



INSTITUTE FOR THE
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The Art and Science of Food and Body Coaching Summit Interview
With Sarah Lucille and Nic Strack

Sarah Lucille- Hey everyone. It's Sarah Lucille here, director of student services here at the Institute for the Psychology of Eating and we are here today in the Art and Science of Food and Body Coaching Summit. I am joined by Nic Strack and hi Nic.

Nic Strack- Hey.

Sarah Lucille- We are going to be talking about Nic's work around self-care, working with individuals who are most likely parents and what that means for them and I am a parent so this topic is really of interest to me and a reminder to myself to be honest. And of course we'll go into the conversation around what it means to work with people or work with groups or to say I specialize in working with this specific group of people and if you are a parent, you might find this of interest for your own life. If you're a coach or practitioner, I would say listen in and Nic, I'm gonna turn it over to you to give your introduction and let us know a little bit about yourself.

Nic Strack- Awesome. Thank you Sarah. Hey everyone. My name is Nic Strack and I am an empowerment coach for folks who identify as moms and what I mean by that is I basically work with folks who are non-men who identify as parents. The label does not necessarily need to be mom, but folks who have experienced the feminine conditioning and patriarchal influences that occur here, for sure, in the United States and definitely in other countries as well, to realign with their own empowered selves. So I think so much of patriarchy teaches women and mom-identified folks, we are not as good as men or what we have to say doesn't matter as much or we should be, as a mom, we're supposed to give more to everybody else than we ever give to ourselves and what I am helping folks do is to unpack the conditioning that they have experienced, and learned, and taken on, and to really re-align with their own inner truth because we all have it, we just get conditioned away from it and so I support folks in getting re-aligned with their inner knowing.

Sarah Lucille- Awesome.

Nic Strack- [Nic] Yeah.

Sarah Lucille- I mean I know you are a parent and a mom and so what was the inspiration for you to say, this is who I wanna focus my work on?

Nic Strack- The inspiration for me actually came from a huge fight that I had with my mom five years ago wherein the really emotionally charged relationship that we have always had reached a point of supreme intensity and I think it was she hung up on me... Yes, she hung up on me. I

said some really rude stuff. I totally own that. She said rude stuff, I said rude stuff. She hung up on me and then I turned to my husband and I was like, "I just really don't know "if I want to be a parent because if this is what it's like, "I'm not here for that." I'm not gonna bring someone into this world to just have fucking decades of emotional intensity, and charginess, and hurt, and sadness, and so much of my experience in my relationship with my mom was emotional pain overshadowing the love and consistency that she also provided.

Sarah Lucille- Yeah.

Nic Strack- And so for me, it was really learning to look at my relationship with her through the eyes of, if I decide to become a parent, what will I do differently? How will I be different? So that I can make sure for as much as I can take ownership for, I don't perpetuate the same sorts of patterns with my own child.

Sarah Lucille- That's really powerful.

Nic Strack- Yeah.

Sarah Lucille- And humbling, too. What I'm curious 'cause I'm like if I looked at this, I did had to do a lot because my mom and I, in a very similar way, had our own blow up and I felt like I kept approaching parenting from this energy of I'm not gonna do it this way and in a way, that was exhausting too.

Nic Strack- Yes!

Sarah Lucille- So I'm curious, what did you discover when you took the time to look at, well what were the things that went into this dynamic or how my mom was showing up for me and here's what I want to do differently learning what I know now?

Nic Strack- Just to be clear, I'm still very much still in that process now. It's continuing to unfold and so much of it has related to my decision to, and desire to learn more about contexts that exist completely outside of my direct relationship with my mom. So for a little bit of history on my family, my dad is Indian, was raised primarily in India, and my mom is Korean. She lived her whole life there until she and my dad met and then they moved to the states and so I clearly am not a white presenting person for anyone who may be listening and cannot see me. I have tan skin and people call my eyes almond shaped and so I do not look like a white person at first glance. So being raised by immigrant parents in America, where systemic racism and white supremacy are at the foundation of so much that exists here, it has taken me being able to unpack their experiences for as much as I can as an outsider because I haven't lived that, but taking that into context for how and why they parented me the way that they did and for example, with my mom coming with the Korean cultural stuff and very much both of my parents coming from countries which are so steeped in patriarchy and cis heteronormativity. So, cis gender is when folks are, for example, assigned male at birth and identify as a man and a cis

woman would be someone who was assigned female at birth, so born with the uterus and ovaries, and then identifies as a woman and I identify as non-binary. So in cultures which are so committed to patriarchy through cis gendered folks and heterosexual memes that men be with women. These are all quotes and quotes and quotes. I was raised where that was the only truth that was known.

