

In this week's episode we are covering money mindset which is another requested subject. We know that money mindset can hit you hard when you start a coaching business so let's explore today how you can grow a strong money mindset and be more self aware when the money gremlins are occurring.

We discuss:

- How we can be triggered around money issues
- The impact of money mindset issues in your business
- The different money stories we carry
- How money mindset can be the source of other difficulties in your business
- How you want to feel about money
- The art of feeling curious about money mindset
- Ways to bypass the money mindset gremlins and access your most resourceful state

From today's episode we would love for you to explore your own money stories in order to take the first step to becoming curious and making a change. Changing your relationship with your money story will have a huge impact on many different aspects of your business. Are you ready to look at your money mindset with curiosity? We would love to hear what you discover.

Purchase our bestselling book "Deciding to Coach": <https://www.amazon.co.uk/dp/B09XG1SJWC>

## Resources

- Take our FREE Quiz 'Which Coaching Course is Right for Me?'

<https://www.mycoachingcourse.com/>

- Join The Coaching Crowd Community on Facebook

<https://www.facebook.com/groups/TheCoachingCrowd/>

- In Good Company (UK)

<https://www.igcompany.co.uk/>

- Check out our YouTube Channel

<https://bit.ly/378rY9a>

- Check out our Instagram

[https://www.instagram.com/the\\_coaching\\_crowd](https://www.instagram.com/the_coaching_crowd)

- Work with Jo Wheatley as your Emotions Coach

<https://www.jowheatley.com>

- Connect with Jo Wheatley on Instagram

[https://www.instagram.com/jo\\_wheatley\\_coaching/](https://www.instagram.com/jo_wheatley_coaching/)

- Connect with Jo Wheatley on LinkedIn

<https://uk.linkedin.com/in/joanneheatley>

- Work with Zoe Hawkins as your Courageous Leadership Coach

<https://www.zoe-hawkins.com>

- Connect with Zoe Hawkins on Facebook

<https://facebook.com/zoehawkinscoach/>

- Connect with Zoe Hawkins on LinkedIn

<https://uk.linkedin.com/in/zoehawkinscoach>

- Connect with Zoe Hawkins on Instagram

<https://instagram.com/zoehawkinscoach>