

EPISODE 49

RB: What I often ask my client to do is think, in that very split second, in a year from now, how do you wish you would have handled this? And I like that because we're taking you out of the heat of the moment when that 15-year-old's ready to pop and possibly rightfully so and thinking, "A year from now, how well I wish I would have handled this?"

Yes, so when I teach this, I have this metaphor methodology. One of the first ones we talk about is boundaries are like a muscle, meaning, at first this is heavy, it's hard to lift."

[INTRODUCTION]

[0:00:35.7] AS: You know battling food and your body doesn't work. You want to love and accept yourself. And because you're insatiable, you want results too. And wouldn't you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that's your prime time to thrive. We're here to say "YES!" to the hunger of wanting it all. I'm your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting, and find a truce with food.

[0:01:17.1] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRO MESSAGE]

[0:01:25.9] AS: Welcome everybody to episode 49 of the Insatiable podcast, *Healthy Boundaries for the Holidays with Randi Buckley*. Her coaching clients say, Randi is equal parts Pema Chödrön, Sophia Loren, and Clint Eastwood, with a splash of George Carlin and we couldn't agree more. From one on one coaching to executive training and consulting, Randi has made a difference in the lives of so many, including working with the Academy of Motion Picture Arts and Sciences, AKA the Oscars, Canyon Ranch Spa, Stanford University, and many more but there's too many to list.

In this episode, Randi talks about tactile ways to create boundaries in our lives around people, food, and exercise. The holidays can be a pain point of stress, overeating, and family drama. So let's talk about how to navigate this all with ease. Officially Randi Buckley is an international coach, mentor, retreat leader, and writer whose work cups women find their truth and be at peace with it. She is the creator of Healthy Boundaries for Kind People, Maybe Baby, Depressed Like Me and the Viking Women Workshop. She is momma to Raven and in her free time, untangles whales from fishing gear in Monterey Bay.

[INTERVIEW]

[0:02:33.9] AS: So we are here with Randi, Randi, I am so excited to have you here, I have admired your work for years from afar and I don't think I've ever told you this formally but your nuanced and thoughtful and kind view of life has just been such a solace for me as I was building my business and because the world is such a land of extremes out there. You just always came through with this piercing truth and — yeah, so I just thank you for that.

[0:03:03.1] RB: Thanks for that. I'm glad you experienced it that way.

[0:03:06.6] AS: Yeah, you guys are going to love this and even though we're talking about healthy boundaries for the holidays and relatives, I think we could also easily call this "how to not overspend over each, over drink". Yeah. So Randi, before we get in to the details, I just learned this really fun bio stuff about you and I was just wondering, if you could — how do you get involved with these kinds of things? You were a body double for Demi Moore and Penelope Cruz, you also detangle whales, you speak Norwegian.

[0:03:39.5] JB: So many random facts Ali.

[0:03:42.6] AS: But I love that stuff, I find it so interesting.

[0:03:45.1] JB: Totally.

[0:03:46.9] **RB:** I have to say, the fact that really got my husband's heart pitter patterning 25 years ago was that I had hot tubbed with Jerry Garcia.

[0:03:53.8] **AS:** Oh my god. My friends from high school right now are like, "Tell me more."

[0:03:58.7] **RB:** Nelson the same Muck. Anyway, I used to do a lot of work in Hollywood because there was a lot of spas in that area and I ended up doing a lot of work with Hollywood producers, I was an apprentice to an Ayurvedic doctor for quite some time and so while she was writing books I was the one who would go out and speak and do treatments and then train spas on this very traditional Ayurvedic body work, et cetera. We ended up working with a cast of *Friends* and we were on the site of *Friends* for a little while because one of the producers was really into it.

So anyway, I got to know a lot of people in Hollywood and sometimes I was down there working with spas, or with individuals one on one who then became coaching clients and they would be like, you know — I'd get a call, "Demi Moore is trapped in a restaurant and there are a lot of paparazzi out front, do you mind just running through?" That's what it was, I wasn't in any movies and then that happened a couple of times with Penelope Cruz because dark glasses and long dark hair and 15 years ago can get you a lot, you just rush past like, you know, you want nothing to do with paparazzi and let me tell you, I would not wish that life on anyone.

[0:04:58.4] **JB:** I was just thinking that. Like gosh, no privacy, it's so overwhelming.

[0:05:02.7] **RB:** Yeah, it's pretty — people can get pretty vulgar when there's a degree of anonymity and ask and shout and you know all sorts of things. But it's fun to say.

[0:05:13.4] **JB:** Yeah.

[0:05:15.9] **AS:** Another question I have is from that to detangling whales to working in Ayurvedic to you worked it Deepak Chopra. What do you think has been the through line in all of those random experiences? I'm sure there's something that's been consistent?

[0:05:28.3] **RB:** Absolutely, it's been this coaching aspect, which I actually do not have a word for, it really has been that way since about I was six out in the playground. I remember people come and saying, "You know, I did something I wasn't supposed to, how am I going to talk to my parents about it?" And we, I remember between playing Dukes of Hazard, we would then work out ways of what you could say and still get your point across.

So it's always been there and that's part of the reason why I had so many different jobs is because they weren't fulfilling but there was this golden thread or red thread, might be thinking in Norwegian, red thread. Through all of this that had to do with supporting people in a certain type of way which I now call coaching because I haven't thought of a better word for it.

[0:06:08.4] **AS:** Interesting. I used to play Dukes of Hazard too and actually every Friday, this is random, but every other Friday was payday for my parents, they were city school teachers and so we would go out to Pizza Hut, it was like the big out. But we would have to get home for Dukes of Hazard because I was like obsessed. Then I used to pretend like, I remember we had this silver Honda and I would like get out the windows.

[0:06:35.3] **RB:** Jump out the windows, not use the door? Oh yeah.

[0:06:38.0] **AS:** Okay, so that's great. So onto boundaries, which I think a lot of people, when they hear that, they might not think — they might not understand boundaries in that way but I think when it comes to the holiday season, it's like when you say yes to someone's stuffing when you don't want more or you don't want to be high maintenance or a burden with your food allergies or you feel guilty for saying "no" to invitations and then obviously tension and relationships past histories, conflicting political views, that's always an interesting one that make you just uncomfortable and detracts from the experience. What I love about your work is I think a lot of people when they hear boundaries, they think of fences and keeping people out. You have a completely different approach.

[0:07:25.1] **RB:** I do. Sure, yeah, I actually didn't realize I had this approach until I started reading up about other people's or what people had written about boundaries and hearing the advice and I thought, "What? Really? That works?" Particularly if you're a kind person because I think and that was the angle I came at it with because a lot of the traditional and boundary

advice that people get is unkind. Or what makes you feel unkind or makes you feel — can I use lower grade cuss words on this?

[0:07:53.9] **JB:** You can use high grade ones too.