Sarah Lucille- Yeah.

Nic Strack- In my family. It was the only way that family could even exist. I wouldn't even call it a choice that I was raised as a girl who would be with boys and that was just kind of it. And presenting as a person of color in the United States, that would have an impact on how I would be received by other folks and so for me, so much of this adding context to how I was raised, has been really helpful for me to understand more of the dynamics of... My mom, for example, would fat shame me growing up, which was how she learned to love people because that was like, in Korea, if you're fat, then you get teased and you get ostracized and so her way of keeping me safe from that ostracization was to fat shame me because that's what she was modeled as what she experienced and that's all she knew. And so for me, it's been looking back at these parenting choices, being able to hold the truth of this is all she knew and it came from a place of true love as she understood it and this was very hurtful for me and how do I want to engage with this differently with myself and then also with my child as I become a parent. Does that answer your question?

Sarah Lucille- [Sarah] Yes.

Nic Strack- I felt like I was answering the question-

Sarah Lucille- Yeah, I think that... I remember years ago when I was a recent graduate of Marc's and I had even shared it is not easy for me to learn from a man 'cause I just learned to have a lot of mistrust there and so for me to hear him say something like looking at the way that your parents taught you things because they were doing the best they could with what they thought would be the best for you to be received by the world and it still can be that, yes they had your best interest and it hurts and it was harmful and allowing both to be true was so needed. 'cause I think where there's a lot of well, I need to be grateful. I can't feel this about my parents and then the question from there is, what's the legacy that I want to leave or what stories do I want to change? And that's where I get really excited seeing you talk a lot about self-care for moms and so there's this energy of how can I do better? And then that feels very much like a lot of pressures. Like, okay, I've got to be perfect. I've got to be good, which goes back into the binaries of goodness and you're good or you're bad.

Nic Strack- Yep.

Sarah Lucille- And so, if I were in that energy of okay, I'm curious about Nic's work and the thing you're saying to me is I have to turn to and have a relationship with self. That I'm very

curious about especially for people who are coming into your work and they wanna work with you, how do you describe that to them? Or put that in the context of this is why you're starting here, this is why you, the self, and self-care matters in order to also have the results of a different kind of parenting relationship.

Nic Strack- I love that question. A lot of it centers around, and I often use examples, so that folks can be like, oh, I understand what you mean by this in a real world living example. So, my example is something like, for me for example, being raised only in the binary understanding of gender and then just in the last three years of my life being like, wait a second. This doesn't actually feel right for me. Non-binary and that just opens up a whole different perspective on how gender can be experienced by folks and because of that, my desire to better understand myself and my experience of gender specifically, the way that I would raise my child regarding conversations specifically around gender have shifted a billion x. Already they're two and a half and they've asked to use the it/them pronouns. I use they/them pronouns and they've asked to use they/them pronouns and to me, I highly doubt that would have happened had I not taken the time to go within and decide learning more about me is really important. So, in being able to see myself more wholly, I am now able to hold space for and see my child more wholly and offer them what I think is a more expansive understanding of gender, right? So you could plug and chug any aspect of who we are and how we be where for example, with emotional spaceholding often there's this hierarchical structure of emotions where happiness is at the top and sadness is at the bottom and our culture does not hold very much space for folks to express or feel sadness and so my ability to be and accept and express my sadness impacts my ability to be with my child's sadness. If I'm not okay feeling sad, I'm gonna try to get my child out of feeling sad 'cause I'm not okay with it and so this is where my relationship with myself regarding sadness directly defines my relationship with my child regarding sadness and so that's what I really mean when I talk about... My phrase is the relationship you have with yourself defines the relationship you have with your child and it's definitely like that that I'm talking about. My capacity to know myself whole heartedly impacts my capacity to know and hold space for my child and their truth.

