



Regional Information

## Out and About

### Dragon Spirit Coaching

By Naomi Tepper

When I walked into Iola Freeland's office, I had no idea what to expect. Iola owns Dragon Spirit Coaching, a life/business coaching enterprise that she operates from a sunny office in her Longmont home. She opened the door for me, and I was immediately struck by her welcoming smile and serene demeanor. Now, you may wonder what a life coach does, and this was exactly why I was here. I wanted to find out too. Iola escorted me upstairs into her brightly-painted office. The whole house smelled of orange and honey and fresh pine.

So what exactly does a life coach do? A life coach, I soon learned, is someone who empowers people to discover and to live their life purpose. Iola explains, "Someone can approach me about one goal, but several other things will come up as we go. Someone may come to me to start a business, but we may identify other things along the way that need to be dealt with. Things that could otherwise stop or block their progress. It's not just about reaching the goal; there's the journey, and helping people actually enjoy the journey is just as important as helping them to reach the goal. I want my clients to understand that you don't have to be miserable until you reach your goal." Iola offers to help with business ownership and growth, medical practice, career choices, personal and financial growth, and career and corporate advancement.

My curiosity was aroused, so I asked Iola if we could pretend that I was one of her clients, just to see how it would go. The conversation went something like this:

Iola: What would you like to work on? What is of most importance to you right now?

Me: I have so many different things I want to work on. I want to work on being self-sufficient and not having to work for someone else. Freelance writing, real estate, developing an online magazine. There are so many things I want to do.

Iola: It sounds like you have a lot of things going and they all have potential to produce more income for you. But overall, in terms of what you would like for your life, what would you want for people to say about you if you died?

Me: Well, first I'd want my daughter to say I was a good mom, that's the most important thing. I want to leave some footprints behind; I want to leave some writing behind for sure.

Iola: So you want to be known for your writing, you want to be known as a wonderful mother, anything else?

Me: I want people to remember me as a kind and spunky person.

Iola: Okay, very kind, having energy and zip about you, right?

Me: Yeah.

Iola: Bigger, more, what more would you want?

Me: I don't know.

Iola: Yeah, I think there's more to that picture, I think there's a lot more. As my client I will hold that bigger picture for you and we won't forget about it...and then we can start to fill in what that bigger picture looks like. I get that you are about so much more, the things that you said are wonderful, but I feel there is more about you. It's a discovery process, we'll ask, 'What's there? What's waiting out there for you to discover about yourself?' You talk about being more self-sufficient, and what would being more self-sufficient give you?

Me: Freedom. That's really what I want. I want to be able to live every day in a way that makes me happy. Life is so short; every day should be full of joy. Overall, I want a juicy life.

Iola: I hear quality of life, freedom. And what does freedom mean for you?

Me: Being able to pick up and go somewhere, whenever I feel the desire to. Being able to spend a lot more time with my daughter and a lot less time with people I don't want to be with.

Iola: What I hear in all that is you desire an ability to choose your life and to not feel constrained by some of the constraints you're feeling now. I get the sense that you want more people in your life who are a good match for you and who are supportive of your lifestyle.

Oh, this was a good start, a great start! I was feeling jazzed up, opened up and ready to explore. For the first time I started to wonder if I really did know what I wanted out of life. Would a life coach provide me with clarity of purpose? The questions Iola asked me just barely scratched the surface. I wished I had the time to start delving deeper. I accused her of asking too hard of questions, and she laughed, "What if I did ask the easy questions? The session would be no good. So, I'll ask the hard questions. And if they don't know the answer, then I know that's something we need to work on. I really want the best for my clients."

Aside from life and business coaching, Iola does corporate speaking, facilitates financial workshops, and has started an entrepreneur group that meets monthly. Iola says, "The entrepreneur group is a network of people who either want to start a business or who own a small business. Owning your own business can be isolating. This group is a support network for the small business owner.

"I feel like our society is shifting away from corporations and back to people owning their own businesses. I want to create a supportive community for entrepreneurs."

Iola is a woman who was meant to be a coach and this purpose shines clearly when she speaks. "What I want for my clients and the people who come across my path is for them to feel empowered and supported in moving towards what they want. If they don't know what they want, I want to help them find it. There's something powerful in that process and in that journey. The people I work with need to be committed to changing their lives. If they're not ready to do that then coaching won't be a good option for them."

For more information or to schedule an appointment, you may contact Iola Freeland at Dragon Spirit Coaching (303) 678-5322 or visit her website: [www.dragonspiritcoaching.com](http://www.dragonspiritcoaching.com).