[0:07:57.0] **RB:** Thank you for that carte blanche there. It makes you feel like an ass, right? If you're a kind person and you care about the last thing you want to do is feel like you're hurting them or feeling like an ass. So you do whatever you came to avoid those two things, which usually means sucking that up and feeling like your boundaries are being violated. So I see it differently, so back to the point you made was a lot of people look at boundaries as keeping things out. This is the line in the sand, it doesn't get crossed or then I go crazy on you or whatever. The heart song is what's in my head, you don't cross this line.

I see it quite differently, I see is boundaries is what you want to cultivate and curate inside your life. For me, that takes the attention away from trying to keep things out and feeling very defensive, but rather inviting what you want in and then there are different layers of in that I suspect we will probably talk about but it's really about saying what you want to have come in. It's like extending an invitation, "Want to come over to my house? We're going to have," — and then you kind of lay out what your plan is and then invite people to participate in that way.

So I was just talking to my — I train coaches on this work and we were talking the other day, I really almost see it as an instruction booklet for people to get or a user's guide to get the best version of you. Because you're saying, "I'm at my best when this things are going on," and while you might not specifically articulate it that way or verbally articulate it at all because we don't walk around necessarily reading lists to people, hopefully. We can invite people to play on these terms.

So it's about inviting things and people in as supposed to keeping things out and yet I also feel like it's a lot like Glenda the good witch, in the wizard of Oz, she comes in that bubble. To me that bubble is a semi permeable membrane, you can have anything you want to come out, you know, your stuff can go out. You could get really be at choice with what you have come in but you're still of the world, you're still participating in it, you just really choose what is in your space.

[0:09:54.7] **JB:** I'm sure there's a way that you will explain like you're saying I'm doing this with kindness and not coming off like an ass.

[0:10:04.7] **RB:** Right.

[0:10:04.8] **AS:** So I'm just thinking about, with family in particular, and especially around the holidays how tricky it could be for people because there are so many triggers with I might not get along with this person or I don't want them in my space or, you know, at what capacity? There's always arguments that start for people around this time of year. So how do you navigate that as far as you're talking about boundaries with people in particular?

[0:10:29.5] **RB:** This is about this time we're going into, this is about as rich of a learning opportunity.

[0:10:33.5] **JB:** Yeah, for sure.

[0:10:35.4] **RB:** So I think there are a couple of different things, you can be very proactive and then you could also be responsive. If you have the capacity in advance to be proactive, there's a lot you can do but then also, there's a lot we don't know what's going to come at us so that's being the response apart. In the proactive piece, you can ask her what you want, you can ask her what other people want. So you might say to your mother in law, "We're really looking forward to our trip," or whatever is true for you.

Because it has to be honest and true or else it's insincere and that never plays well. That never folds out in the way you want it to. So, "We're looking forward to the trip, I'm wondering what all you're hoping what your experience is like, what you want to get out of it. We're also hoping to take a little side trip to this park and see some other friends of ours too, so what is really important to you?" And really kind of find out, what their expectations are to the greatest degree that you can advance so that you can try to meet those expectations. Because often, I think boundary violations are a whole series of unspoken and expectations or unmanaged expectation.

[0:11:35.7] **JB:** So it's poor communication usually on both ends.

[0:11:38.8] RB: That's a lot of it. Instead of saying, "Don't seat me next to Uncle Phil and, so and so," you can say, "You know I would really love to meet so and so's cousins new partner," and be like that, "Can you seat me next to," — whatever your situation looks like, but really kind of asking for those pieces you want but framing it in kindness. Instead of, "Ugh, I can't stand to sit next to that racist bigot." "Hey. You know, I haven't had a chance to catch up with so and so for a while," and really frame it to what you want to invite in.

The other aspect — and feel free to reign me back in because I'm abstract random, so I can keep going in various directions — it's really understanding what is important to you and I say, that boundaries are really values in action. So, and this is where the kindness piece comes in but really any value that is important to you or that you have. Let's say your value is respect and now you're sitting next to grumpy uncle Phil who can't believe so and so won, whatever.

[0:12:39.8] AS: Who would that be?

[0:12:40.6] RB: Right, exactly. But if you have a bottom line or a boundary of respect, you know that instead of letting him in to your life, you know you need to approach this conversation with respect. He gets to come and I use this metaphor, "boundaries are like a garden" and the garden gate is the bottom line. In this case maybe it's respect. So you know, instead of letting him in to that garden, you come out to the garden gates and treat him with respect, treat that conversation with respect. If it gets to a place where it becomes disrespectful, you let him know, "Oh, gosh, it's really important to me that you feel respected in this conversation I'm having with you and I might need a break. Can we return to this a little later?" Or one of my values is humor, so I use humor a lot, "Uncle Phil, what?"

[0:13:31.3] AS: "You haven't changed a bit."

[0:13:33.9] RB: "Oh, I know there's a big liberal heart in there, you're just kidding around," or whatever. Whatever's appropriate for you.

[0:13:42.2] JB: That sounds like a whole point is for no confrontation, do you ever feel though that there is a place for confrontation?

[0:13:51.4] **RB:** Oh absolutely.

[0:13:51.7] **JB:** With two individuals, you know?

[0:13:52.6] **RB:** absolutely. I think this is less non-confrontation than it is confrontation on your terms is what I would say or are you really being — what am I trying to say? Conscious and intentional about that. But I think in terms of confrontation, I have the same rules of engagement for lack of a better term. It has to meet my values, it has know that's my boundaries.

So if we go back to your respect. I know that confrontation has to be respectful. So what do I do? I turn that value into a verb; I approach it respectfully and you usually find that people are really happy to pick up on that and approach it in the same way. I'm sorry, you were going to say?

[0:14:29.2] **JB:** Yeah, I was just thinking, you know, there are definitely people that you'll come across in your life that trigger you. Family in particular, right? Because you have a relationship with them, a history with them from your past and sometimes you know that that person can evoke a feeling within you that you're like, "Oh man, there's that 15 year old inside of me that I haven't seen in a long time."

You have this choice that you can make whether or not you're going to let him or her unleash in that moment or make the decision to say, "You know what? I want to do this respectfully. Nobody's going to feel good in this conversation, I won't feel good, I'm going to make them not feel good." So you have to make it that choice. You have to take that step back before it happens you know? Be proactive.

[0:15:13.0] **RB:** Absolutely. So there are these roles that we occupy in our family's, right? We get back to a family get together, we tend to step back into those roles, it's very common and that's that 15 year old perhaps who would really unleash. The thing is, that would feel good, it would feel good to open up and unleash, that 15 year old, I think that's the temptation, first of all, those neural paths are already paved for us, we know exactly what to do, they're like ski tracks in the snow, it's easy, as supposed to taking a different course.

So what I often ask my clients to do is think, in that very split second and a year from now, how do you wish you should have handled this? I like that because we're taking you out of the heat of the moment where that 15-year-old's ready to pop and possibly rightfully so, and thinking, "A year from now, how well I wish I would have handled this?" That usually then gives you very clear crossroads and helps pave that other path to handle it in a way that you would feel proud of and glad you handled it down the road?

