

Unconditionally Worthy Podcast EP #52: The Daily Benefits of Believing You're Unconditionally Worthy w/ Deslynne Roberts

Adia Gooden: (00:00:00) Welcome to the Unconditionally Worthy Podcast. In this podcast, I will guide you on your journey to connect with the true source of your self-worth. Each week, we'll discuss barriers to unconditional self-worth, the connection between self-worth and relationships, self-worth practices you can apply to your life and how to use self-worth as a foundation for living courageously. I'm your host, Dr. Adia Gooden, a licensed clinical psychologist, dance enthusiast, and a dark chocolate lover who believes deeply that you are worthy unconditionally.

Adia Gooden: Hello and welcome to another episode of the Unconditionally Worthy Podcast. I'm really excited to bring this episode to you today. I am joined by Deslynne Roberts, who is one of my former group coaching member. She was in the January 2022 cohort and I'm just so excited to talk with her about her experience in the program. Deslynne is a licensed therapist, right. So she has a lot of experience going to her own therapy, being a therapist, supervising other therapists, and she still got so much out of the program. And so she really shares some highlights about how she benefited from the program, some of the meditations, some of the exploring her own self-worth journey, learning to be more gracious and compassionate with herself. She shares about those things and also talks about the benefits that she's seen in her own life, in terms of how her day to day life feels better.

She's not overworking as much, she's taking better care of herself, right, and she's, you know, gotten the job that she was looking for and wanted and negotiated a salary that she wanted. So I think this episode really highlights the benefits of the unconditionally worthy group coaching program. So I'm really excited for you to hear about it directly from one of my former group members, the enrollment and applications for the group coaching program are open now, if not, they'll be open very soon. I think they'll open starting around September 21st, so if you are considering joining Unconditionally Worthy Group Coaching Program, definitely listen to this episode, so you can kind of get a sense of whether or not it seems like a good fit and then go ahead and, you know, complete the application.

The link will be in the show notes, so you can apply. And I think it's unconditionallyworthy.com/program. And I'd love to have a conversation with you. Once you apply, I'll let you know if it seems like you'll be a good fit and we'll set up a consultation call to talk about whether or not this seems like it will be the right program for you. So I'd love to have a conversation with you if you're considering it, I'm really proud of this program and what it offers to people and would love for you to be a part if you're interested. So check the link into show notes, also feel free to DM me on Instagram at Dr. Adia Gooden. If you have questions

about it, if you're not sure, I'm happy to engage with you there even before you apply, so let's get into the show.

I'm really happy to welcome Deslynne Roberts to the podcast today. Deslynne is one of my former group coaching member. She was in the last cohort of the Unconditionally Worthy Group Coaching Program. And so I'm really excited to have this conversation with her today. Deslynne is a licensed clinical social worker in Indiana and Illinois. She is a British national of Caribbean descent, and now lives in the US. Deslynne currently provides clinical leadership and clinical oversight to experienced and early career clinicians for a nationwide social services organization. She is also the founder and owner of embodied therapeutic services, LLC. A private practice focused on therapeutic services consultancy with a focus on bringing the mind, body and spirit imbalance for optimum mental and emotional wellness, I love that.

In her spare time, Deslynne enjoys cooking, walking, yoga, exercising, traveling, and she is a lover of curry and roti, infused with the sweet sound of calypso music and cool island vibes, that sounds fabulous.

Deslynne: Yay.

Adia Gooden: So welcome. Welcome. Welcome. Deslynne. I'm so happy to have you on the podcast.

Deslynne: Thank you for inviting me, Dr. Adia.
Adia Gooden: Awesome.

Deslynne: It's great to be here.

Adia Gooden: Awesome. Well, I'm going to start our conversation where I start all of my conversations with guests on the show, which is by asking you to share a bit about your own self-worth journey. (00:05:00)

Deslynne: Okay. You know, I've always been intrigued with personal development. So from a really young age, I would say in my early twenties, I was really engaging in, you know, self

development activities and that just evolved over time. I've always been a good listener. I've always been very much present to talk about a lot of deep things and that led me to my own journey in therapy and uncovered and multitude of things, which as it does, but over the last few years since the pandemic hit, I realized that there was this repeated sense of dissatisfaction that I felt within myself. I didn't feel that I was fulfilling my life's journey in various different ways. So 2020, I went on a self love retreat to Arizona, and that was following a traumatic period in my life and that was really good.

