and, in the business world, that's delivering quickly.

Phil Askew: Yeah, for sure.

Jyllian Clarke: Delivering the best product. That's what you get rewarded. That's how you get recognized.

Rewards come that way. If you're a little slower, it's Oh, what's going on with that person? And so I think that actually helped me. It was different. It was, something I personally had to get used to but because it was such a transformative journey for me I really bought into that and I value having that space such that I protected it for myself and I protected that space for other people as well around me who would quickly go and I'd see it I was able to recognize it really quick and say okay.

Wait a minute slow down for a minute What are some other things that you can do in the space to make it even better in the back end? If I needed to buy, [00:19:00] my leadership position, if I needed to buy time, for them, I would absolutely buy the time that they needed in order to produce an even better product.

And so it became an area that, yes, it was different for me. but I enjoyed being in that space and being able to think and actually be true to myself and true to my own values. having bought into, the ability to have that, I knew what I was producing as a result of being in that space was much better, than before.

And I was happy with what I was doing before, but it was much better. and so it really became very, core for me to protect it for other people as well around me.

Phil Askew: Oftentimes, once we experience ourselves and we see the value in it and get the felt sense of it, it's oh, wow, that's the water I swim in. And that's what I want to create for my clients too, isn't it?

Jyllian Clarke: Yes. Yes.

Phil Askew: I'm just curious because of course, you trained with ACT leadership the course has many fantastic and fascinating and insightful tools in amongst it.

is there anything that stands out for [00:20:00] you by way of. Tools that you experienced or, coaching that you received, like, oh, wow, that's a really good tool that I come back to today quite frequently,

Jyllian Clarke: Yes. Wow. There's so many of them. but I will say I do use, metaphors a lot with my clients. I find that when you have an idea, a thought, something that is a perceived obstacle, actually giving it, a name, comparing it to, using metaphors to compare it with something personifying, whatever that is.

is really powerful because then people could actually see it, almost visually see it and it becomes something that they can succeed in spite of, that perceived obstacle. And so when you name it, when give it a metaphor, when you personify it, it's definitely something that, people can start to see it in a new light.

People can start to, have a different perspective and build ways to get around that obstacle, in order to succeed. And so I do find that [00:21:00] is, something that I use a lot with my clients because I do, again, whether they put it on the shelf, they climb over it, they knock through it, whatever the case may be, it's something that they can almost tangibly feel.

And it helps them overcome and succeed in spite of whatever that perceived obstacle is. So I do use that a lot.

Phil Askew: yeah, that's a great one. I think if you're visual as well, or you're sensory, like we're all sensory, but some people love the channel of, visualization and just seeing things and metaphor, I think is so powerful because it's, particularly when it's a difficult situation for a client or something that's very close to them.

Oftentimes, if we create a metaphor or ask them to create a metaphor, say, so what's it always like being on a boat on the choppy waters moving across the sea? It's much easier to describe and identify it when it's not quite so close. And the metaphor does that so well, doesn't it? It's over there.

Jyllian Clarke: it really does. And it helps with sustainment as well. So as the, that, thing, you know, continues to crop up, helping clients [00:22:00] move into a point where they constantly know what to do when that perceived obstacle shows up, then they can sustain their momentum and make progress. And so I use it in both ways and it's something that works for me.

And I know I've seen it very successful with my clients as well.

Phil Askew: And often at the beginning, it can be quite hard to know what's it like, client, what, where it's like a football. No, it's more like a rocket. And it's ah, we're

getting mixed up of metaphors here. But I think that the longer you are a coach, you probably found this, the more you're able to help them out.

Sometimes throw it out there. The metaphors say, I don't know what I'm hearing is this. Yeah.

Jyllian Clarke: yes,

Phil Askew: But at first it can be a bit overwhelming, can't it? It's like, what is it like? I don't know.

Jyllian Clarke: Right, right. And people say Oh, a metaphor. Oh, I don't know. I don't know. But yes. And

is powerful.

Phil Askew: yeah, amazing. so one thing like leading on from the training and leading on from, so you've done the training. You've got all these tools and skills and hours under your belt as well. Now I'm wondering how. It shows up in your [00:23:00] life now, in the work that you do now. I know you said you coach with those people that you mentioned at the beginning, which is fabulous.

