



Lisa Corduff: Hey everybody. I said that we were going to get Lisa Carpenter when we could get her, and I was just going to go live and we were going to talk all the things. Hang on. Not sure I know what just happened there. Here we go. Okay. I'm going to bring Lisa on and hopefully ... Is it adding you? Adding, adding. Yay, [inaudible 00:00:48]. We're going to end that.

Lisa Carpenter: Echoing all over the place. [inaudible 00:00:59] I've got my phone plugged in, so I feel like I'm on a leash here. This is awesome.

Lisa Corduff: On a leash?

Lisa Carpenter: On a leash.

Lisa Corduff: Just drawing you in.

Lisa Carpenter: Hi, Lisa.

Lisa Corduff: It's the two Lisa's. You are live inside the Small Steps Back to You, and I'm so excited.

Lisa Carpenter: Hi, ladies.

Lisa Corduff: I have been telling everyone that you are like this unicorn-

Lisa Carpenter: Unicorn?

Lisa Corduff: ... in my life.

Lisa Carpenter: I love you.

Lisa Corduff: You flew in. Karen, Karen Garner Hamilton who's in Jim's group is also in this programme.

Lisa Carpenter: Oh, cool.

Lisa Corduff: Huge part of the Small Steps community. She was like, "Yeah, yeah, Lisa. Lisa's amazing." What I noticed through [inaudible 00:01:41] of the Back to You programme was that there was lots of women talking about weight. There were some of them who were like, "Oh, I don't know now if Weight Watchers is merely making me feel good." Because we speak a lot about being guided by how we feel, choosing feelings, making decisions based on how we want to feel.

Suddenly it's like, "Hang on, do these restrictive diets and all the things like that, is that [inaudible 00:02:11]. Do they make me feel good after all?" I would love, we're just going to have a general discussion, you guys. We've got no idea where this is going to go. Lisa is tuning in from Canada. Oh, Karen's here. Hey, Karen.



Lisa Carpenter: Cool. Hi, Karen.

Lisa Corduff: Can you just first tell people what it is that you help women with, and then can we get talking to this point of dieting?

Lisa Carpenter: Guiding food, weight, all that kind of stuff. In a nutshell, what I do is I help women actually matter in their own lives, because when we're not feeling good in our bodies, how do I want to put this? Usually our bodies are a reflection of how we're poorly taking care of ourselves. In the past I used to speak a lot to weight loss, and then I discovered after almost two decades of doing this work, that it really isn't about the weight. It's not about the food. Those are just symptoms, but they're so much easier to focus on and because we've all grown up in this diet culture of, you just lose weight. You do the things. You eat the food. You follow the plan, that we just perpetuate this belief that there's something wrong with us, which there isn't.

I speak a lot to feelings, emotions because we use food as the ultimate drug to cover up what we don't want to feel. There's a reason why we struggle to make healthy meals. It's not that we don't have time. It's not that we're stupid. None of us are stupid. We are all smart women. My god, we have children. We've grown families, so why is it that we become so low on our own totem pole of priorities?

We're more concerned about making sure our kids get fed than we are about feeding ourselves. We become the afterthought which is then why we reach for food, because our bodies do need food for fuel. It's this perpetual cycle that we get caught in, that we don't need to.

Lisa Corduff: Okay. People are like, "Yes, that's me, yes. I'm not doing the things, but I know the things to do."

Lisa Carpenter: Of course they do.

Lisa Corduff: I know, so why aren't I doing them?

Lisa Carpenter: That's a great question. Why aren't you doing them? What is it about ... How do I want to start this? Dieting actually keeps us locked in these judgement and shame patterns. Why aren't I doing the thing? Every single woman that comes to me, most of them could school me on nutrition. They read all the books. They've done all the things, but they're not able to stick with it. Why is that?