[0:16:11.0] AS: What I love about your garden metaphor too is, because sometimes that 15-year-old comes out because we weren't protected at the time, right? We didn't have the safety, the resources, the distance, whatever. Like that 15-year-old is a wounded self, right? Your garden metaphor it's like, people can come in at different levels, and that's where your power is that some people are just going to come to the gate because our values don't align or I'm not at a place where I can handle this, handle this political discussion. I'm just using that as it's very top of mind. But then some people I bet get to dig in the soil with you and that's the more intimate conversations and those people, but that's on your choice and I think when I work with my clients in story revisions, we really get into some of the mental structures that keep us safe like all or nothing thinking. And I think it's this idea of like, I've got to give respect, the same amount of respect to everyone, to uncle John, to my mom. There's different levels of what that looks like.

[0:17:14.7] RB: Oh yeah. I think in terms of respect as the bottom line as I was referring to, that's actually ultimately respect for yourself that you are working in the way that you feel is respectful. When I go into the — again, bring me back in if I'm going off course here — but when I talk about boundaries are like a garden, one of the metaphors I use. I think of different layers of the garden. So if we're in the middle and we think of concentric circles as the garden, you get to be the designer of that garden and really choose what grows where in relationship to you.

So you think, "What do you want these aspects of the garden to be?" and you're going to live it and find this, this is your world and so the people who get to come into the garden at all, that's what I call the garden gate, that's your bottom line, this is kind of just threshold. If they're going to be coming into your life to any degree, they have to be able to meet the condition of that

layer, the condition is your value. So the garden is actually layers of values, coming closer to you in the middle.

That value then becomes instructive about, if you're not sure what to do, how you go about something. So let's say your values are — kindness is your most intimate value or beauty or compassion or truth, any of this things, you know that in that ring, this are the people who operate in the place of compassion that come in. These are the people who at least have the potential to operate in a place of compassion and that's at the later then that they get to come into the garden.

Now, again, you can walk out to any layer and sometimes you have to move people into a different layer and that's absolutely fine. Just take them where you are and there's also this, what I often unmask when I'm talking about this with clients is, "Well, shouldn't my husband and my mom or somebody really close to me that should part, shouldn't they be in my closest layer?" No, not necessarily, they need to be in the layer that's going to have the relationship thrive, right? The healthiest soil for that relationship might be over here and that is absolutely fine.

My sister when she was doing — which is where the boundary work really came out of, things I couldn't say to my sister, the older sister when she was dealing with a string of consecutive relationships that were, check every box on extreme abuse possible, I had to put her in her own garden because the way I was going to be interacting with her, she did not need somebody telling her what they thought she should do. She did not need to hear this, she needed compassion. So I had to take her out of the regular garden and kind of plant a separate garden over here and that's how I operated with her while she was healing and working out of this. I was there for her but it was a very different soil that we were tending together.

[0:19:45.2] AS: I love that because I think what you said was so beautiful before about "these boundaries are so that people can have you at your best" and I think a lot of times, part of those mental structures are either I'm happier, if I get what I want, the other person loses where it's like...

[0:20:00.9] JB: Or like a selfishness, "I'm a selfish person."

[0:20:04.6] AS: Yeah. I think what you're doing is it's — people are their own world and their own gardens and they need different things at different times and so it's not for you to take that on but it's where do you guys line up. You both get what you need because I think because people aren't great at communicating, I think a lot of sub text and assumptions make things worse rather than saying, "What are your expectations for this? What do you want from this?" When I was reading through your work and I read that, I was like, that feels so intimate, I mean it feels holy and I wonder if people are used to having those kind of conversations?

[0:20:40.8] RB: They're not, I'll tell you right now.

[0:20:43.3] AS: I know

[0:20:46.5] JB: Just the idea of communicating with a friend and I'll give an example, when Mackey and I first got together, we've been in a relationship romantically for six years but before that, we were friends for a while and we went on a work trip together and I said to him, "I need to," — we were sharing like a hotel rooms where we would be spending a lot of time together, this conference and I said, "I need to spend time by myself while I'm here. I'm going to be going off on a walk for a couple of hours and I don't want you to come with me and this is what I need for myself and a lot of people aren't used to that and they could take it personally and think, "Oh god, I'm driving this person crazy, or they don't want to be near me."

It's like, "Most of the time it has nothing to do with the other person. It's just what my garden needed tending, I needed to go take a walk in it by myself, I didn't want any company. I think that we're often too afraid of what the other person is going to think and how they're going to react or judge or they're going to interpret that as like you not wanting them. But if everybody just kind of took that off the table, it would be an amazing thing."

[0:21:50.5] AS: I think we also feel so sensitive ourselves that we are like, "Oh, this would feel devastating if someone said that to me," because we're sensitive.

[0:21:59.9] JB: Yeah, everybody wants to feel like they're wanted and loved. So they don't want to feel rejection and a lot of times we'll interpret things as rejection.

[0:22:08.7] **RB:** Yes, you're both right. I am totally on board and I think part of what can change that and Juliet, Kudos to you for saying that and asking that, you did that which is very cool and often awkward for people because they're not used to doing that. I think often the way we say it and if we can look at it is me doing this for myself is trust me, it's a gift for everybody else, I hear people who are really into Yoga or exercise and say, "Listen, you want me to have my yoga or you want me to have coffee." Whatever their thing is, it's really ultimately a gift.

Listen, I'm making this small investment, it's not that I don't want you to be with me, it's just that when we are together, I want to be good, I don't want to be a smart ass or whatever that is I think interesting, especially if you could do it in a dance, that was brilliant. I got to take a little time, it's my down time just consider it like spending an extra time in the bathroom or whatever. That's going to help get that message across and I just want to be better when we're together.

[0:23:08.1] **AS:** Randi, you put a boundary around kind and nice, I think that's an important differentiation because that's the kind thing but I think a lot of us, you know, we want to be nice, right? That sacrifice is then, I feel like resentment and anger and exhaustion and depletion come from nice, versus I love when you said, kindness takes a stand for something bigger than pleasantries. Kind is the high road. Do you expand?

[0:23:35.1] **RB:** I shall.

[0:23:36.4] **JB:** Yeah, I love taking the high road, sounds good, yeah.

[0:23:40.0] **AS:** Royalty, right?

[0:23:41.3] **RB:** That one is easy too, right? So I think, first of all I would say, right now I think nice is getting a bad rap, because nice in my world has to do with manners, it has to do with being not being a jerk, it's really just pleasantries, there is a place for that and that's absolutely fine. But nice doesn't really necessarily evolve beyond that and that's the risk.

If Juliet with her partner had said okay, I'll just go along, she's being nice, she's going with the flow. Nice is going with the flow okay? Pleasantries, not rocking the boat, kind is taking a stand

for those values I was talking about okay? There are nice ways to get that across, ultimately, you're taking a stand for something that's kind. The example I tend to use in my courses is a little extreme but I use it for the sake of an example.

