

From Playing Small To Being Fiercely Brilliant with Therese Skelly

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

As a Business Intuitive, Therese guides high-achieving, mission-driven women who are ready to live and work in alignment and are no longer willing to hustle and burn themselves out. In this episode, she shares her story from struggle and striving to thriving in her passion and purpose. She recounts her journey to discovering the impactful, fulfilling work she does today and how she mentors them to powerful transformation in life and business!

During our conversation, Therese:

- Walks us through the experiences that have shaped who she is and the work she does in the world.
- Shares her journey of healing and discovering her passion and purpose.
- Discusses the difference between counseling, life coaching, and business coaching
- Shares wisdom about how she helps high achieving women grow their business and the importance of spirituality in their growth.

Whip-smart, funny, and a fiercely devoted stand for her client's brilliance, Therese Skelly mentors mission-driven leaders and entrepreneurs globally who are ready to bust shame, clear blocks, and live their best life without apology. Through an intuitive process and her "take no prisoners" Mama T attitude, she helps her clients move past obstacles holding them back from being truly happy, empowered, and free. Therese is a former therapist turned mentor who lives in Scottsdale Arizona with her sweet pup Murphy and dotes on her two grown boys, Danny and John. When she isn't working with clients or cooking up a storm in the kitchen, you can find her on the road, on the back of her boyfriend's motorcycle, living life to the fullest.

Quotes from this Episode:

"I was blessed to go through that be on the other side so that it's of service to somebody else." — Therese Skelly

"I'm not a therapist doing this to you. I am a soul on a journey walking with you. Because I've been there sister. And there is nothing more powerful than that." — Therese Skelly

"The work you and I do is we expand our people to their potential, and past their small thinking in their small lives and their history. It's like, "grow into the next version of you." — Therese Skelly

Resources:

Website: www.ThereseSkelly.com

Facebook: <https://www.facebook.com/therese.skelly/>

Twitter: <https://twitter.com/thereseskelly>

Linkedin: <https://www.linkedin.com/in/thereseskellyaz/>

Instagram: <https://www.instagram.com/thereseskelly/>

Golden Timestamp:

17:42-18:41 - Talks about how she shares her story and empowers others.

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