Sarah Lucille- Yeah, I love that. We just spent a whole day yesterday talking about if you're going into coaching or wellness at being a wellness practitioner really the work starts with self awareness 'cause if you're going into it without having done some work around your own self awareness and understanding yourself and your beliefs and your conditioning and your biases and also just how you are and how you wanna show up in the world, then that's gonna impact your relationship to your clients and that has to be true for everything, really. Your relationship to your kids, to your spouse. So I love that and we have a lot of individuals in our community where that's so hard to do because of that especially the gender conditioning around being taught to be selfless to cater to others, to take care of others and so it can be a great challenge. Even the body might resist that self-awareness work of is this a good use of my time? What could I be doing for other people? Do you confront that in your work with clients or in talking about this with mothers and how would you answer that question or kind of guide someone through that experience of self-care, self-work is not selfish?

Nic Strack- Yes, I love this too. Even just that piece about this work starts with self-awareness, that's huge. With parenting, it is so rarely discussed where the parent is with their own self. There are so many guides about what to do with and for and to your children, but it doesn't start with the parent having the knowledge of even why. Why do I wanna do these things? What are my deepest values? And so the self-care piece is in so many ways it's everything, really. So much of what I teach is based on this idea of self-care, which means that I take care of my whole being. Physical, mental, emotional, spiritual, the parts of me that create my wholeness and without truly knowing where my beliefs about how self-care should look for me, knowing how to discern between the shoulds and the truths, that is where the real gold happens. So, the difference between me sleeping because I think I should because someone's like, "Oh, take the day off." And I'm like, "oh, well I guess I'll rest and sleep." Versus me being like, "Actually what's gonna "be more fulfilling for me right now "is to do this meditation practice." Or something like that, right? Similar, but different, but really it's the underlying truth of knowing, which is where the energetic impact is different. So what I definitely spend time unpacking with my clients is where is this coming from? Where did you learn that this was something that would work for you? It could be, oh through experience because this is what I've tried and this is what has worked for me and some of it is this is what I've heard is supposed to be the thing. There's so many with parenting. Nap when the baby naps, right?

Sarah Lucille- I know, I remember that.

Nic Strack- I rarely did and the reality for me was when the baby was napping a lot of times that was my time to be able to connect with folks outside of my house, which were just me and the baby when Eric was working, when my husband was at work. I wanted to connect with other people and so I didn't nap when the baby napped and it was restorative in a different way and that's what we don't really talk about, which is different ways of engaging in self-care can have different kinds of restoration and a lot of the self-care conversation these days is reduced to strictly physical self-care, which I think is hugely important. So important, sleep. Again, I am a huge proponent of sleep and being intentional about how it fits into the entire self-care image is really important as well. So, unpacking the conditioning and the truths versus shoulds, is one of the biggest parts of that.

Sarah Lucille- I love that. I find I'm someone who's very... I will rebel against specific advice.

Nic Strack- Yes.

Sarah Lucille- For the sake of just, you told me to do it and I don't want to now.

Nic Strack- Oh my gosh, yes. Don't tell me what to do.

Sarah Lucille- Right? Should and you should do this is such a difficult energy to come into an activity with.

Nic Strack- Yes.

Sarah Lucille- Yeah, I love what you said about self-care and the way it's talked about in a very popular way right now. The mainstream conversations around self-care, which I mean I didn't even know what self-care was for a long time, truly. My upbringing was you need to be busy and so I never really saw my mom just sit down and chill out and then if she did, it was 'cause she was exhausted and couldn't move and so, I am grateful that it became more mainstream. The talk about something like self-care.

Nic Strack- Yes.

Sarah Lucille- And I like where you said there's a deeper experience to self-care that's more than just schedule a massage. I mean not everyone can do that.

Nic Strack- Right.

Sarah Lucille- Not everyone enjoys massage.

Nic Strack- Hate.

Sarah Lucille- Yeah, I had a friend who that's exactly... Her therapist kept telling her go do a massage. Give yourself time for a massage and she loathes being touched and so her entire hour was just tension and to tell herself to enjoy it and imagining what that does to her nervous system and her body. So, how do you go into conversations or like to teach about self-care? Especially for people where that is something they just haven't been doing in their life? And as a parent too, who has been getting that sleep when the baby sleeps and try to go to bed at a reasonable hour and then it even gets worse like let the baby cry it out or else you're never gonna get a night of sleep. Things where it's almost self-care that you're learning in a way that goes against your own intuition. How do you bring people into that relationship with self-care where they know this is what works for me and this is the approach I'm going to take to it?

