

Ruth Kudzi ([00:03](#)):

Hello, welcome to the coaching hub podcast with me, your host, Ruth Kudzi. If you're coach or you're coaching curious, this is the place for you. We're going to be talking all things, coaching, pastoral development, and business development, and a really fun way. You're going to have live coaching session, and you're going to come away with tools and techniques that you can practically use and take away. If you enjoy this podcast, I would love you to subscribe. And if you really enjoy it, give me a review.

Ruth Kudzi ([00:41](#)):

I'm really delighted to have mouth tongue on say, and she is the founder of she does. What could they be talking about? How coaching can help you in your life and your business. We're going to be talking a little bit more about what she doesn't cheat us, and we're going to be sharing some stories. So Mel, tell us a little bit more about she does and what you do with that.

Mel Cheng ([01:04](#)):

Thanks for having me on the show. She does is a community for women where we inspire each other through stories. We host events to help each other break out of their comfort zones. And we're just a community of regular women who just want to keep on moving, keep on pushing each other to do new things.

Ruth Kudzi ([01:30](#)):

And in terms of that, obviously you, you joined the optimist coach academy professional coach to play mat. And we're talking to say about how that impacted your life and your business. Let's start with life and then we can go on to, she does a bit more, how has it helped you in your life?

Mel Cheng ([01:48](#)):

Yeah, it's, it's really been interesting actually, because when I joined the coach academy, I thought every single module, you know, it would be very informative and I would be like, right, okay. Now I can use that module in my coach, like my coaching business at some point, what I didn't expect was that it impacted me so much on a personal level because yeah, it's just made me so much more aware of my own interactions and relationships with people. And that was, that was quite surprising.

Ruth Kudzi ([02:21](#)):

And when you say it's Meiji, I'm so much more aware, how has that helped you?

Mel Cheng ([02:27](#)):

It's helped me because it's made me reflect after any kind of interactions that I have. And it's made me understand myself why I've, why I've reacted in certain ways and why relationship, why I've kind of built relationships like I have. It's made me look back more my past and helped retain like some old friendships and also helped me a lot with my family as well. All those interactions, I think, just reflecting after it, any conversation that I have, it's made me really, really think so much more and I love it. I'm actually a bit addicted to it now. And I talk about it all the time to everyone else, and they're really quite astounded by it kind of blew my mind.

Ruth Kudzi ([03:21](#)):

They say they're quite astounded by it. What is it about the way that you use it or is it about that understanding of how powerful coaching can be?

Mel Cheng ([03:31](#)):

A bit of both. I mean, I go into a transactional analysis. I think it's something that we all knew that we do. Yeah. But, but never really truly knew. You know what I mean? We didn't really fully understand that those interactions that we have with each other can happen in that kind of parent child adult state. And so when I explain it, people are just like, oh my God, that makes so much sense. Yeah. And then, then you can see them starting to process it in their mind as well. And then they come back to me like a week later. It's like, yeah, I just, this happened to me and you know, I totally acted like a child and, and how, how could I have reacted differently? You know? And we have big conversations around that,

Ruth Kudzi ([04:18](#)):

That awareness they have from your explanation as well. Yeah.

Mel Cheng ([04:23](#)):

Yeah. It's, it's really nice to see. Yeah, I love it.

Ruth Kudzi ([04:28](#)):

So that's what your life like these, you know, these things that have happened and then, you know, the way it's changed, the way that you interact to others, what about your business? How is this linking with what you want to do as she does?

Mel Cheng ([04:44](#)):

I really want women to kind of share their stories and inspire others, especially through the podcast, because I think a lot of people that I talk to, they really think that they don't have a story themselves. They're like, oh no, my life is so boring. Like I don't, I don't really have anything to share. And actually everyone has a story and everyone has something to share. And I think through coaching and through the awareness and understanding of your transactions, that, you know, you have three alive, I think you can really tell a powerful story, a hundred percent and inspire so many people through things that you don't think of that important. I've had conversations with people where they say, oh, I didn't move. I've just been in the same job for 15 years. Like I don't really have anything to say. And they always do always,

Ruth Kudzi ([05:41](#)):

I love that. I love the way that it can help people just look at things a bit differently.