It helped me to uncover, it helped me to heal, it helped me to think more about myself and loving off myself, but it lasted for a short time and I then discovered that, you know, there was that dissatisfaction was still there. So December is my month, when I sit, I reflect, I review, I manifest, I vision cause for the following year and for 2022, I wanted a new job. I knew I wanted to relocate to a new state and I had already started the job search and there was this company that I found that I was going to apply for and I did my research, I looked at the website and everything, and I came across this Black lady, Dr. Adia, who had done a presentation there and I thought, oh, let me see what's going on here, so I looked at the website, I listened to the Ted talk and I was like, this is it. This is what I need. I value therapy, but I've always toyed with the idea of coaching and do I need a coach or do I need a therapist?

Adia Gooden: Mm-Hmm.

Deslynne: So I did the self-worth assessment and it revealed everything that I was experiencing and I just thought, yeah, this is what I need for 2022 to take me forward. So that's where I landed, that's how I came across the unworthy podcast and the coaching program and so, yeah, so I've always been on a journey of self-worth and self-discovery and, you know, doing better for myself, it's always been present for me.

Adia Gooden: Yeah. Well, thank you so much for sharing that and, you know, I love that you've sort of talked about, you know, you've been working on this for a while and I think the way self-worth journeys often go is that you sort of get to a place where you're like, okay, I'm feeling pretty good and then another sort of layer peels back and you're like, oh, there's actually more work to be done there and that doesn't mean there's something wrong with you or you haven't done good enough work, it just means that we sort of get to these different layers at different times in our lives and I think you also highlighted how different things have been supportive of your journey at different times. Right. So therapy has been helpful. The self love retreat was helpful and you still felt like, okay, I need something else that's going to kind of maybe take this to a different level or really get at the core of this dissatisfaction that I'm feeling.

Deslynne: Right. Absolutely. And I think it's just amazing what I discovered through this process. And as a mental health professional, you know, therapy is great, you know, it deals with

one thing, but this was just gave me a little more depth to understanding who I was and what I need to really focus on as I continue in life, so, yeah.

Adia Gooden: Yeah. Can you talk a little bit more specifically about what the program helped you to uncover or discover about what would be helpful in terms of your own journey and personal growth?

Deslynne: Yeah, I think first of all, it really highlighted the hurts that can emerge in childhood through the many different environments systems that we engage in and the first module was really taking you to that place where (00:10:00) you had to look at your inner child, and I've heard about inner child work and I did a little bit on the self love retreat and it was very revealing, but at points in my childhood, my adolescent, my youth years, those were the hallmarks of where my self worth was impacted. So that was a great place for me to actually start. It was scary. It just made me really think and I remember writing myself love story and tearing up and thinking, wow, this is why, you know, there were other things that emerged for me through that process and how religion having been brought up in a faith-based home, you know, being part of a religious organization, how those factors contributed to hearts and where you've, I would say your self worth is challenged or framed through those frameworks and as you traverse through years, that changes and it's changed for me quite a bit.

So that chapter was great, that was the foundation, and that helped me to really look at where it was all coming from. I really enjoyed the bit where we had to challenge that, we had to counteract those messages, those negative messages that we had, and as we went throughout the program, each module really helped you move closer and closer to a better understanding of yourself. There was one module that really aligned with my spiritual self and really looking at you as a baby, that child, how would you speak to that baby and that child and it just took me back to scripture, you know, fearfully and wonderfully made. We were perfect. And I think that was really the turning point for me.

I loved the meditations and I really connected with the meditations around forgiveness and self compassion. And as I'm speaking, I'm getting goose bumps. Those were the ones that I needed to really heal and accept me in all entirety, so I use it a lot, I use it a lot and, you know, it does bring me to tears, but what I've loved about those meditations that and I've taken away from that is that it's okay to mess up, it's okay to feel a bit yucky today, it's okay, just be gentle with yourself and I hear myself saying, okay, does it's okay. It really is, you know, it's not that bad, so those meditations have been really transformative for me. There was another one that again really spoke to me and that was when I wrote my vows, the vows to myself. And again, you know, it was very deep and very emotional and, but it was affirming and it was really setting me in that position whereby I could stand tall and say, this is what I'm going to do for me, this is my commitment to you Deslynne.