It has more to do with how you feel about yourself than your inability to stick with the plan. What is food actually covering up for you? I encourage my clients to actually start paying attention and tuning in to how they're feeling. One of the acronyms that I use is HALT, and I think this is good for every single woman in this room, and Lisa and I have talked about this, which stands for Hungry, Angry, or Anxious, Lonely, and Tired.



Those are four main triggers. If you've got two or more of those going, chances are you're going to go down a rabbit hole you don't want to go down with food. Show me a woman who isn't tired who has children. That's like a mythical creature, unless maybe you're one of the Kardashians with all your gazillion nannies. Most of us are not navigating our emotions really well, so we're constantly being reactive to our circumstances, our kids or something.

Now we haven't had enough sleep. The world is pissing us off. What's the fastest way to feel better? We reach for food, but we're doing it unconsciously. It's looking at what kind of relationship are you having with food. What kind of relationship are you having with your body? How do you want to feel? The choices that you're making, what if they weren't about you losing weight? What if we just stopped focusing on losing weight which terrifies women because then they're afraid they're going to gain 500 pounds.

What if we were to stop focusing on weight, and start looking at, is this choice the most loving, supporting, and nurturing thing I could do for my body in this moment? Do I actually need this food, or am I tired, or did my husband just piss me off? Or, am I feeling disconnected from myself? Or, have I gone for five hours without eating, and then I wonder why I'm reaching for the bag of Doritos. Where are you not showing up and supporting yourself in pursuit of feeling good in your body?

Lisa Corduff: Right. Okay. My question there, on the back of that, comes in, in that what I see a lot of women saying, where I feel a lot of us come from when it comes to this, is well, then, okay. I get that, but the loving and supporting myself, that hasn't even been on the agenda. How does that even ... It's like this worthiness issue-

Lisa Carpenter: Right.

Lisa Corduff: ... that, sure, I love myself. I paint my toenails on the weekend, or something.

Lisa Carpenter: Right.

Lisa Corduff: We don't really have relationship with ourselves where we're like, "Hang on a minute. I actually just, for the fact that I'm a human being and that I have a physical body as well, it needs to be nourished just as much as I need to help my kids learn those lessons."

Lisa Carpenter: Right.

Lisa Corduff: How can you help? A client comes to you. I know you do really amazing work with women. It's almost like at the very starting blocks, with building that relationship with herself. What would you suggest? How can we create that sense of loving-ness that it's not even an option not to give ourselves the best?



Lisa Carpenter: That's a really great question. This is why I love these conversations, because I'm here to be a bit of a disruptor and change the conversation because we're not having the right conversation. We're still talking about food and diet, and that's not the conversation. Where I ask my clients to start is to get curious and tune in and pay attention. What are you saying to yourself on a day to day basis? Have you ever actually stopped to listen to the thoughts that you're thinking, the things that you're actually saying about your body?

What do you believe about your body? What do you believe about your relationship with food? What are you making your weight mean? Ask yourself bigger and better questions. Loving yourself, it's not this, how do I put this? Self care isn't about going and getting another mani pedi. It can be, but self care is about actually truly deciding that you matter in your life enough to take care of yourself, from the food you eat to the thoughts you think, all of it, 100% responsibility for all of it.

I would just start there. I have one client, we simply started with her writing on her mirror, "Be kind," so that every day when she stood in front of the mirror, it was that reminder that she was no longer available for negative self-talk. It started with just that. Then as she was starting making food choices, asking herself, "Is this the most loving and nourishing thing I can give my body in this moment?" Is this what I actually need?

I bet most of the women in your community are open hearts. They care a lot about other people. We're all caretakers and people pleasers. We're all doing our best to recover from that. We gave ourselves half the attention that we give others, and really checking in and saying, "Why is it that I care so much about how everybody else is feeling and that they're taken care of, but I'm not actually putting my feet on the ground in the morning and asking myself, how do I feel today?"