But I'm also wondering, how does it show up in your personal life too? Because of course, this is a modality that we take on board. And it's almost like you can't park it at the front door and say, okay, I'm not a coach anymore. Or I don't have these, these skills anymore. So I'm wondering how it shows up in your personal life now.

Jyllian Clarke: Yeah, that's it's such a great question, because I think as a coach, I never shut it off. it's so powerful to be able to coach people that it's not something that you can just turn on and turn off. And so in my personal life, I think I'm a much better, listener. I am a better, I'm better in my relationships, whether that's with my husband, with my kids, with my family members, with my friends, because I do listen and I listen more intently with in an effort to understand.

And I ask questions to understand that I probably wouldn't ask, have asked before. we're not. always on the [00:24:00] same page as our spouses and, and you know, I've got teenagers, I'm not on the same page, um, with them a lot, but it does help me in my personal life, understand what's really going on.

I'm at the roots or the. core of whatever it is that they're experiencing. And then I can either help, or I can just tap into their creativity and say, what are you going to do about that? which we, which, with my teens, that's a really good question sometimes.

And they're like, Oh, frustrated about this. And I'm like, what's a different perspective that you can have on that? How can this help you? And so you never really turn, at least me, I never really just turn it off. I just find it helpful in my personal life, to have those good solid relationships and help, people actually move through.

what they're moving through. so it definitely shows up. I don't turn it off. even, with friends, I'm just a better listener and I think just a better friend, partner, all of the above, better mom, just because it's a different type shows up differently, than in my professional.

But at the same time, it's still there. It's still [00:25:00] there and it's definitely helpful.

Phil Askew: did they notice a difference after you've done your training? because I remember, I remember some friends, there was a couple of friends who didn't understand what coaching was when I first trained to be a coach, 2008.

Jyllian Clarke: yeah,

Phil Askew: And they were like, what's that? What's happened? Are you coaching me?

Jyllian Clarke: What is this? did you get friends and family members? I did. I did a couple of times, especially from my husband. I'll say, you know, don't try to coach me here. And I'm like, well, I can't help it. So like, let's go. Um, but yeah, you know, just a few were kind of like, is that what, is that what you're doing? Are you coaching me? And I, and I just went with them like, yes.

And how's it working out for you? You know? so.

Phil Askew: coaching question. I like it.

Jyllian Clarke: Exactly. And so, um, so yeah, it was really transparent about, yes, I've learned something new. I really enjoy it. And, I think it'll help you help me. so here's where we are, but people definitely notice.

Phil Askew: That's amazing. Sounds like it was accepted though. It wasn't kind of,

Jyllian Clarke: it was.

Phil Askew: on here? Yeah.

Jyllian Clarke: It was, it was so, I've got [00:26:00] a hype team around me, pretty, pretty supportive family and, uh, you know, kids.

Phil Askew: and so it was accepted and, I've had a lot of fun along the way. and, sometimes I'd have to preempt with, okay, I'm coaching you now. Oh yeah. Put the hat on. Yeah. Coaching hat.

Jyllian Clarke: Yes. Yeah,

Phil Askew: Yeah. Oftentimes we can do that. We're framing it right. So is it okay if I sort of. coach with you at the moment, just to see if we can get some clarity for you. It's yeah, sure. At least that way they can say yes, no, or counter offer or no, no, no. Let's just have a coffee.

Jyllian Clarke: Yes, exactly.

Phil Askew: so moving into the end of this, it's been a really fascinating conversation. I think I would love to go, cast a

[00:26:36] Future Goals and Aspirations in Coaching

Phil Askew: magic wand into the future if you will. And just imagine like you project into the future, like maybe five years down the line. Where do you perceive yourself?

yeah. what's your big dream for five years down the line for you and coaching?

Jyllian Clarke: Wow. Gosh, I'm really excited about where I am now and I'm very excited about my future. I've been using my coaching and previous [00:27:00] positions, now I've launched this new business.

