



SEASON 1 EPISODE 8

Rebel With a Cause: **Sam Goldfinch** on Clarity, Courage, and the Wisdom Within

Chapters

00:00	Introduction to Spiritual Rebellion
06:44	Understanding the Spiritual Rebel
13:47	The Role of a Clarity Coach
21:42	The Journey to Coaching and Teaching
29:52	Navigating Feelings and Psychological Safety
31:20	Understanding Acute Stress and Emotional Safety
34:08	Chronic Issues and Women's Unique Challenges
35:19	The Impact of Alcohol Marketing on Women
37:53	Transformative Coaching for Women
40:21	Navigating Caregiving and Personal Identity
52:30	The Special Effects Department of Our Minds
59:37	Embracing Wisdom and Overcoming Insecurity
01:01:27	The Power of Now
01:07:13	Understanding Insecurity and Imposter Syndrome
01:11:34	Navigating Performance Anxiety
01:17:12	Embracing Inherent Wholeness
01:22:11	Resources for Personal Growth

Summary

In this episode of Women Who Rise, host Heather Mansy interviews Sam Goldfinch, a clarity coach and spiritual rebel. They discuss the concept of being a spiritual rebel, the importance of inner wisdom, and how clarity coaching can help individuals break free from societal expectations and personal limitations. Sam shares his journey into coaching, the impact of feelings and insecurity, and the influence of the alcohol industry on women. The conversation emphasizes the power of the present moment and the importance of understanding one's own thoughts and feelings to achieve personal growth and empowerment.



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Takeaways

1. Sam Goldfinch defines a spiritual rebel as someone who breaks free from societal rules and embraces their inner wisdom.
2. Clarity coaching helps individuals understand how their thoughts influence their experiences and decisions.
3. The past is not a place; it cannot dictate our present or future unless we allow it to.
4. Feelings are safe to feel, and suppressing them can lead to chronic issues.
5. Women often face societal pressures that can limit their potential, but understanding these constructs can empower them.
6. The alcohol industry has targeted women, creating a culture that can be detrimental to their well-being.
7. Worrying is often mistaken for love, but it can hinder clarity and connection with loved ones.
8. The mind creates a special effects department that can distort our perception of reality.
9. Imposter syndrome is a common experience, but recognizing it as an illusion can help individuals move forward.
10. Understanding the nature of our thoughts can lead to greater clarity and empowerment.

Sound bites

"Wisdom doesn't follow rules. We all have an innate source of wisdom, intuition, and guidance that doesn't play by the rules."

"Clarity emerges when we understand how we work, not by adding more thought into the system."

"The past isn't a place you can visit. It's only generated through current thought, story-making in the mind."



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"If the only thing that people learned was not to be afraid of their experience, that alone would change the world." - Sydney Banks

"The real imposter is the imposter syndrome. You're the wisdom and intelligence behind life."