Nic Strack- I think one of the biggest parts of that is supporting people and paying attention to the physical sensations that they experience around right before and while making choices, as well as the thoughts and the beliefs and the emotions. Our bodies tell us. They tell us in a second if it's a thing that, to binary it, that we feel good or bad about. There are ways in which we experience the physical sensations that we have in our bodies and so what I teach is choosing to tune into the physical sensations because in a lot of ways, we have often been conditioned away from listening to our bodies or trusting that they have some really important messages for us because we've gone out of bodies and up into our heads.

Sarah Lucille- Yeah.

Nic Strack- Just like intellectualize, intellectualize. Just be in here, brain, brain, brain instead of brain, body, it's all related. So teaching folks to first have the intention to tune into their physical sensations and then when having one, when having some sort of sensation checking in and being like, what's happening here? So for me, for example, before getting on this call I had this physical sensation of some tightness in my stomach and I was like, what's happening here? And I was like, oh, I am feeling a little bit anxious about this. You know, it's a call. We're gonna be recorded. Other people are gonna watch it. There's that. And then I was like, but I'm okay with this. I'm okay with this level of stretching my comfort zone so that I can show up and be in this conversation with you.

Sarah Lucille- Yeah.

Nic Strack- And so, if I were to for example, on Saturday or the day when we were supposed to talk. Sarah and I were supposed to talk last week and I was on the first day of my menstrual cycle and I was laid out, like exhausted, and so when I thought about having the call with you, I was having the physical sensation and that, when I checked in about it, was more about I really don't think that what I will have to bring to this call will be as much as I could on a different day when I'm more rested, when I'm not just bleeding so so much I'm just exhausted. And so it's learning to tune into the physical sensations and realizing or taking the time to process. Like, is this something that I am okay with that I believe will serve me in this moment? Or is this something which is actually some form of resistance and maybe me hiding out? And if I'm hiding out, what am I hiding from? What's that about? Where did that come from? So, sometimes if someone chooses to do a massage instead of the thing that might actually work for them, that's a chance to be like, oh wow, I was giving this other person's opinion of what I should be doing more weight than what I know to be true for me. Where did that come from? Right? It's just questioning the self-inquiry. Getting curious about what is going to serve me in this moment and also accepting that what is going to serve me right now is not even potentially gonna serve me in the next second and being okay with missing some of the questions and being like, oh shit I did a thing that didn't work for me. Okay.

Sarah Lucille- Yeah.

Nic Strack- That happens, right? And then being like, okay, so what would I do differently next time because I don't want it to be this energy of, fuck I did it wrong. I need to change it. Like oh, whoops I missed that one.

Sarah Lucille- Yeah, oh I really like that. I love that because I don't remember when, but we were having this recent conversation. I'm someone who lives with anxiety and when I first got into the coaching world, there's a lot of misinformation about things like anxiety and depression and a lot of gaslighting yourself around it once you start going into that personal development and so, I kept approaching it from this place of I'm doing something wrong that this keeps showing up and it's like a frenzied experience where I suddenly just start rearranging the entire house. I have to set things in a certain order on tables and I know I'm doing it and knowing now

and hearing about what you're saying is so important 'cause the body can be tricky and it can give you feedback and I love that you take the time to teach people how to be curious about the feedback instead of initially just reacting to it without asking, okay what is this really about? Because otherwise I wouldn't do anything. I would be like, I'm feeling anxious. I'm gonna just cancel everything and instead the curiosity allows for a solution that may not have been available otherwise. That's a really powerful coaching strategy.

Nic Strack- Yes.

Sarah Lucille- It's so needed for coaches to know that. There's kind of a surface level conversation going around about having an intuitive response, but there's more to it than just I had a response and so the answer is this or-

Nic Strack- Yes!