I started in 2020. God has had a plan for me. I didn't realize it at the time, but I started this, business in 2020 that I'm just really now launching. and so I'm the CEO and founder of ISO coaching and consulting LLC. And the ISO really stands for in spite of. So one of the things that I always would tell people is succeed in spite of all the perceived obstacles, or people would say, you know, my manager's not present or my leader's not.

present. I'm like, lead in spite of. And so when it came time to, actually name my business, I went ahead and went with ISO for in spite of coaching and consulting LLC. The reason why I bring that up, is because, that's where I am now. part of, and it's a little bit of a funny story, behind this, but part of naming my, business, a year from now, I will have met Anderson Cooper, um, most well known for his time at CNN.

So within the next year, that's my, one of my goals is I'm going to meet Anderson Cooper because my [00:28:00] coach said to me, If you're in front of the media or journalists or something like that, who would that person Person be.

And how would you want him to refer to your company? It was Anderson Cooper for me, just, just a very humble, authentic, journalist out there that I just admire. And, so I will have met Anderson Cooper. And when I think about that, like in five years from now, we're on a first name basis. We're sitting around.

But really I've had, um, just such tremendous opportunities in my career. initially with the government, like I said, I was collaborative all over the world with different governments had elevated into different levels. And then I transitioned, I worked at Amazon for a couple of years and I had a little bit of a bigger, you know, stage there where I had the.

Freedom to actually educate the world and kind of touch the world in different ways. So if go in and Google my name, so to speak, it, lots of different articles and such will pop up. So I had the freedom to be able to talk and do that. But, five years from now, I'm excited about what that looks like because I just have such passion in this area.

like the world is my stage. [00:29:00] And having, each step of the way gone to just a bigger and better, whether that's one person at a time, small audiences, large audiences, being able to help people understand their values, understand their, Their boundaries, being able to talk to all these different audiences about leadership and how to enhance your leadership, how to transition, whether that's personally, professionally, I'm on stage, I am, pretty well known out there.

that's my goal in five years. right now I'm coaching, I'm consulting, I'll be doing some teaching in this area, teaching people how to become more coach like leaders. I want the big stage, so I feel like the world is going to be my stage and that's where I'll be in five years. with lots of people around me, I've got my hype team and you know, that, that's what my vision is.

I will undoubtedly be making adjustments along the way, in order to get that. I've got a lot to offer and I'm going to go after it. I want to help people and that's what energizes me.

Phil Askew: love it. I actually see you arriving there in three years. Let's say three years.

Jyllian Clarke: I'll take three [00:30:00] years, I'll take three

Phil Askew: Yeah, it's not a challenge, but I sense that it won't be a challenge for you. You know, you're there already. Yeah, I

Jyllian Clarke: Well, thank you.

Phil Askew: yeah, incredible. Okay,

And Gillian, very final thing. where can people find you on social media?

Jyllian Clarke: Yep. So I'm on LinkedIn. it just LinkedIn [uh.com](#). Then Jillian Clark, first and last name. I'm on LinkedIn. I also am on Instagram, so it's io io underscore coaching. Under consulting, and then I'm on Facebook as well, although not as active these days on, on Facebook. But same thing, IO coaching and consulting, I C.

Follow me. Um, all of those things.

Phil Askew: I make up that if we just Google you as well, we come across you pretty quickly.

Jyllian Clarke: Yes. Yes, exactly. I want to probably few J Y L L I A N's out there

Phil Askew: Yeah, definitely. I noticed that too. That spelling's really nice, really

Jyllian Clarke: Yeah. So, you can find me. I'm easy to find now.

Phil Askew: Okay. this has been an amazing conversation. [00:31:00] Thank you so much for sharing. And,

Jyllian Clarke: for having me. This has been so fun. Thanks for, giving me the opportunity to share, my story and my big quest with you. And thanks for the questions, the powerful questions.

Phil Askew: Yeah. You're most welcome. It's been a real pleasure. All right, then. Take care. Thank you so much.

Jyllian Clarke: Thank you.

[00:31:16] Closing Remarks and Podcast Sign Off

Phil Askew: If you'd like to train to be a professional coach, why don't you check out act [leader.com](#) that's [www.actleader.com](#).

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