I have a friend who has not had a drop of alcohol in 25 years, it's a lot of work. We were out together and I said, "Oh, I really would like a beer on this thing sucks, I just really want a beer or cigarette or whatever that might be and the nice thing might be, "Oh, hold on, I'll get one, I'm going to get you your first beer in 25 years," or doing it up a little bit there. It might feel polite to oblige this person with what they want. I can fix this, I'm going to go get this person a beer.

Whereas the kind thing might be, "Not on my watch, I need to stand up to you because I know how hard you've worked for this and I'm not going to be the friend that let you do it or that does it on my watch." So again, it's kind of an extreme situation because you can really, it's easy to delineate what might be okay and what might be less okay. But ultimately that's what I think it comes down to. Kindness is taking the stand for those things that are important to us.

[0:25:30.2] JB: Not being a people pleaser.

[0:25:32.1] RB: Not being a people pleaser and really taking a stand for what you have in the world. I think — yeah.

[0:25:39.7] AS: Yeah, because I think about when you used that example, it's like, "Oh my god, that's the high road," that's like, I don't know, it just seems so much different of saying like, "No, I'm really being your friend." I think sometimes we think love is really codependency. Love is very fierce and loving, but not just when it's convenient I think.

[0:25:59.6] JB: Love is not coddling someone.

[0:26:01.1] RB: Yes. I think it's the same with kindness; kindness can be fierce, but it's taking stand for something better and I think when we don't take that stand for whatever, we're ultimately saying to that person, "Actually I don't think you can do any better, so let's just let it go." I'm saying when you're being kind and particular, that's a hard topic, you're saying, "I think you've got it in you, I think you're going to understand why I'm not going to take this extra

helping of stuffing. I think you can get it." So ultimately, I think it's honoring something in them as well too.

[0:26:33.1] AS: Yeah, do you think, because I know you work at a Norwegian language camp, you speak Norwegian. Do you think...

[0:26:40.7] JB: Another random fact about Randi.

[0:26:43.1] AS: No, but the way that she's thinking about this and it's very — I feel like it's not the way our culture thinks.

[0:26:49.6] JB: It's not American.

[0:26:51.4] AS: It's not American, I don't think it is. I think Americans are very — there's this idea that we can do it all on our own, there's this independent, you're in control where I don't believe that. So do you think — I think we need each other and I think there's limits. So do you think knowing these other languages, I'm just curious, because when you learn another language, you learn a whole other mindset in a way of relating. How do you think that's influenced your perspective and you experience then with your own boundaries?

[0:27:18.6] RB: I'm sure it's influenced in ways I'm never going to fully be able to understand or articulate and I'm aware of a lot of what it's done. I lived in France for a while without speaking very good French.

[0:27:28.8] AS: Me too.

[0:27:30.0] RB: Oh okay. Then my experience in Norway and just learning other languages. First of all, I can tell you that a lot of Germanic languages are very direct, they don't beat around the bush so much. I love the actual word for pencil sharpener in Norwegian it's pencil eater. But when you look at that, there's no posturing or [inaudible], it's just very direct and it's still said very kindly, "pencil eater". I'm using that because it's a good direct translation but there's less — and then also when you're learning another language, you're really kind of drilling down to what you can say to get across, you are getting very specific in asking for what you want or need

because you might not even have the whole vocabulary right there. So you have to get very specific in asking for what you want. But I do think culturally, I'm sure that has influenced me a lot. You made me think of something else that will pop back into my head.

[0:28:29.6] AS: Okay, yeah, I know that's French. I do want to sort of go back with you. So say that we go into the holidays thinking about what our values are or re-flushing out our values and we think about the experiences that trip us up, that may trip us up. So we go in there and we practice this and then someone tries to violate our boundaries, how do you, I mean even stand your ground sounds so — just thinking like the Florida laws, gun laws. Stand your ground sounds so confrontational or like, I feel like for kind people, that would kind of send their nervous system like, "Oh my god, they're creeping in, they're coming into this patch where I didn't really — this is my organic patch," you know? "I spent so long cultivating this green beans and roses," you know? But what is your advice for that?

[0:29:21.6] RB: Walk them into the different part of the garden. So where would you feel comfortable with them? And say, "Let's go right here and talk about this and you know what? I'm going to actually let you enjoy this, I found this book I think you're going to love," or something like that. "Or have we met Dan?" Something where it doesn't have to be this huge confrontation or it can be, "You know what? I'm really," — that is a stand for kindness actually, doing that in respectful manner. But I think, getting back to your question, you take them to different part of the garden or you take them to the garden gate, "You can hang out here for a little while," and you understand why it's kind for them and certainly understand why it's kind for you but you also see why it might be a kind thing for them and invite them to do that.

[0:30:05.6] JB: This takes the level though of I feel like of self-confidence, you have to cultivate in order to be self-assured enough to do this. How do you build that up with someone who maybe your whole life has been very introverted, never spoken up for themselves, you know? So how do you go from that person to being able to clearly state your boundaries?

[0:30:28.2] RB: Yes. When I teach this I have this metaphor methodology, one of the first ones we talk about is boundaries are like a muscle meaning, at first this is heavy, it's hard to lift. You have not used this muscle before, it's under developed and I think that's what you're speaking to, you don't need to have the confidence of, "Hey, let's go to this other part of the garden," at

this point. So you start with lighter things and that in time, that muscle gets a lot stronger to the point you don't even realize you're doing these things but when that muscle is weak, that's when you excuse yourself, that's when you change the topic to something else and I think my biggest hint when people are in this phase is act as though people are going to respond in the way you want them to.

Because that really kind of — it feels more like an invitation rather than the “back off big guy” type of thing. “You know, I think you’re really going to enjoy this over here or let’s talk about you for a while or something.” You act, you go ahead and proceed in the way they’re probably just going to fall right in line and joining and really enjoy that invitation and that is so powerful and I think the key to that is understanding what you want to have happen instead. So if it’s that you want to take a break, you put down the invitation for everybody, “Hey, I’m going to take a break, I’ll see you later.” You just extended an invitation to see them later and it’s those small things that start to build up your confidence.

I don’t recommend going for the biggest boundary bullseye right away. First of all, it’s probably going to back fire and then you’re going to feel even worse. So if you can start with these smaller weights and start picking up things that aren’t has higher stakes, it’s going to get a lot easier over time. With those higher stakes things — okay, I feel like our lives are like a spider web. I love metaphors.

[0:32:09.2] AS: Me too.

[0:32:10.8] RB: In our bodies, when you pull on one section of the web, everything else adjusts a little bit right? It’s all connected, our bodies are like that, if you have a balance, not a fascia, when you loosen that in your shoulder, “Wow, my hips just loosened up too.” Everything is connected. Even when you’re making small moves so to speak or picking up your small weights, while it might not have this dramatic effect right away, other things do start to shift and that’s where I think when you’re cleared up what this boundaries are and you think about them as ways of inviting things in, that can really change how people go along with the program so to speak.