Sarah Lucille- Yeah, I just got really excited even. And what my partner and I had realized what we talked about in that moment and her question was what can I do because I have all these beliefs about how I need to fix your anxious response because of her own upbringing and beliefs around that and being able to be curious with each other as partners because how we are with each other impacts the kids too and realizing the one thing that I noticed brings me back down to Earth is when you just put your hand on my back or give me a hug and it's grounding and it reminds me I'm here and I'm okay and that was our solution, but I would never suggest that to someone if that's gonna be the worst thing possible for them. If someone tries to touch me when I'm having an anxiety attack, that is going to escalate things and so it feels like this work around self-care really has to be very personalized. There isn't a template or a PDF really that can cover it and the dynamic there, when you're working with moms and parents who are in partnership, I know that's a big factor too and I was previously married to someone where this stuff just didn't work for his brain. He's just like, "I don't get it. "Everyone should just toughen up." That was his approach to life and it was very challenging to try to be in this new way of self-care in a resistant partnership and I'm imagining that might come up when you are working with people who are trying to also advocate for themselves or create a new way of being in the home where not everyone else in the home is doing that work too. Is there an approach that you take to that to help people around their own self advocacy or having conversations with their partners around what they're doing and why they're doing it and why it's important?

Nic Strack- Yes. For starters, because folks have had such different kinds of conditionings in their lives... For starters, what I really encourage people that I work with to do is to speak in ownership language. So, specifically to point out what I call neutral observations or behaviors. Pointing out a behavior that somebody did. So, instead of something like, "You were being mad at me." Or something like that, or you were judging me, it's like, "Oh, I noticed you said this thing "and you had this kind of tone of voice "and I interpreted that as meaning you were mad at me." Because then I am owning my response to a neutral event. So, I think one of the biggest things that I've been realizing as I continue to nuance and delve into what it means to take ownership

for me and my experience of other people and that I am the one constructing my experience of life from moment to moment to moment based on a combination of who I am and what I've learned and how I've learned to be to keep myself safe as well as how I've learned to be fully expressed. All of these things, I hold all of these in me and from moment to moment, I can pull from any combination of beliefs that are expansive and beliefs that are constrictive than a moment. So, teaching myself to not use specifically the words I knew you were XYZ and to really start to detach from the attitude, from having this attitude of oh, I can read you, I know what's happening with you, but really pulling that apart and being like, combination I am curious about what you are experiencing right now and I am choosing to give you the benefit of the doubt. Those two pieces are so huge because I think a lot of work can be done, even if only one person is choosing to really unpack their own stuff and large caveat, I totally also believe that there are such things as toxic, abusive relationships and that this is in no way me advocating for somebody gaslighting themselves into thinking I need to keep working on this so that I can be with this person. I also truly believe that if there is a limit for every human, for everybody it's different, to what they are willing to tolerate in a relationship. So, I wanna make sure that I make that super clear. I'm not advocating for folks being like, I just need to try harder. So there is an endpoint to it and I think that there is way more gray area than a lot of people would account for between where they currently are in how they're communicating and how much more they could potentially do and practice over time to be really present with themselves and what they're experiencing and be in ownership of you have a face that looks like this, right? And the meaning that I am making of this face is all these things. It's amazing to me. My husband can walk in the room and have a face. He makes this one face and I'm like, story, story, story, story, story, story.

Sarah Lucille- Yep.

Nic Strack- Tuning in and practicing me being like, "You just made a face and these are "all the things that I've decided about it." He's like, "My butt itched." You know, whatever it was. It was like we never really know.

Sarah Lucille- Yeah.

Nic Strack- So committing to curiosity and giving the benefit of the doubt I think are two really big helpful things to keep in mind and practices to engage in especially when speaking with co-parents because that shit is...

Sarah Lucille- Yeah.

Nic Strack- It is a lot.

Sarah Lucille- Yeah, the face thing cracks me up because I definitely have a lot of facial expressions that I don't realize I'm doing and we had to have a conversation and I love how many ways that self-awareness work also challenges assumptions about other people because

we get to be more self-aware of our experience that we're having and so we can actually be more curious about what actually took place because assumptions are such a foundation of so much conflict

Nic Strack- Yes.

Sarah Lucille- And that could be approached very differently. Yeah, oh my goodness and if I had known that. One thing that I'm wondering about for on the limits thing because I strongly believe in that as well that we all have our limits and it's hard to know them sometimes because especially going back to that conditioning as kids and if you were socialized as a girl and little girls being taught certain things. I catch it. I have two daughters and I catch the way that they receive information from the world about their gender and what they can expect for themselves in the future and so there's how to find out what our true limits are versus what we've told ourselves we should be capable of doing especially coming from that mom place of having to have everything handled. The birthday parties, everyone's schedule, transportation, lunches, the belief that moms are the ones who have that all together and dads can be goofy and take out the trash and get a gold star for it. And so there's a lot of things to unlearn and then how would you help someone become aware of this is a limit for you. Your energy, who you are, where you are with things and this is something that was taught to you and how then the practical step of what comes next if you really realize I cannot be the only person who does the dishes? How do you implement a change around that in the house? That was a lot of questions.