Mel Cheng ([05:46](#)):

Yeah, absolutely. And you

Ruth Kudzi ([05:48](#)):

Said that about people sharing stories is inspiration. What about your stories? What stories can you share that can inspire others? I mean,

Mel Cheng ([05:57](#)):

Again, you know, I would say my instant reaction is, yeah, I don't really have a story, but there, there were a few moments in my life that I could pick out. You know, I've moved, I've moved countries three or four times. So obviously I grew up in the UK, moved to Berlin. Now I'm in Austria in a small country town, I think moving to a country where you don't speak the language is always quite a daunting thing. But in that moment, when the opportunity arose, I just said, yes. I had no idea where it was going to lead me. And if you'd asked me 15 years ago, would I end up in a small farming village in Austria, I would have laughed at you. You know? That's not where I imagined myself to be, but here I am and I've set up, she dares as a business and I'm training to become a coach. That's kind of not how I expected my life to be, but then I would never change it. You know, I'm really happy with what I've with, what I've achieved and I'm happy with where I'm going and taking other people along with me. So every single day breaking out of our comfort zones is what's important to me. And what's interesting.

Ruth Kudzi ([07:15](#)):

She said, it's not, wow. I imagined I was going to be,

Mel Cheng ([07:20](#)):

I can't really tell you what I did. Imagine what I D I don't think that I ever knew where I wanted to end up living, or I didn't really have any dream. It just happened. And I, and I, and I think actually, that's, what's a really important message throughout the podcast, what he does for us. The people that we've interviewed, they all said exactly the same thing. It just happened. Like I just said yes to something. And I ended up here. I mean, I think there was one woman who came on were best mates. She always wanted to live in California and she made that happen, but everything else was not planned at all.

Ruth Kudzi ([08:05](#)):

What's interesting about that is we live in a society and especially in the online coaching world was all about your dreams and know having this, this big picture thinking. But what you're saying is sometimes it's about only saying yes.

Mel Cheng ([08:21](#)):

Yeah, yeah. Sometimes, you know, I think there's always, there's always a room for you, you know, to have a vision and a goal of what you want of where you want to be or what you want to do. But I think, I think we shouldn't be so hung up on it, you know, if, if that doesn't happen, because there were so many other opportunities that can come up along the way, and if we're so focused on what we set out to do in three, five years, we might miss some better opportunities.

Ruth Kudzi ([08:56](#)):

Sometimes the relentless focus on the goal might mean that we're not open to what else is out there.

Mel Cheng ([09:02](#)):

I think so. Yeah. But I think that's also why it's so important to have coaching as a regular thing every week, every two weeks. So that a goal or a focus can also change because it's dependent on the environment it's dependent on different circumstances.

Ruth Kudzi ([09:20](#)):

Sometimes I always think when you set a goal and you achieve it and you realize that maybe that wasn't the right goal for you, the learning that is so deep and so rich isn't actually, oh, okay. Maybe that, wasn't what I thought I wanted.

Mel Cheng ([09:36](#)):

Yeah. Yeah, absolutely. And I think also with some clients, I mean, I know, especially when I'm being coached quite often, what I think is the goal is never actually the goal and it always, it always takes the session, you know, a good 15, 20 minutes to get to actually what, what really, or what the real issue is

Ruth Kudzi ([10:00](#)):

Because we go through life. Don't we, when we're thinking don't actually have that space often to really connect with what is really going on here.

