

Colleen Mitchell

I am a life coach, podcast host, writer, and full-time analyst. I fit more into my week than most people can in a month. I'm passionate about showing people that how they think about things determines how they experience them. I've lost over 65 pounds as a type 1 diabetic, learned how to manage my anxiety, and transformed my relationship with myself just by understanding that thoughts cause feelings.

INTERVIEW TOPICS

1. Discussing the importance of learning how to manage your mind, because an unmanaged is like a toddler with a knife.
2. How I manage my calendar so that I work a full-time job, have a coaching practice, host a podcast, run a blog, and write books (on top of all the other things going on in my personal life).
3. I can talk about sustainable, healthy weight loss with low-carb and intermittent fasting—how I lost over 65 pounds as a type 1 diabetic.



SAMPLE QUESTIONS

1. What's so bad about having an "unmanaged mind"?
2. What are the key lessons you've learned from losing over 65 pounds as a type 1 diabetic?
3. How do you stay organized with everything you do?
4. What do you mean when you say "how you think about something determines how you experience it?"

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