Nic Strack- Okay. Yeah, that was a lot. I'm gonna do my best to answer them all and if I don't, we will circle our way back. With the limits conversation, what I think is so important for folks is to start learning how to track our own capacity from day to day to day. What do I have a capacity for right now and what is being asked of me? What am I giving? Who am I in relationship with? Where am I putting my energy? That kind of capacity assessment, let's call it, the more we can be aware of how we expend and restore our capacity from day to day, the more we'll be able to rely on our assessment of our limits and by that I mean, when I had a newborn and I was hardly sleeping, my capacity was so depleted that tiny things could seem like the biggest deal in the world. I accidentally put a diaper through the wash and discovered what happens when a diaper explodes and it gets over everything and I was just like, "What am I gonna do?" Right? If that were to happen today, for example, when my child is two and a half and I'm getting more consistent sleep than I was at that point, I'd probably be like, "Oh shit. "This diaper exploded in the wash." Right?

Sarah Lucille- Yeah.

Nic Strack- So, the name of my business is Perspective Perspective, which is based on potato, potato, tomato, tomato, where mainstream culture gives us one perspective and I am consistently looking for the perspectives of other ways to look at the situation. So, maintaining perspective in a situation where it's like, I am at a very reduced capacity right now because I am not sleeping consistently. It is totally okay for me to have the response that I'm having and doing

my best to not do any sort of heads will roll decision. Like, heads will roll and just chop. So, that's very violent. Like not going around and making huge broad strokes.

Sarah Lucille- Yeah.

Nic Strack- Saying mean things. Doing my best to really make sure that I be in alignment with recognizing this too is a phase. There will be a time when I am going to sleep more and there will be a time when this is not going to impact me as much and navigating, holding both that and right now this is a lot for me, what can I do to have this shift, right? So, for example, with the dishes conversation, it's how much can I grow my capacity to be okay with a sink full of dishes? So my thing, specifically with dishes, is I don't like having dishes in the morning in the sink. So we do dishes every night to make sure that the sink is clean in the morning because if there are dishes in the sink in the morning and I get up then I'm like, oh. It's like an immediate jab to my capacity for the day.

Sarah Lucille- Yeah.

Nic Strack- And for a while though, there were days especially again with a newborn, when there would be dishes in the sink in the morning and what I decided to do was to figure out how much can I just be like, whatever, right? Even sometimes cover it with a towel. Don't look, don't look, not even look at it, but navigate my own interaction with the dishes and not make it be these have to be done in order for me to be okay. Being okay with having more grace and space with that while also having conversations with my husband around this is really important to me. I know we are both at reduced capacity. What can we do about this? Sometimes it was calling friends and asking them to come and do the fucking dishes. That is real. Being able to and willing to ask for help and I totally understand not everybody has folks who are going to be able to do that. Not everybody can pay folks to do that. We certainly have not been paying people to clean our space, but being willing to think outside of the box regarding is this a need? Is this a need to have right now? And for some folks, it will be and that's okay. And figuring out how do I have that need be met in a way that is conducive for the relationships that I have where my partnership is not reduced to whether or not they do the dishes, right? We've had the laundry conversation with that.

Sarah Lucille- Yeah.

Nic Strack- Does that answer your question?

Sarah Lucille- Yeah. No it really does. Even it just feels relieving to think you can see the reaction you're having and not beat yourself up about it, but also not go and light fires everywhere else because of it too.

Nic Strack- Yes, exactly.

Sarah Lucille- Which I have for sure done in my life.

Nic Strack- Ditto.

Sarah Lucille- And I think we all have, yeah. Allowing ourselves the humanity of we can all be jerks sometimes and the fact that you teach people to tune into themselves and their capacity and their limits is such a important thing. Such a needed thing. Do you ever experience resistance? Or people are just like, I just want this result? Can you just teach me how to... 'Cause your website feels very clear to me like it would attract the best kind of clients for you, but also our coaches, we just spent a weekend talking about this, what about people who still want me to give them a diet plan? 'Cause we don't do that. Who want me to tell them what to eat because they're being told by a lot of marketers that there's no other way to get clients as a health coach. Which isn't true, but they're getting the message and so, have you faced that in your work at all around how to phrase results or how to educate people around what to expect and release the need for that immediate fix or surface level result?