So there are so many nuggets in there. And what I also love is that I'm a bit linear and I actually make sure I do the stuff so I can engage, but it's there to go back to, it's there that I can revisit, and every module, there is an affirmation piece. There's a quote that is used that helps to shape that, the one that I love and who I love is Brene Brown amongst others, and her statement, loving ourselves through the process of owning our own story is the bravest thing you could ever do, always speaks to me, always speaks to me. And I think that's what this self worth coaching program is, it's loving yourself and embracing all the yucky pieces, being brave through it, navigating through it, and when you come to the end, you know, you see a different you, you experience a different you, and you have an opportunity to go back and reshape and reaffirm and dig a bit deeper into your own self. So at the program, the program is priceless to me. Yeah. Priceless.

Adia Gooden: Thank you so much for sharing it. It brings so much joy to my heart because, you know, that's why I created, I created it to be really helpful to people and it's so kind of wonderful to hear the pieces of the program that you found really helpful. You sort of mentioned, there's one of the, sort of, later modules where you're guided to write vows to yourself, as you would like write vows to a partner that you're going to marry, (00:15:00) you write them to yourself, and it's about learning to love yourself and embrace yourself and commit to loving yourself as you described.

Deslynne: Yeah.

Adia Gooden: And you're also talking about some of the other resources that I have, which is meditation. So each module comes with a meditation, so there are lessons and videos and worksheets, and then there's a meditation. So that for those people who want to just kind of hear and meditate on the message, then you can use that. You can download it, you can use it at any time. And, you know, you also talked about where we start, which is uncovering yourself with story. Right. And it is kind of painful to go back and say, well, how did I get to this place where I don't feel satisfied with myself or I feel like something's wrong with me, or I feel like everything I do is not right. Right. I feel like I'm not good enough. How do I get there? Because often we can look at the outside of our life and say, well, you know, this was going pretty well, you know, I have a good job or I have friends...

Deslynne: Right.

Adia Gooden: ...and so I don't understand what's wrong with me. Why do I even think this way or feel this way? And it really is powerful to go back and say, well, what were the things that happened throughout my life? And what were the messages that I was given that really led me to some of these negative thoughts about myself and negative beliefs about myself. And, you know, you also use the word healing and I don't think I sort of talk about that element of the program probably enough, that it is really heal, like the practices that you are guided through are really healing. They help you to heal...

Deslynne: Yeah.Sure.

Adia Gooden: ...from wounds of the past, and it doesn't replace therapy right there, you know, you're saying, I agree, like we're both therapists...

Deslynne: Yes.

Adia Gooden: ...and believe in the power of therapy and believe that therapy can be really important on your healing journey. And there are a lot of elements in this program that are structured around helping you heal in a focused way.

Deslynne: Right.

Adia Gooden: Because sometimes in therapy, you sort of go in and you're like, I'm having a hard day, and, you know, you may not always know how to connect that to something deeper going on and it may be that you just need a little bit more structure and focus of like, you're going to focus in on this thing, it's hard.

Deslynne: Right.

Adia Gooden: Well, let's talk about this specific thing and that's part of what the program offers.

Deslynnne: Yeah.

Adia Gooden: And that piece about focusing, you know, as a mental health professional, it made me reflect on the work that I do with clients and how they come into therapy with a diagnosis, you know, and we are designed to treat the diagnosis. But when you really look at the diagnosis, there's depth to that. It started from somewhere. So that self worth piece just helped me just say, that's what some of our clients need to really understand and connect the dots between what happened in childhood and what's brought you to here now and you know, the population I work with is children and adolescents, and I just kept thinking, you know, they could, if they had a tool like this...

Deslynnne: Yes.

Adia Gooden: ...to help them really understand, yes. Their minds might not be at that place to really absorb it, but it's so powerful and it's great.

Deslynnne: Yeah.

Adia Gooden: Well, I love that you are now in this role of shaping, you know, the clinical practice and mentoring people and helping this organization, because you can incorporate some of these themes and some of these ideas and some of these practices into the work that you're doing and that all these other clinicians are doing to support young people because yeah, wouldn't it be wonderful if more of us knew we were worthy when we were young and didn't have to go through the years of struggle and questioning ourselves, like, wouldn't that be beautiful...

Deslynnne: For sure.

Adia Gooden: ...I hope that, you know, there are things that you'll carry from your experience in the program, into the work that you're doing as you impact so many people overseeing the clinical services for your organization.