Being present to that, instead of working from the neck up, sinking into your body and saying, "How do I feel today? How do I want to feel? What choices do I need to make that are going to support that?" If you're on a diet where you're constantly feeling deprived, how can you possibly be showing up as your best self?"

Lisa Corduff: Right. There is such a link between dieting, deprivation, for this outcome that is meant to happen at the end, that then that is when happiness arrives, when we hit that particular milestone with our weight, or with our circumference, or whatever it is. Can you talk to that for a moment, about that you don't have to wait to lose weight to feel good. It's not about that.

Lisa Carpenter: This is the problem.

Lisa Corduff: I feel like we set ourselves- Go.



Lisa Carpenter: This is part of the problem because people have lost weight a gazillion times. Losing weight is easy. I bet everybody in this group has a gown. If I asked them to raise their hand, "Have you lost weight," they would tell me yes. That's not the problem. You don't become the person who is fit, healthy, loves herself, is grateful for her body, knows how to nurture herself. You won't be able to keep the weight off.

It's not about when I lose the weight, then I'll be happy. It's about, how can you step into that end vision today? How can you be more loving and accepting of your body today? Stop making your body wrong. Stop believing that it's working against you. It's not. It's your partner. Newsflash, it's keeping you alive. Maybe be nice to it, and cooperate more.

So many women believe their bodies are working against them, and I'm like, "Dude, you are the one being the a-hole to your body, not the other way around." Your body shows up every day for you, and you talk meanly to it and you fill it full of crap. Let's flip this around. When are you going to take responsibility for how you're showing up in relationship to that? It really is about weight, become the person that when you lose the weight, you're going to be able to keep it off.

Because if you think suddenly you're going to lose the weight [inaudible 00:13:34] but if you're-

Lisa Corduff: Yes, exactly.

Lisa Carpenter: ... not a confident person, if you're not a healthy person, you won't sustain it. People who win the lottery, if people haven't changed their wealth consciousness, if they haven't worked through the stories that they had around money, most people who win the lottery end up broke again, because they haven't become a person that can be with large sums of money. In order to get [inaudible 00:14:05] of dieting-

Lisa Corduff: You have to be-

Lisa Carpenter: ... it's less about ... Yes, you have to be the person. You have to think, am I making choices from the person who would have already lost the weight, who keeps it off, who's fit, who's healthy, who takes care of herself, who matters in her own life, who talks nice, who cherishes her body, those things, they matter more.

Lisa Corduff: It's a bit glitchy from my end, but I can still hear you even though it's sometimes-

Lisa Carpenter: It is here.



Lisa Corduff: ... it is a bit of a delay in the words that you ... Oh, it's the same there too. Bummer.

Lisa Carpenter: Maybe it's because we're around the world from each other.

Lisa Corduff: Might have something to do with it. Also the fact that-

Lisa Carpenter: We're still far away.

Lisa Corduff: ... [inaudible 00:15:02]. We are so far but we're so together, Lisa's.

Lisa Carpenter: I know.

Lisa Corduff: When it comes to being the person today that is healthy and well, and everything, this is not about being more disciplined with food. This is not about just sticking to a plan because I can never do that. You are literally saying, you need from the inside out, going to be just accepting, loving towards yourself. You're saying that is where it's at. That is who a healthy and well person fits.

Lisa Carpenter: Yeah.

Lisa Corduff: If we're not starting there, at that foundation, we're missing the point.

Lisa Carpenter: Right. You don't have to like everything to accept it. Sorry, what was that? No, you don't have to like everything to accept it.

Lisa Corduff: You just keep talking about that.

Lisa Carpenter: Think about it this way. When we were all younger and maybe single, and we'd dream about we wanted the husband and the kids, all the stuff that now we're like, "Oh, my god, why did I want all of this?" Back in the day, you just kept showing up and you just trusted that the guy would show up eventually. The same is true for weight loss. You don't have to like that you're single to trust that you'll meet the guy. You'll have the kids. You'll do the things. You'll have the life.