Nic Strack- Yes and it's also still a work in progress because there are some folks who are coming to me who just wanna be told what to do and I get it. When we're at reduced capacity, sometimes it can be easier for someone to tell us a thing. What do I do unless you tell me? But often that is the kind of stuff that doesn't stick when you throw it at the wall but it just kind of flops off.

Sarah Lucille- Yeah.

Nic Strack- Because it's not necessarily aligned with who we are and so yes, thank you for your feedback on my copy. I do believe that. I've written it with the intention of being really clear that this is about folks creating their own stuff and I'm here to ask questions and be curious and so in a situation like that, if someone were like, not that they necessarily asked me for this, but for example if they were to say, "Give me an eating plan." Or something. I'd be like, "I'm curious to know "what you think that will shift? "If you were to have one, "what would that change for you? "What is the difference between me giving you one "and you creating one for yourself? "And what is underneath your desire for that?" Just getting curious about different ways to talk about it 'cause for me, a lot of the time if I'm in a conversation and someone is up against their resistance, I do not think about it as my job to force them through. I hold the vision of them knowing what's best for them and that my role is to help them unpack all of the stuff that can get in the way of us knowing what's truly best for us 'cause we have all of the stuff we've been talking about. All kinds of conditioning that has been put on top of what we know to be true and so I believe you have this inner knowing in you and I'm here to help you pull away all of the stuff that's gotten on top of it. So I just ask a lot of questions and I think being willing to stay in alignment with what your coaches want to be doing instead of doing something that feels out of alignment for them just because that's how some of the coaching industry, around health in particular, that's the direction that it's been going in, right? So, being willing to stay aligned for you because you're not gonna feel great about giving that thing if it's not in alignment and in

integrity and trusting that the folks who are going to want what you have to offer are going to come and that people can do the I'm gonna give you meal plans way and get clients and then you can also do the way that you're gonna do it and you're gonna find folks who are gonna be in alignment with your integrity.

Sarah Lucille- Yeah, yes. Thank you for that.

Nic Strack- You're welcome.

Sarah Lucille- I love the diet plan question. The way that you phrased that was just like a light bulb went off of I'm curious on what you expect would be different if I made you a diet plan versus you found the best way to plan for what works for you and the difference between what you can easily access online and I just love the curiosity that you bring into your work. I think it's such an important coaching skill and it's hard to do because coaches tend to be humans who are helpers.

Nic Strack- Yes.

Sarah Lucille- And things we've learned about what helping has to look like, which means fixing problems.

Nic Strack- Yep.

Sarah Lucille- So we have to Olivia Pope everybody's lives. Which doesn't turn out to always be the most helpful thing and so really training our bodies to stay still sometimes and patient and slow down and curiosity is a kind of slowness, which Marc would love that because his entire body of work is slow down with food. Slow down with coaching. Do you have an all time favorite experience in your practice or with a client that is a great memory you like to share?

Nic Strack- The first thing that came up was actually a text exchange that I had with somebody who wasn't a client, but they were sharing about a parenting experience that they were having and they asked for my thoughts on it and I ended up sending a vox back with an audio message back with genuinely questions that I was wondering about oh, what is it about your relationship with so and so that's bringing this up for you? Or does that remind you of a different part of your life or a different relationship that you've had? What did you think this meant about you for them to be doing this thing? All these questions and they came back with... The way that they responded, she was just like floored with the breakthroughs that she had as a result of these questions that I asked and I just felt really proud of myself. I was really excited because I was like, oh I'm really integrating this curiosity into my life in a lot of different ways and so that moment, a non-coaching curious friend moment, which ended up being a supportive coaching experience as well. That's the first one that came up. Thank you for asking. I love that question.

Sarah Lucille- Yeah, that's awesome. I love that. And I love hearing people give themselves

credit too.

Nic Strack- Yeah!

Sarah Lucille- [Sarah] Being proud of yourself is important.

Nic Strack- Agreed.

Sarah Lucille- Is there a future that you would love to envision for this world of coaching and wellness and self-care that's where we could go if we could get there?