Deslynnne: Yeah. Yeah, I hope to. I hope to make sure that that's part of what I do.

Adia Gooden: Yeah. Yeah. Well, you sort of touched on this a little bit, but I'd love for you to kind of talk to us a little bit more about maybe some differences that you notice in terms of your experience of life, your feelings about yourself, your day to day experience before the program, before you did the work in the program and then kind of how you're experiencing things now. So I heard you say that you're more gracious and compassionate with yourself now, talk about how that impacts you, like what's the difference and then how does that impact your day to day to be more kind and compassionate with yourself?

Deslynne: You know, I'm the sort of person who likes to do things well. And doing things well means that I might overcompensate in some areas, I might stay up late and work, work on a task, I might work long hours, but discovering and being more compassionate with myself is actually given me that space to say (00:20:00), stop, take some time out, and it's okay to just do enough, you know, it doesn't need to be a hundred percent all the time, but think good enough, might just get you, give you that piece, and I think about situations when I've got deadlines to meet at work and I'm diligent with my work and I want it to be just so, and, but my body's telling me no and I've had to actually take a step back and say, it's okay to just do enough and I'm surprised how I'm able to show up having not done what my mind's telling me, I should be doing and still deliver and still have the same results, so that has been useful.

Before, I would always think that the problem was me and I've learned through this process to think about it in different ways. Think about the fact that the problem isn't you, you might just need to just change the way you see this, think about what you need and ask for what you want and recognize that you deserve it. I think that's the biggest thing that's really come out of it for me. And, you know, finding a new job and negotiating a salary, which is a bit scary.

Adia Gooden: Yes.

Deslynne: But actually aligning that with an understanding that you have years of experience. You have the aptitude, you can do this and you are worth this amount of dollars and that has been really useful. That has been really useful, I've gone into interviews and said what I want scary as it is and got it. So that was a part of the self worth in relationships as well. Being able to attach value and worth to what I'm asking for, what I desire, you know, the time I want to spend with people, you know, there has been moments where I've had to make some hard decisions about friendships and say, this is not helping me. The person's not bad, but this is not allowing me to flourish. It's not allowing me to enjoy life. So we need to just have a different kind of relationship, one that's not impacting my emotional space and taxing.

So this journey has helped me to really own my worth, own my worth, and demonstrate that in very, very different ways, but also to just be gentler with myself and not so hard on myself. I remember friends used to always say “Des, you're so hard on yourself” and I never understood what it was, but now I do. Now I know that, you know, my self worth was aligned to aspects of criticism or expectations and family values, and it's now allowed me to recognize that those are things that shaped me, but they don't always define me. I don't need to live by those all the time. I can taper them somehow and still be okay. So what I think I'm emerging into a more compassionate and a more gracious self.

(00:23:38) You won't break my soul, you won't break my soul. I'm so excited to invite you to join me for my free, You Won't Break My Soul Challenge. This is a five day self worth challenge inspired by songs from Beyoncé latest album Renaissance. In this free challenge, you will learn how to get free from conditions you've placed on your work, how to love yourself and get comfortable in your skin and how to claim your greatness and unconditional self worth. The challenge will take place from Monday, September 19th to Friday, September 23rd. We will meet every day on Zoom, where I'll be teaching and coaching you and making sure that nothing and no one can break your soul. This challenge is going to be fun, uplifting and empowering. So if you want to make sure that your soul is unbreakable, secure your spot now by going to www.unconditionallyworthy.com/challenge and remember it's free. Please be sure to invite a friend, the party is always more fun when there are more people. I cannot wait to see you there!

Adia Gooden: Yeah. It's so wonderful to hear and you know, I hear a few things in what you're describing. One is taking better care of yourself and honoring what your body needs, right. Sort of maybe even noticing that your mind's tendency to push you to overwork, probably coming from a space of anxiety of like, you've got to over prepare, you've got to overdo it, so you won't make any mistakes, right, and noticing like, actually if I slow down and trust my body and trust that I've done enough, that I know enough that I'm prepared enough and I let myself get rest and I let myself, you know, shut it down for the night and I sleep, then I, you know, go in the next day and actually do just as well. I don't know, maybe better...

Deslynne: Yes. Yes.

Adia Gooden: ...right because I'm coming from this rested grounded space rather than up all night tired and wired and like, okay, you know, like stress about making any type of mistake and so...