You just accepted where your body was today, which like I said, women are terrified to do that because then they're like, "If I like myself, I'm going to eat myself into oblivion," which then takes me to that next question, is that a loving and nurturing way to treat your body? You still have to be the person. Accepting yourself where you are today, you still have to be the person who takes good care of themselves, and then the weight will take care of itself. Makes sense?

Lisa Corduff: Yeah, it makes sense to me because I've been along this path, and also because I've never really made my weight mean anything. We don't have scales. I go a bit up and down. Maybe it would be about five kilos, I decide is something



normal. I don't deprive myself. I eat the croissants if I want the croissants. I want to move my body, because it makes me feel good.

I haven't really had a particular problem with balancing food, because I just feel better when I'm eating better. You guys, I really want you to know that even although this might seem overly simplistic, Lisa is an expert on helping women lose weight, literally lose weight. She's got clients all around the world. She runs programmes. She does all the things. This stuff actually works.

What you're hearing, you might not want to hear because you might [inaudible 00:18:41] because she used to be a bodybuilder, personal trainer. She's done all the things, but this is where she's come to in her practise, of we are way off track in the conversation about food and weight. Listen to what she's saying, really listen to this. It's uncomfortable because it feels intuitive just that accepting and loving yourself exactly the way you are today, but nothing good is going to happen unless you start that practise.

Lisa Carpenter: Right. Here's the thing, Lisa.

Lisa Corduff: [Crosstalk 00:19:16].

Lisa Carpenter: This is why you don't have a problem with your weight.

Lisa Corduff: We want a plan.

Lisa Carpenter: Yes, we want a plan. We want to be in control. This, Lisa, is why you've never had a problem with your weight, because you've never made it a problem. Are you ladies hearing that? Lisa doesn't have a problem with her weight because she doesn't make it a problem. It's not that she's got some unicorn metabolism. She doesn't make it a problem. She eats. She listens to what her body needs. She knows how much to eat. She knows when she's full.

So many of the women I work with have overridden their body's natural cues. They don't know when to stop eating. They don't know how much is enough. Many of the women that I work with have disordered eating in their past, whether it's chronic dieting, or overeating. Woops, what's that? Addiction is a real thing with certain foods. Some people are more prone to get caught into addictive eating. Foods can turn on our brains the same way that drugs or alcohol can. Again, it's paying attention to unwilling [inaudible 00:20:30].

That doesn't mean you ... round in your emotions but you have to pay attention to what you're using food to medicate yourself away from. There's lots of different layers in it, but at the end of the day, it all comes down to, are you willing to trust yourself? Do you have a trusting relationship with yourself and with food? Are you willing to love and accept yourself where you are? Are you willing to stop making your weight mean anything?



Doesn't mean that you can't lose weight. Doesn't mean that you won't lose weight. Starting from a different place, but how many times are you going to repeat the same cycle that doesn't work? People say, "Well, Lisa, it works because I lost weight." It didn't work, otherwise you'd keep it off. This is what addicts tell themselves, "I didn't do the thing, so I'm good." No, that's not the truth.

It's a complete shift of how you approach weight loss and you stop making it about weight loss.

Lisa Corduff: I mean I just could just listen to this-

Lisa Carpenter: Simple, not always easy.

Lisa Corduff: ... all day. This is the thing. I think what you're also asking is for people to delve into themselves in a way that can bring up a lot of vulnerability, a lot of things where we're like, "No, I actually look in the mirror and I hate myself. I loathe the way that I look. How can I even begin to love this right now, because it's not okay."

I know you talk a lot about Full Frontal Living. You take people through a bit of a process with this. I feel like this has opened up things for people in the Back to You community. Where can people find you? I'm feeling a bit unbalanced. They don't know where to take this. Have you got any resources for them?

Lisa Carpenter: Yeah, what just happened?

Lisa Corduff: Yeah.