[0:32:42.6] **JB:** Now, we're specifically talking about boundaries right now with family and the holidays but...

[0:32:47.3] **AS:** And friends too I think.

[0:32:48.8] **JB:** Friends.

[0:32:50.1] **AS:** I think a lot of people make choices.

[0:32:52.5] **JB:** But there are boundaries within yourself that you can start working on and how you are with your health for example. The food choices you're making, there are boundaries that's set with that. I like to use that with my clients to help them start to make healthier decisions with their eating rather than looking at it as I'm depriving myself, it's like, you're not depriving yourself, you're starting to create healthy boundaries around what you're eating and respecting yourself for the first time.

[0:33:18.2] **AS:** What you want. Like if you want — I know Randi had a toddler that did not like to sleep. But I'm thinking like boundaries around sleep, if you don't have a toddler that can't sleep like you're not missing out on one more Netflix show, you're giving yourself you know eight hours of sleep or something like that kind of what that is like what you're inviting in as ...

[0:33:38.2] **RB:** Right, yes. I can tell you as somebody who just recently spent a lot of time with a cardiologist, I have just really changed some things about how I've been eating and in the past, I think it would have felt like deprivation and now when I don't eat something, I figure I'm probably giving myself another day of life.

[0:33:54.8] **JB:** You're reframing it.

[0:33:55.6] **RB:** Absolutely. Reframing it in a really big way and that has really changed how I feel about some things. It's a little extreme and when it comes down to it and I'm at the end, I'm thinking, "I would have liked one more day, who knows what that day could have been? Was it really worth the whatever I ate or smoked or whatever?" So I reframe it big time into something I'm giving myself. So I'm not having this because I'm getting that.

[0:34:22.0] **JB:** Yeah, and building those, that little muscle and one way that people can do that is when they go out to restaurants and a lot of times they're too intimidated or they don't want to make a fuss over ordering something on the menu and changing that item, "Can you make this for me this way or can I have this on the side?" That seems like such a small thing but it's a big thing for people because they don't want to look bad or they don't want to feel like they're on a diet in front of other people.

[0:34:51.8] **AS:** That they're trying.

[0:34:52.9] **JB:** Yeah, that's really creating those healthy boundaries for yourself.

[0:34:56.7] **RB:** Absolutely. My son, I found out pretty early on he had some pretty substantial food allergies. So that has become something that wasn't an inconvenience to saving his life at a restaurant and that really switches how you think about it. A possible way to think about that if I may, is think, "This chef is really good, I want to see what they can do, I have so much faith that the chef is going to knock it out," and say, "You know, look at this on the side, that would be great." We're not offending anybody by that. I think if anything, you're having confidence that this restaurant can do a really nice job.

[0:35:28.7] **AS:** Yeah, and I always tip, because I can't have gluten so I tip when they go above and beyond to be like, "Oh wait, we found out this or we mix this fryer," and you know, I know too, my sister has celiac and a ton of other food allergies and I've seen the results that she's not — if she doesn't stick to those and we always make sure to tip and then you know the restaurants that you go to and they get rewarded and...

[0:35:53.1] **JB:** Yeah and if you go some place and they give you a hard time, don't go there, simple as that. Don't give them your business.

[0:35:57.7] **RB:** I have found that particularly, because I've started to talk about, you know, "my son can't have this or that", not that you have to go there but they're happy they helped.

[0:36:08.1] **AS:** Yeah.

[0:36:08.8] **RB:** They're really kind of proud they could step up and do that.

[0:36:11.7] **AS:** Totally.

[0:36:13.9] **RB:** Because they don't want anybody going in to anaphylactic shock in their watch.

[0:36:18.2] **AS:** I find chefs, I mean they're artists, right? Artists like the connection. I think it's kind of part of that mentality of like, "If I get what I want, someone else is going to be put out and I feel like a burden," when it's like, "No, it can be win/win and everyone can rise to a new level of understanding and intimacy," or whatever. I use the word intimacy but I mean, deeper connection.

[0:36:39.1] **RB:** Sure. I remember my dad would say this to my mom a lot and hope I'm not saying out of school here. If they were in an argument or something, she was a non-communication motor, or whatever. He would say, "I don't read minds, just tell me," and what a gift it was to understand what that person is thinking, even if they don't think you want to hear it or that it might be inconvenient you're removing that unknown and that, in this case, we don't have to have the restaurant guess, "Are they the customers that need that? Oh man, I don't want anybody passing out." So there are lots of different ways you can look at that, but most of the time, asking for what you want is ultimately a gift.

[0:37:17.2] **JB:** When did you start your coaching practice? Because your coaching practice is specifically healthy boundaries for kind people, right?

[0:37:22.9] **RB:** No. But I could understand why you would think that because it's been a big thing of mine. So my coaching practice started about 12 years ago and the last five years I've had a pretty big healthy boundaries take, Healthy Boundaries for Kind People. I've started off as a regular one-on-one life coach, which I still get a visceral feeling when I say that word because I don't think it's the right word yet. But a friend of mine is a linguist and he also hasn't come up with the right word.

[0:37:48.1] **JB:** Life coach you're talking about?

[0:37:49.1] **RB:** Yeah, I'm just not a fan of that word.

[0:37:52.0] **JB:** I understand what you mean. It's so broad, it doesn't really — it's not specific enough.

[0:37:55.5] **AS:** Well Randi, I love your mission though, I'll let you say it but about helping...

[0:38:02.5] **RB:** Helping women, in particular, find their truth and be at peace with it and doing the work to be at peace with it and articulate that. That comes across in lots of different ways. So in healthy boundaries, it's about finding what you can do and what you want to cultivate inside your life and then learning ways to articulate it that feel in alignment with who you want to be in the world.

But my first big coaching program was actually something called Maybe Baby. That was a program for women who are ambivalent about motherhood, came directly out of my experience, very ambivalent about motherhood but you're starting to wonder, will I regret this one day? Having a child or not having a child?

[0:38:36.6] **JB:** That's where I am, we should talk.

[0:38:41.3] **AS:** Not for the podcast listeners.

[0:38:42.1] **JB:** Yeah.

[0:38:45.4] **RB:** But I think, knowing our truth, in the case of Maybe Baby, it's one of the biggest conversations we're not having because the people we do have it with, all have a secret hope of what we'll do or I think agenda is a strong word, but they have an agenda or something like that. That has to do with truth across the board. So I also run a program called the Viking Woman Workshop using my prowess with Nordic knowledge, using that as the Viking women as an archetype then as a lens to look at your own life and also mix a lot of mythology, lore, and culture, and history into that. I don't do that in all my programs.

For me, all the work across the board and I also work with an executive coaching, so I do a lot of Fortune Five coaching too, is about finding your truth; what's true for you? Doing the work to be at peace with it, and being able to articulate it in the way that feels in alignment with who you are. That's very important to me.