Deslynne: And that's huge for me, that is huge for me and particularly in the role of leadership, that is something that I've valued so much about, you know, just being okay with doing enough

and not doing anymore. So that has been really transformative for me.

Adia Gooden: And I imagine that work feels so much better.

Deslynne: Yeah. Yeah.

Adia Gooden: That way, right.

Deslynne: I can smile. I don't feel stressed, you know, that high functioning anxiety piece (00:25:00) that comes with performance and you know what everyone's going to look, what it's going to look like, how am I going to show up? I just show up and let the chips fall when I do and when I make a mistake, I'm like, okay, that's okay.

Adia Gooden: Yeah.

Deslynne: And I speak to it and it's okay.

Adia Gooden: Yeah.

Deslynne: Yeah.

Adia Gooden: I mean, one of the things we worked on in the program is values, right? And using your value to guide you and guide how you show up versus the anxiety, because for so many of us, myself included for years, the high functioning anxiety was the guide...

Deslynne: Right.

Adia Gooden: ...versus what are my values? How do I want to show up? What impact do I want to have on my employees or my clients? And it feels so much better to have that be your guiding light versus the anxiety and that it has to be perfect.

Deslynne: Right.

Adia Gooden: And I'm just also thinking about what a wonderful model you are to your employees, right. That you are modeling, you don't have to overwork to succeed here. You don't have to be perfect to succeed here. Right.

Deslynne: Right.

Adia Gooden: You can do good work. You can do enough. You can make mistakes and learn from them. And that creates such a safe, supportive environment for yourself and for your employees, which I think is just going to have ripple effects because I think we've all been in environments, work environments, I certainly have where you feel like it's got to be perfect, you've got to overwork, you've got to, you know what I mean and...

Deslynne: Right.

Adia Gooden: That really gets set from the top down.

Deslynne: For sure. For sure. For sure. I can speak loads on that, but yes.

Deslynne: Yeah. So, I mean, I think it's wonderful and you know, I'd like to think that it's not a coincidence that you got, you know, the job that you really wanted in the place that you really wanted with the salary that you wanted after doing this type of work.

Deslynne: Absolutely.

Adia Gooden: I don't think that's a coincidence.

Deslynne: I don't either and I interviewed midway through the self-worth journey and I don't think it was a coincidence at all, so, yeah.

Adia Gooden: Yeah. You know, I love having these conversations and I think it's also really wonderful to have the conversation with you because you're in this mental health and wellness world, and so, you know, I think a lot of people do think, well, I'll go to therapy and that's enough, right, like, and for some people therapy might be enough, right, but I think for the people who really want to dig deeper or maybe go to another sort of level in their growth journey, I think often therapy is about managing symptoms. Right.

Deslynne: Right.

Adia Gooden: Therapy is about, okay, you have a diagnosis, as you said, you have anxiety, you have depression. How do we help you manage those symptoms, so that you can move throughout your life and function well and survive, maybe you might get to thriving, but mostly it's like, how do you manage your symptoms? How do you cope with depression? How do you cope with anxiety or other things? Right. Some of it can be, how do you heal from trauma.

And sometimes there are therapists who move beyond that point to what does it look like to thrive? What does it look like to fully embrace and engage in your life? There certainly are therapists who do that. And I think probably not enough therapy is focused on what's the next level. Right. We're not just wanting to manage symptoms. Right. Like, we're not just, we want to do that, but we want to move beyond that.

Deslynne: Yes.

Adia Gooden: And I think this program helps people to do that.

Deslynne: Mm-Hmm. I do too. I do too. It's an investment for sure. But it's an investment in yourself that is invaluable to getting a better connection to who you are. So yeah. I think it does all of those things.

Adia Gooden: Yeah. One of the things that you shared was that it was hard at times and I think that's something that I hear from all the group members, right. Like, ah, this is hard, right.

Deslynne: Yeah.

Adia Gooden: And I hear, what I get from it, hopefully I'm right, you can tell me if I'm right or wrong, but it's good hard, right, it's that type of like, you're in a hard workout, right, and you know, oh, my muscles, like this is painful, but I know that this is strengthening me, right, it's that type of hard, not like painful for the sake of being painful, but painful as part of the healing and growth process. And I wonder kind of what your experience was of that and also what encouragement might you offer to someone who's on their own self-worth journey and finding it challenging or finding the work difficult?