Mel Cheng ([10:09](#)):

Yeah. I don't think we allow ourselves sometimes that space because it's easier just to keep moving. It's easier to keep moving with what we know as well. And I think that's a, that's a big part of she does again, is that I want to mix things up a little bit, so I'm not sure if I mentioned, but one of the events that I do is, I mean, it's a virtual event, but it's called get up, get out every single month. And I invite women to get up and exercise for 15 to 20 minutes, but based around a theme and that theme is different every single month. And it's something a little bit silly, or it can be a bit silly. And so one of the themes is like rackets. One is balls. One is wheels. So, you know, people can go out on their bike. People can throw balls with their kids or whatever, just to mix things up and be a bit different every single time. So we're not doing the same things over and over.

Ruth Kudzi ([11:10](#)):

And I love that. I love, I love the idea of mixing it up. I think that's going to be, that's one of the themes really for you like mixing up, like if something feels good, it's okay to say yes to it, like doing something different now there's that quote isn't that I come from an education background. So I'm sure it was always, and I always forget, he said it where if you do the same thing every day, you expect to get the same results. So you need to do something different.

Mel Cheng ([11:38](#)):

Yeah. If, if, if you do nothing today who is it? If you do nothing today, nothing would change tomorrow.

Ruth Kudzi ([11:47](#)):

Yeah. And it's true, isn't it. If we don't actually change, how do we expect anything else to change?

Mel Cheng ([11:54](#)):

Yeah. It's so obvious, but actually so difficult sometimes. Yeah.

Ruth Kudzi ([12:01](#)):

But all these things are all made because you kind of look at it and you're like, that's common sense. Everyone knows it. And then your brain discounts it because that's common sense. Everyone knows that.

Mel Cheng ([12:12](#)):

I think just, again, just that every single day you get into a routine and you get into habits. Yeah. The daily habits form. And if you don't change one of those things or, or create a new habit, then everything would just stay the same.

Ruth Kudzi ([12:28](#)):

And the more that, those habits for the stronger than your pathway, we know this and the more that you're going to that habit will become sustained because each day when you're doing it, you're embedding it further. Like you're digging that deeper crevice aren't you?

Mel Cheng ([12:42](#)):

Exactly. Yeah.

Ruth Kudzi ([12:43](#)):

So it sounds like coaching has had a profound impact on you personally, but also on the future of she Daz. And we know that it's about helping people really step out of their normalcy and think about things differently and act differently.

Mel Cheng ([12:58](#)):

Yeah. Without it, you know, I don't think she does will be where it is today. And I'm so thankful that I discovered you actually.

Ruth Kudzi ([13:10](#)):

Yeah. I, I, I remember you like, no, I'm not going to do it for what I'm signing up. That obviously that was another period of your life where you just thought, actually, I'm just going to say yes to this.

Mel Cheng ([13:22](#)):

Yeah. And actually, you know why, because you were on this women's summit conference and I'd thought to myself, there was, there was a reason why I was on that. And you were on that and saying no, now to the coaching or postponing, it doesn't make any sense. Yes. I'm really, really busy. It's not the right time. Or it feels like not the right time, but I'm going to do it because this happened for a reason. And I took that opportunity when it came.

Ruth Kudzi ([13:54](#)):

And I love what you did. I know that people listening will want to find out more about she dies and will want to help other inspiring stories. Where can people find you online?

Mel Cheng ([14:03](#)):

You can find us on the website, [www.shi-dez.com](http://www.shi-dez.com), or you can find us on Instagram at underscore. She does.

Ruth Kudzi ([14:13](#)):

This transcript was exported on Nov 26, 2021 - view latest version [here](#).

Well, what do those links will be in the show notes? So you'll be able to catch up with them out. And she, Daz mal has been an absolute pleasure. If you want to find out more about the coach training and the professional coach diploma, then you can click the links below as well. And until next time, goodbye.

Ruth Kudzi ([14:32](#)):

Thank you for listening to the coaching hub podcast with me. Ruth Kudzi. If you enjoy this. I would love you to join my Facebook group, the coaching community for more of the same.