[0:39:33.9] AS: I think that piece about being at peace with it is equally as important and I think it actually probably goes hand-in-hand with what your truth is because something like a baby right? You may feel like, "I don't want one," and then you feel uncomfortable because it's not the cultural norm. You most certainly have judgments about women — oh my god, I laugh when people think it's selfish to not have children. I'm like, "That is the most environmentally friendly thing you could ever do for this planet." But that's a whole other — but then being at living that peace, I think a different part of that equation.

[0:40:09.6] RB: Yes, it's almost like, I think a lot of times people don't want to know their truth because then they have to do the work to be at peace with it, or they're uncertain of how to find peace with it. That just seems too big so it's much easier not to actually land on what's true for us.

[0:40:23.1] AS: I think one of the things that I love the most about you, I share this meme with some of my own clients, is that I think pretty much illustrates this point exactly as you go, "If it's not a hell yes, it might be you are a rich complex and deeply thoughtful individual." I love that because — and that's what I was talking about at the top of the hour when you first get into this entrepreneurial game, people have these memes like, "Go big or go home. If you're not killing yourself, you've left yourself on," — all the stuff that I'm just like, "Oh my god, I do not want to enter into battle to help."

But the truth is nuanced and I remember there was someone at this round of Truce With Food, she wasn't quite sure if it was the time to sign up for her, and I was like, "Let's chat," and I'm not a hard seller and the deadline was that Friday and I said, "Look, I think you need some time," and I told her about this quote and I was like, "Because you probably don't know definitely. I read that quotes and she goes, "Oh my god, that's how I feel all the time. I can see things from different angles," and she took the weekend, she ultimately decided not to do Truce With Food and I felt really good because I wouldn't have wanted her in the program if it wasn't — but if I

would have made her decide right then, I would have been uncomfortable the entire time she was in it thinking, "Maybe this wasn't right, this was not..."

[0:41:37.1] **JB:** Not every decision comes from an epiphany.

[0:41:40.0] **AS:** Exactly.

[0:41:40.6] **JB:** That's what everybody is looking for now, especially in our culture because it is a go big or go home like everything has to be a "hell yes, oh my god, I'm so excited." It's not you know, that would be amazing, right? If that was the case but the reality of it is things are more mundane than we give them credit for.

[0:41:59.5] **AS:** Or they're complex. They're complex.

[0:42:03.6] **JB:** If you can learn to, I used the word mundane, I'm not using it negatively but if you can learn to just live into the regular, the everyday, you know? Then the nuances, you can find your truth within that. It doesn't have to come where you read these stories, where you wake up in the middle of the night and there's, you know, a lightbulb.

[0:42:25.7] **RB:** Fireworks and yes...

[0:42:26.7] **JB:** Or you think of an Elizabeth Gilbert book, right? Where she's in the bathroom floor crying in *Eat, Pray, Love* and it's like all of a sudden it comes to her, what she needs to do with her life.

[0:42:36.1] **AS:** But that had been boiling, and I really like her, but didn't she already have a book contract before she set off to that adventure? I think she did.

[0:42:43.7] **RB:** She's a published author. She has a couple.

[0:42:45.8] **AS:** Yeah, but when there's not information there just like we don't know what our boundaries are, we fill in. America loves the upward mobility narrative, we love that rags to riches, we pull down our heroes so we can pull them back up. We love that all or nothing

extreme but that's not — I love when I was watching Shark Tank one night and this guy came in and he was pitching this circus act to Vegas and he's like, "We're going to be an overnight success," and the one shark was like, "You know, overnight successes take 15 years," and I was like, "Exactly!"

[0:43:16.6] JB: That's so refreshing because where I am with my business, those are the things that I'm like, "Oh thank god, it takes — it's nice to hear that."

[0:43:24.1] RB: Yes. I totally agree, truth is nuanced and sometimes truth is mundane and I don't wrap myself up to be egotistically so, but I still think it's true, it's simple that everything is hell yes. I wouldn't be married if I thought that, I wouldn't have had a child. Not that — oh goodness, thank goodness I saw the light, but thank goodness I took the time for my truth and that's the difference and some things are a hell yes.

[0:43:49.7] JB: Truth is a very hard thing to find for people because of the social normality's that we're trying to always navigate and then what's deep within our heart and soul is hard to understand and cultivate if you're not used to doing that. So I'm sure that's a lot of the work that you do with your coaching is trying to get people to listen to their intuition.

[0:44:12.3] RB: It's huge and you know, something I do in Maybe Baby and actually I did it with a client just the other day in Healthy Boundaries for Kind People, were to sort out all their beliefs that they had about something and I actually wrote each thing on the index card and I think she had about 300 index cards and then I said, "Okay, that will sort out which ones are yours, which one's belong to your mom or some other person."

She really was able to distinguish, at that time, what was actually her truth she needed to work with, at that time she was carrying everybody's stuff and everybody trying to manage their emotional responses to things, let's just work with yours.

[0:44:45.4] JB: That is a great tool just for listeners out there to do, take away something from today's call I think, doing that, writing down what your beliefs are about yourself, about the world and then distinguishing which ones are yours and which ones are not. Whether it comes from another person or something you heard.

[0:45:03.0] **RB:** Yes, I would say even with this holiday boundaries that we're looking at, "Okay, what are your beliefs if you don't take that second helping of stuffing?" Write all of these down and it can be very quick and then you just take those little post-its or whatever and say, "Actually, these are something — is this what I heard from a friend what people will think? Or this is what I saw in that facts of life share that time, or different things that are engrained but when they're all these beliefs in our minds, we tend to think they're ours because they're in our minds.

So really sorting this out I think is super-duper helpful. The other thing I just wanted to say why I'm really passionate about people finding out what their truth is, doing the work with, to be at peace with it is I truly honestly believe that the more alignment we each individually are with what's true and right for us, the more the world shifts into alignment.

[0:45:49.1] **AS:** I love that.

[0:45:50.2] **JB:** I couldn't agree more.

[0:45:51.5] **RB:** Yeah. So if we're doing something that's disingenuous for ourselves or going along with the program, just not to make waves or whatever and not even completely aware of that, I feel like we're doing a disservice to the world. Because I think the more each of us can be in our truth, and living that in a way that feels in alignment and in integrity with who we are, the more the world just switched towards truth, or just took a little turn toward being in alignment with what's truth of the world, and it's a powerful thing. It is so powerful to find what is true for you and to live that and in this case it manifested boundaries. These boundaries are manifesting to the holiday season and with families and food. Could I share one more tip before I forget it?

[0:46:35.0] **AS:** Of course. Yeah, I have a couple of other things I want to add.

[0:46:37.9] **RB:** Oh good. Yeah, it's very germane through the holidays and I found this one out, this was a hard earned one.

[0:46:44.9] **AS:** One of those.

[0:46:47.2] **RB:** It's no gift to go into debt in order to give somebody a present, okay? So I used to think, "I want to do all this wonderful things," I had these grandiose ideas, essentially, I was giving the gift of my debt. "Look, I can't afford this thing I got for you, enjoy."