Deslynne: Well, the first thing is you got to be patient with yourself. You recognize the depth that you are going and be patient with yourselves. I think it's very much about just recognizing that there are facets in our life that (00:30:00) we do need to peel back that onion skin and just have a look a bit deeper, you know, if you want to go there, that is, but being patient and gentle with yourself is how I dealt with it. So when things were a bit too much, I stopped and just gave myself a breathing space and just returned. And some of it wasn't complete, but the pieces that I was able to work on were transformative and revealing.

So I would encourage anybody who is cautious or worried about the depth, it's not a scary place to go in because what I also enjoyed is that throughout the coaching program, as we unfolded each module, all of the participants were feeling the very same thing.

So that you were in a safe space, you were able to hear other people's journey, you're able to affirm them. You were able to validate your own journey. And there was that piece of alignment that came with each module. So there is going to be personal pieces outside of the coaching program that, you know, might be a bit hard, but what I saw throughout is the growth, not only within myself, but everyone else as we started to allow ourselves to release a little bit at a time and be part of that sharing space. So you are not in it on your own. You're not walking this journey on your own and Dr. Adia does a great job of validating each person's story and each person's experience and aligning it back to the module. So I would say it's going to be okay, it's not scary, it feels scary, but in practice, it's quite comforting.

Adia Gooden: Thank you for sharing that and yeah, sort of, as you mentioned, right, like you can keep going back to the lessons, to the modules, to the resources, you know, everybody gets lifetime access to it and part of the reason I do that is because I want this to be an ongoing resource and I really try to set up all of the teachings as practices.

Right. Not like, for those of us who are kind of high achieving, accomplished oriented, which is most of the people in the program, myself included, I really try to shift away from an achievement orientation within the program, shift away from, I didn't do my homework, I didn't

do, I didn't do, I'm falling behind, right, and into you are where you are, right, like some people are going to go more slowly and some people are going to go more quickly through the modules and the lessons and the program. Some people are going to show up every week and they're just not going to have a lot of time to dive into the lessons, that's also okay. Right.

Deslynne: Yeah.

Adia Gooden: So letting people go at their own pace and knowing that these are practices, this is a way of being that you're developing versus something you're trying to race to the finish line and achieve and accomplish. I also so love that you mentioned the group aspect because the group aspect is not an afterthought, right, like, well, it's just easier for me to do all of this in a group and not do it one on one, the group aspect is actually part of the healing. It's actually part of the intervention, right. I've been trained in doing group therapy. This is not group therapy, but I've been trained in doing group therapy and is seen how effective and powerful a group is. And it's because of some of these things you just shared, which is you see that you're not alone because it's one thing for a therapist or a coach to tell you, you're not the only one who experiences this. I have lots of clients who experiences this, but you say, yeah, yeah, you're just telling me that. Right.

Deslynne: Right.

Adia Gooden: That's sort of the response. But when you hear someone else's story or you hear someone else's experience and you see the beauty and the humanity in them, and you see the worthiness in them and you see that they're also struggling and then they see it in you, there's just some magic that happens. Right.

Deslynne: Yeah.

Adia Gooden: There's some connection and joining and wow, I really am not alone. Right. Like, it's a felt sense versus somebody telling you, you're not the only one it's experiencing, I'm not the only one. And then there's also this beautiful thing, as you said, which is you get to affirm other people and encourage other people and then you receive that, you learn to receive it from others, and that is part of what helps, right, like...

Deslynne: Right.

Adia Gooden: ...receiving that support and connection is also so important for your self-worth journey and for getting to a place of embracing, like, I am really worthy and so it's not, I don't, I haven't constructed this as a group program just because like, oh, well then I can put a bunch of people in together and it's just easier for me. It's actually an intentional part of the program and (00:35:00) I really think that the program would not be as powerful if it was done individually versus in a group. What are your thoughts about that?

Deslynne: I absolutely agree. You know, I am that person who did all the homework because I needed to prepare, but halfway through when work pressures and life was just saying, take me away, I felt okay to do that. But what there was, I did notice there was intentionality in each module, intentionality about bringing us all together to share our stories, to really reflect on what's changed. What did that module say and do and feel for you?

So that intentionality is there and whilst it might not have that therapeutic air, it does have that component of the healing and the restorative piece, and the validation piece. So I agree. I agree. It's the intentionality is there and you then become intentional about what you do with the material, you become intentional about how you think about your own self-worth, how you look at all the facets of your life and how those things collide and, you know, the things that you want to move away from. So intentionality is a good word to describe the program, for sure.

