



Interview with Aurora Winter

How to Help (and cope with) a Client Who is Having a MELTDOWN

Never be at a loss for words again!

SAMPLE INTRODUCTION

If you are a life coach, nurse, realtor, divorce attorney, chiropractor, counselor, financial planner or anyone who advises clients on important personal matters, you already know that the single biggest challenge you can ever face is when one of your clients is having a MELTDOWN...over something like a divorce, death, job loss, illness, special needs child, parent with Alzheimer's, estate issues, etc.

It's so intense it can know you through a wall. You don't know what to say or do.

My guest today can help you deal with that. She's an expert at helping people get through meltdowns...FAST.

AURORA WINTER is frequently featured in the media, including ABC-TV, FOX-TV, CBS-TV, Oprah radio, Elle magazine and more. Aurora's work has been endorsed by Dr. Wayne Dyer, Rev. Dr. Michael Beckwith, Dr. Bruce Lipton, and many others. DR. BERNIE SIEGEL, best-selling author of "Love, Medicine, and Miracles" said, "I admire Aurora and her work. Others can gain strength from her wisdom and experience."

Formerly a film and TV producer, Aurora is the Founder of the GRIEF COACH ACADEMY, and the author of several books, including "From Heartbreak to Happiness" "Encouraging Words" and "Grief Relief in 30 Minutes."

SAMPLE QUESTIONS

Anything you'd like to say before we get started?

(My goal is you'll never be at a loss for words again after listening to this call)

Why did you get interested in happiness, Aurora?

(My personal story)

What are the top regrets people have – and how can they avoid them?

(Regrets: Not living a life true to my dreams, working too hard, not staying in touch with friends, not letting myself be happier, not having the courage to express my true self.)

Is it true that what doesn't kill us makes us stronger?

(Yes, study of 1,700 people discovered greater strengths after very traumatic events. Gratitude, Spirituality, Calling, Relationships, New opportunities, Inner strength & resilience all increased)

What surprising thing do Bill Clinton, Julia Roberts, Stephen Colbert, Madonna, Lincoln, Darwin, and Bono all have in common?

(Study of 573 eminent people with ½ page in Encyclopedia Britannica: early death of 1st parent, which triggered drive & success. 13.9 vs 19.6 control. Eminent lost 1st parent under age 18, incl above)

What's the difference between coaching and therapy?

(Loss = earthquake. Therapy = explore the past with why questions. Coaching = rebuilding = what really matters? What do you want? How can you get there? Coaching = a match igniting a bonfire)

What are some of the worst things to say to someone heartbroken?

(It just takes time; I know how you feel; You need to be alone; I'm sorry; It was God's will)

Some of the best things?

(You're not alone. My heart goes out to you. It's not your fault. I don't know what to say.)

Can a few coaching words make a big difference?

(Puzzle story, growth mindset)

How can we turn heartbreak into happiness and success more quickly?
(Express, accept, get support, help others)

How can we help others?
(3 steps: acknowledge, listen without fixing, give hope / coach)

Can you tell us a bit about your coach training program?
(People can get a free strategy session at www.GriefCoachAcademy.com/strategy)

What are some myths about coaching?
(office not needed, via phone, freedom, \$200/hr average)

What are some myths that prolong heartbreak?
(It just takes time, It's my fault, I need a therapist, I don't need support, Replace the loss)

What is your trademarked 5-step process for putting meltdowns on ice...fast?
(The Peace Method® process)

How much of our happiness is under our control?
(Dr. David Lykken, U of Minnesota: 40% can shift immediately with the right coaching.)

What's the single most important thing that most people miss?
(You have got to be able to handle "meltdowns". Heartbreak is inevitable. Clients => loyal fans.)

What's the link between happiness and wealth?
(Happy people earn \$1 million more, live 7 years longer, are 35% less sick)

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Image of Aurora Winter to use in your marketing
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