[0:47:03.0] **JB:** That is a — that's a tough one even for not only the holidays but you know, I was a part of a bunch of weddings recently and even the expectations of the gift giving for those kinds of events is hard. It's a hard thing to navigate for people because you don't want to look bad and the expectation of how much you should give, how much the plate costs and for gift giving for the holidays, how much, what gift they might give you and what you're going to give them in return. There's always that "I have to match it or go above and beyond".

[0:47:36.6] **RB:** Which really takes away what we always say to kids, "It's the thought that matters," right?

[0:47:41.8] **JB:** And the thing is people don't act on that and we all need a reality check with that.

[0:47:48.2] **RB:** I remember my dad saying to me something, it was probably my sister to be honest. She won't mind me saying that, but I remember him having a response to something one of us has asked what we wanted and he's like, "Wait, you are asking me to go into debt for this? You're asking me to dip into my retirement fund? Really? Is that really what you want to ask of me?" And it was like, "Well, no. Not really." But ultimately, what we're doing with the energy behind giving something and getting is we're also recipients of the energy behind it and I don't want to pass along the energy of debt to people I love.

[0:48:21.4] **JB:** That anxiety, the stress, that's not worth it.

[0:48:26.9] **AS:** Well and I think it comes back to too, you can put a lot on credit cards. A lot of our friends don't know what our financial state is, and not that we have to explain to them, "Hey, you know I went to grad school and I started my own business." Right?

[0:48:42.6] **JB:** You shouldn't have to. You shouldn't have to.

[00:48:44.3] **RB:** Exactly.

[00:48:44.9] **AS:** Right, well that's what I'm saying. People think that if they are true friends or if you really have a relationship there at all and coming to them with, "You know, I know we normally exchange gifts or this or that, but it's been a rough year for me," and I think most people like Randi said, act as if people will respond the way you want them to, I think they will understand. I think people are more kind and generous often than we give them, some people.

[00:49:13.0] **RB:** I think that's the case and the people who are going to care, will get it. They will definitely get it and the ones who weren't going to be like, "Whatever, anyway," they might not be primed to get it. That's okay. We can't change that.

[00:49:26.1] **AS:** Yeah and you talk about self-care at the deepest level like yeah, green juice and yogurt are okay but self-compassion and I think when you're trying to work and build those muscles of boundaries, you're not going to get it perfect every time. Some people may leave out of your life. I think new ones will come in, but I think remembering that, do you have any tips for that Randi when it's like, oh doesn't go quite as you thought it would or you try to stand your ground and you worry you will piss someone off or accidentally they trampled your garden?

[00:49:59.1] **RB:** That's why I love the garden analogy so much or the garden metaphor because sometimes there's shit and then you use it to enrich the future experience and you know, fertilize that garden. Not to be really trite with that, but take what didn't go well and learn from it and use it for the next time. A big thing that I think is overlooked when we have messed up or didn't go quite the way we wanted was the acknowledging it and taking responsibility. "I think that did not come out the way I intended it in my mind, I'm afraid I might have hurt you more, I am very sorry about that. Clearly there's a different conversation I wanted to have. I am not in a place where I can have that right now but I just want to let you know, I am so sorry I hurt you."

[00:50:42.4] **JB:** That's taking the high road. That's the definition of the high road right there.

[00:50:47.0] **RB:** But I think what's cool about that and I often forget, is it removes all of that hiding that you have to do otherwise, "Oh gosh, I can't believe they said that," or something. You just say, "Listen, I own it. Done. Done. I've learned from that," and then learn from it. I think that's key.

[00:51:04.5] **AS:** Yeah and I found that with relationships where I've had those, I would say they are more difficult than go with the flow. Those relationships also are, like Juliet, you and I just had one of those about the podcast and we were so honest and transparent and I walked out of there loving you even more and I said, even — because we were like, you know, with all the collaborations you've got to revisit and I think both of us had enough respect and that we even brought it up. We came out, I feel like, stronger than when we went in.

[00:51:32.7] **JB:** Well, you know, the saying like "secrets keep you sick" or hiding or not speaking your truth, it does. It will make you feel sick and sick to your stomach.

[00:51:42.8] **AS:** You resent the person.

[00:51:43.9] **JB:** The lump in your throat that you have been carrying around all of that, that you are not speaking your truth. So when it comes to that communication with someone, if you can just say, "Hey, this is how I'm feeling," and open it up, it's so amazing what comes out of that. It's not going to be bad like you think it is. What you project onto it is not — the story you make up of what's going to happen when you actually confront that person just know it's a thousand times worst. Your made up fairytale about it is worse than what's actually going to happen.

[00:52:14.4] **AS:** And I think a tip, because Randi you were saying if you try to lift it like a deadlift, your boundaries can backfire. I think one of the things I work on with my clients is when they are seeing a situation, there's often this defensive tensing up that you don't even know is there because of your own emotional state. So I always recommend to people to soften into the conversation and my clients find that really helpful because they're like, "Oh I didn't even know I was coming at this in a defensive way."

That can then often make the other person react defensively and then it backfires but I think that tip of like softening in and bringing your own empathy and your own — I think of like a

porcupine. It carries around all those needles because it has such a soft underbelly, you know what I mean? It's protecting something there, I know.

[00:53:02.1] **RB:** Yes.

[00:53:02.7] **AS:** As someone who is very sensitive, I think sometimes I look at situations so defensive and in the beginning before I started coaching myself and becoming a coach, I didn't even realize I was bringing that tension or that expectation. So I think that's really helpful for people as they practice this. One more question for you Randi.

[00:53:21.9] **RB:** Sure.

[00:53:22.5] **AS:** You were talking about the energy and life becomes a little more truth, what are your spiritual beliefs, if you don't mind me asking?

[00:53:31.9] **RB:** Oh I'm pretty transparent, which is probably one of them actually. I don't have a certain — what am I trying to say? I just do what's true for me actually, what's very true for me and that has a lot to do with truth. I am very much somebody who feels my spirit is revived when I've been outdoors. So I try to spend a lot of time outdoors or detangling whales. So I don't know if this is quite what you're getting at but I'm happy to talk about it or put out there, I believe in our souls come around for different lessons and those are always evolving and that we're here to find what's true for us and live that.

And that is the lesson of this lifetime and do that in a way that's kind and good and eventually, I think as you evolve, that soul evolves you actually start helping others, not just helping other people do that but really taking a stand so that other people can live their truth. I think that's where it comes into civil rights, it comes into humanitarian aid, things like that when people are starting to evolve and get to that point and when I say "evolve", it doesn't mean "better than". It just means you're in a different place with what's important to you.

[00:54:33.4] **AS:** Do you believe in reincarnation?