Nic Strack- A big part of what I am currently unpacking around the self-help industry and what you're talking about, the gaslighty stuff that is really, really so prevalent in it, I'm unpacking that and reconditioning myself to think about humans as existing at the intersection of being and becoming because I think that we are so naturally, we are born to learn. We are born to be where we are and also to learn and grow and the two can simultaneously be happening is what children, to me, are the biggest example of. This human is so wholly present with where they are and who they are right now, and they feel the pull to learn this other thing or to pull to stand up. Like, literally to walk, or to crawl, or whatever their bodies are capable of doing. They're naturally drawn to doing that and they don't do it from this place of I'm not enough. They do it from a place of I am who I am and this is also a part of me standing into my wholeness.

Sarah Lucille- Yeah.

Nic Strack- And I think that if we were to hold humans like that instead of the fixing model, or the you're not good enough model, or the push yourself till you fucking die capitalistic model if we were to just be like, yes, you are where you are. This is wonderful. Yes, you can have something different too. You can engage with your emotions in a different way. You can make different choices. You can communicate differently. This too. Just holding it all so much more lightly and lovingly, I think that that is my dream instead of... 'Cause one of the biggest things that I am helping moms with or that I'm focusing on right now is this idea of mom guilt, which is essentially feeling guilt about any choice I ever make or don't make I can always find a reason to experience guilt around something that I'm doing because someone else did it differently and that worked for them and so what about this and what does that mean for me and what does that mean for my child and for my family? And all these things, right. Mom guilt. Holy shit.

Sarah Lucille- Yeah.

Nic Strack- And what I think the cure for that is is to be present and by be present, I mean be present with and attuned to the exact experience that I'm having right now, which includes and holds space for I am feeling guilty. I am shaming myself for feeling guilty. All of that, right? All of that is okay. There's nothing wrong with me doing any of that stuff. It's for me to take a look at it and be like, oh shit, this is what's happening in my current experience. Okay, now what? Instead

of like, oh God! And that's what's happening and then having yet another layer of shame. It's being able to hold it and be like, oh I can be present with oh right now my child did this thing and I just want to scream and what is the choice that I'm actually gonna make, right? And sometimes, we're going to scream and then we go and we look back and we're like, bandwidth assessment or capacity assessment, I was depleted. So it's like, okay so now how do I want to proceed? I would like to repair with my child and acknowledge I was at reduced capacity or whatever it is. That it's all okay as long as we commit to being and becoming.

Sarah Lucille- Yes.

Nic Strack- Be present with who we are as humans. That's my dream.

Sarah Lucille- I love it. It's so funny if you go to my website, the very first thing that I focus on with coaches is becoming because there's this incredible pressure to be something in the eyes of other people instead of becoming who you are as a coach or how you're gonna show up and you can't really do that if you're holding this image of this is how I have to be and how I have to show up and same, oh my gosh, the mom guilt, that was a whole trip for me, especially going through divorce. That'll bring some stuff up because the lawyers literally used it. That was their leverage. Where can we really poke at this person and say where she wasn't spitting the image of mom. Making a decision, going back to the beginning of the conversation of who am I? Who am I and then what's that look like as far as motherhood and partnership and that takes so much pressure off. The difference between being for other people and becoming who you are, I love that. Is there a place where people who are very curious about your work or would like to be in touch, is there a place that you would like to send them?

Nic Strack- Yes! So my website is at nicstrack.com. [Nicstrack.com](http://nicstrack.com) and that's also my Instagram handle so you can find me @[@nicstrack](https://www.instagram.com/nicstrack) and on my website, on the coaching page if folks wanna reach out, but you can also not necessarily be interested in coaching and still reach out, at the very bottom of the coaching page my phone number's there and there's a link to email me so you can text me or email me and if you are reaching out because you've watched this video, just let me know like, hey I watched this video and tell me what you'd like to connect about and I'm totally open to doing it. Even if you're lookin' for a friend, not necessarily a coach, I'm here for all of it. Let's talk.

Sarah Lucille- Yay, awesome, and we'll put all of that in the description as well so it's easy to click over to. Nic, thank you so much.

Nic Strack- You're welcome.

Sarah Lucille- This was so fun. Such a great conversation. I appreciate your time and for being here.

Nic Strack- Thank you as well. This is awesome. Bye everyone!

Sarah Lucille- And thank you everyone, we'll see you next time.