Adia Gooden: Thank you for saying that.

Deslynne: You're welcome.

Adia Gooden: So let's, I think this is going to be my last question. If somebody is listening and they're kind of like, hm, this program sounds like it could be what I need or it could be a good fit, but I'm not sure and I'm apprehensive. What might you say to them?

Deslynne: Well, first of all, if they haven't listened to the Ted talk and haven't done the assessment, that's a good place to start, but I would also say to them is it's an investment in yourself and it's worth it. I think that I've come across many coaching programs and oftentimes, the price tag that comes with it can be a deterrent, but having processed that and thought about, you know, the investments that I've made in other areas that might look larger than this, or what I might continue to invest in over time, this program is worth every dollar that's attributed to it. And I say that because not only do you get an opportunity to go back and enjoy and refresh, the resources are there, and it's an investment in yourself, it's the best thing I have done for 2022 to

help me on my journey and, you know, I'm grateful. I'm really grateful for it. I'm grateful.

Adia Gooden: Thank you for that. Yeah. And it is an investment. It's not inexpensive and I do think putting in perspective of the other things that we do invest in, and I think we're in a culture that says, invest in education, you know, invest in property, invest, right, like, you know, even invest in clothes and shoes...

Deslynne: Right. Right.

Adia Gooden: ...and things like that, but you do it dribs and drabs, you don't realize how much you're spending, that it is sort of a different thing to say, you know what, I'm going invest in myself in this way. And you know, part of the reason I have, you know, the podcast and, you know, these other talks and put things out on social media is because I do want for there to be resources for people who aren't ready to maybe make that commitment or investment yet, right, that they can get started. Right.

And Deslynne mentioned, there's, you know, I have a self love quiz. Like, what's your self love style? You can find that on my website, that's a really good place to start. It's like, what's my relationship with myself like and so I try to have a lot of and that one's free too. A lot of things that sort of help people along the way and then when people are ready for sort of a deeper level of work and investment and commitment, then this group coaching program is a great opportunity and I'm so grateful that you feel like it has been worth your time, your energy and your money.

Deslynne: Oh, yeah, it has.

Adia Gooden: Yeah, and you know, that's what I want. I want it to be useful. I'm not just trying to take people's money, that's not the game I'm in. So I'm just, yeah, go ahead. Mm-Hmm.

Deslynne: And I would say that, you know, that the investment is not what we all experienced. I say that for all the participants. We were all there, (00:40:00) we engaged, the content is in the program, the content is in the material and the price tag attached to it, to me, it's not an issue, you know, I was able to just say, yeah, I'm going to do this and it felt comfortable to do that as well, so yeah.

Adia Gooden: I'm so glad to hear it. And, you know, Deslynne you were a joy to have in the

group, as you all can hear your, you know, you have a soothing voice, you have a calming presence, and I think, you know...

Deslynne: Oh, that's a therapist to me.

Adia Gooden: ...the other group members. Yes. Yes. And you know, the other group members felt that as well and so, you know, that was the other thing, it's like everybody got the opportunity to be a blessing to someone else...

Deslynne: For sure.

Adia Gooden: ...and you were certainly a blessing to the group, a joy to have in the group. And I'm really grateful that you chose to participate, that, you know, I feel honored that, you know, despite, you know, even with all of your training and your experience clinically, even with all of that, you still felt like you wanted to kind of go on this journey and you allowed me to be a support and a guide on this journey, so I'm really grateful for that, grateful to know you and just grateful that you have chosen to share your experience on the podcast with me.

Deslynne: Well, I appreciate it. I thank you for inviting me and yeah, I will be forever grateful, I think for being part of this process and yeah, you are a blessing. This has been a blessing, so, yeah, I'm great.

Adia Gooden: Okay. Thanks so much.

Deslynne: Okay.

Adia Gooden: Thanks for joining me this week on the Unconditionally Worthy Podcast, make sure to visit my website, dradiagooden.com and subscribe to the show on iTunes, so you'll never miss an episode. You can also follow me on social media at Dr. Adia Gooden. If you love the show, please leave a review on iTunes, so we can continue to bring you amazing episodes. Lastly, if you found this episode helpful and know someone who might benefit from hearing it, please share it. Thanks for listening and see you next episode.

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