[00:54:35.2] **RB:** Because I studied Ayurveda for a long time, I had to understand what that meant. That side of the whole Ayurvedic world and for me, I say souls come back. That's what I think, and sometimes we're grouped together and I remember thinking this even though I was a little kid and then I was watching Oprah one day and there's this guy, Ainsley — oh what's his name? I was just looking at his book. He's Scottish, so Mc something, I think it was MacLeod but I'm not totally sure and he described exactly what I thought. I was like, "Yes!" I think he was a medium and so people are going to be skeptical. I was like, "Yes! This is my thing! This is what I am feeling my whole life," yeah but I remember that story.

[00:55:17.7] **AS:** Good, yeah because I know you and I both are big believers of paradox and Yin and Yang and I love that you think — because I view things similarly but I have been going on at my own. My grandma had believed that. That was her truth and then she passed away last year but I also realize, I think that she believed in reincarnation because she also gave everyone multiple chances in life. So I'm like, "Oh my god, her spiritual views matched the empathy and the support that she gave people." But I like asking people who are very into depth than truth and beauty what they think, so.

[00:55:51.4] **RB:** Yeah, I think ultimately truth is — I mean, it sounds a little, great bumper sticker. But I think truth and kindness are really guiding principles for me.

[00:56:00.7] **AS:** Yeah.

[00:56:01.5] **JB:** I would like to drive behind your vehicle and that was your bumper sticker. It would be like, "Oh I like that person."

[00:56:10.6] **RB:** It's a line for life coaches.

[00:56:13.6] **JB:** And then I would be like, "They're definitely driving a Prius, aren't they?"

[00:56:18.5] **AS:** Or I love when you see the really kind bumper stickers but those are the people that are annoyed at the walkers or running through the red light.

[00:56:26.0] **RB:** Oh my gosh, I just think sometimes yeah, the Whole Foods parking lot where all the “be kind” and “all one” and just some of the worst manners I’ve ever seen driving. The entitlement just seeps through the all is one, it’s my turn.

[00:56:44.1] **AS:** Totally, it’s like they say “if you see the Buddha I’ll kill it,” you know? It’s like someone claiming to be Buddhist. That’s what we always said. My dad was so Zen because he would never say he was Zen.

[00:56:54.8] **JB:** He just was.

[00:56:57.2] **AS:** Yeah, he is. He’s like, “I just believe in nature. It’s the only thing I can count on, the sun rising and setting every day,” and he’s totally a Buddha but he would never say that.

[00:57:06.2] **RB:** Right, exactly.

[00:57:07.8] **AS:** Yeah. So Randi this has been so wonderful. Juliet, do you have any closing questions?

[00:57:13.1] **JB:** Well just so you had an elaborate in this will just bring our listeners to help find you but you had said the different kinds of coaching that you were doing and so particularly now I know you work with Fortune 500 companies, executive coaching and you do take on clients one on one and do you have a particular coaching style that you are doing or all of those that you were describing you work with?

[00:57:33.8] **RB:** I do all of those and I do teach clients one-on-one, the bulk of my people right now are in courses and by that I mean it’s essentially a group coaching and I am also training coaches and just been lawyers and doctors with this whole Healthy Boundaries for Kind People idea but I do work one-on-one and actually next year, I am starting a — I don’t know completely what it looks like but I’m going to be expanding the Healthy Boundaries work and the Maybe Baby but then also adding a program called Depressed Like Me, particularly for entrepreneurs and other people who have this high functioning low grade depression stymie that you’re always there because that’s very much the case remain which is finally, “Why am I not getting the right one?” And so have that be some sort of touch down.

[00:58:15.1] **JB:** That's very cool.

[00:58:16.6] **RB:** Yeah, I'm excited about it.

[00:58:18.9] **AS:** Do you think most artist struggle with depression like on and off?

[00:58:22.2] **RB:** I wouldn't be surprised if that is the case. I think people who are doing work that requires sensitivity...

[00:58:27.7] **JB:** I was just going to say, if you are a sensitive person and you can pick up one energies and the world, I mean it's not like the entire world is a happy, friendly, nurturing place. So if you are a person with empathy and a person who has sensitivity then I think most of us have a low grade depression.

[00:58:49.1] **RB:** Absolutely. I think you are just picking up on that and I wrote my probably only full fledged viral piece I have ever written so far was *The Love Note to the Hypersensitive and Takers of it Too Personally* and it really speaks to that. That I actually think you feel like a canary in the coal mine of our culture and you're the one who sees things in the beginning and possibly imagine for ourselves. You're the one who is carrying this forward and I think that's really the case where those of us who are really sensitive are prone to depression.

[00:59:18.3] **AS:** Yeah, I think that with those of us who get sick like those of us who have health issues, it's like people are dismissing and I am like, "No, we are your warning signs. Learn from us rather than saying that we are crazy or that it's all in your head or something." But yeah, I love that. It's okay to be sensitive. I know most of my clients are really sensitive and it's a super power if you have the right boundaries.

[00:59:41.5] **RB:** Right.

[00:59:41.9] **JB:** I mean I would rather feel a lot than not feel at all because a life without feeling isn't — then what do you have?

[00:59:48.6] **AS:** You've honed it in.

[00:59:49.5] **JB:** Yeah.

[00:59:50.4] **RB:** You are Spock.

[00:59:51.7] **JB:** Randi where can people find you?

[00:59:53.4] **RB:** Well, they can find me at randibuckley.com and definitely spelled randibuckley.com. They can find me there. I'm there a lot, I gave up on Twitter.

[01:00:04.1] **JB:** Yeah, I did too.

[01:00:05.7] **RB:** Yeah.

[01:00:06.2] **JB:** It's dying apparently so.

[01:00:08.2] **RB:** Because we left.

[01:00:11.8] **JB:** I don't know how much I made on it. I didn't try very hard.

[01:00:15.0] **RB:** We have some in person retreats coming up in 2017. I am doing the Viking Women Workshop in Norway. Yeah, I am really excited about that and taking the Healthy Boundaries for Kind People on the road as well as Maybe Baby.

[01:00:29.2] **AS:** Everyone, go check her out. It's such good coaching. No it's true. I actually don't like the coaching industry for what it's become, but you I love.

[01:00:41.1] **RB:** Yeah, well thank you. That's rather profound. Thank you. I mean one thing that I think the coaching industry can get pretty holier than that one and feel pretty pretentious at times and it's just not where I want to be in the world.

[01:00:54.2] **AS:** Yeah, I totally agree.

[01:00:55.7] **RB:** I'm just doing my own thing.

[01:00:57.1] **AS:** Yeah, go your own way.

[01:01:00.0] **RB:** Now I have that song, thanks. We'll put them back in there.

[01:01:05.9] **AS:** Thanks for hanging out with us Randi.

[01:01:07.9] **RB:** Anytime, this was a blast. Thank you.

[01:01:10.3] **AS:** Thank you.

[END OF INTERVIEW]

[01:01:11.6] **JB:** Thank you so much for listening to the Insatiable Podcast. We hope you enjoy today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us on ali@alishapiro.com and juliet@unitefitness.com. We'll see you next time.

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