Lisa Carpenter: I did. I'm trying to think of where I can send you guys. A great place to follow along with me is Instagram. I'm typically over there on Stories talking about god knows what on a day to day basis. I did do a masterclass. It's called Weight Loss from Within. You can find that at lisacarpenter.ca. Let me just look. Where did I write it down? Did I write it down? Wfw masterclass, wfw masterclass. Hopefully you can just type that in. It's lisacarpenter.ca/wfwmasterclass. It's Weight Loss, a journaling programme that I have.

You don't have to buy the programme. Just go and spend the hour, or the 45 minutes, and watch the webinar because the information in there will change how you view weight loss. It'll make you look at everything you've been doing with a different perspective. That's what I'm here to do. I'm here to disrupt the conversation. You can either fight to stay in that diet mentality, and five years from now you'll probably have gained even more weight because that's how it works, ladies.

Or, you can take responsibility for what this is really about, which is what do you believe you're going to get when you lose the weight? You want to feel better



about yourself. Guess what? Step into that today. Make that decision, because the better you feel about yourself today, you'll make better choices. Things we love, we take care of. Period. Hard stop.

Lisa Corduff:

Oh.

Lisa Carpenter:

Just that alone. If you think about that. Right? Just that, that simple thing. Things we love, we take care of.

Lisa Corduff:

Lisa.

Lisa Carpenter:

Just fun. I'm going to hang on in your group all the time. They come in here.

Lisa Corduff:

See, this is what I love about you, Lisa. It's just like, truth bomb, truth bomb.

Lisa Carpenter:

I like, what else can I ...

Lisa Corduff:

Oh, I can't hear you anymore. Hang on, I can't hear you anymore. Can you hear me? Talking, but I can't hear you. There's no sound coming through from you. Yeah. No, can't hear you. That's really weird. I'm not too sure, but you guys, Lisa is just going to work away there, see if sound will come back. I don't know. I'm assuming someone maybe tried to call her or something.

What I want you guys to also hear. Lisa has used a word for me, used this phrase with me a lot. We've been friends since earlier this year. She says like she said it earlier, "What are you available for or not available for?" It's like hang on. Today I'm not available for the negative self talk in my head. I'm not available to hate myself today, just not available for that because I'm just going to sit in that loving space with myself.

I think about that word, available ... up, what do we allow for ourselves. What are we saying we're available for? If you do go and follow Lisa on Instagram, you will see that she uses that phrase all the time. I really really love it. I think her sound is still off. I think we're getting to a place. I'm going to put the link to her masterclass in here, so you can go and watch that, because literally whenever she says ...

You can hear me? It's so weird? I'm pretty sure you guys can't hear her either. I don't think it's just me who can't hear her. Hopefully you can hear me, guys. Just let me know. Anyway, how funny. This is a bit reminiscent of the webinar last night, just cut off. No connection.

If you find that interesting, Lisa is a wealth of knowledge. Lisa Carpenter, I put her link. You're in this group now. You will go and watch her masterclass. I want you to do it and come back and report, and see what you've thought. "Can't hear the other Lisa," yeah, okay. They can hear me, but they can't hear you. It's just so funny.



We'll just keep the discussion going. Lisa, I added her into the group so she could come in live. If you've got any questions. Now I can hear myself. Lisa, we can hear you now but I can hear myself. Oh, and now she's gone. Don't know what's happening. I'm going to put the link. I hope that that was valuable to you. Can you see how amazing your switching the conversation for yourself. She's like, "Lisa ..." I said, "Can you come and talk to them?" She's like, "Do they know it's not about food?" I'm like, "Not too sure."

I just hope that that was valuable for you. Lisa, we'll keep her in here for a little while. If you've got questions for her, just let her know. I'll put all the links to her things. She's an amazing person who does extraordinary work with women.

Particular conversation. I'll drop the links. Lisa's trying to get added back in. It would be nice to sign off with her, but I'm not too sure it's going to work. I'm just going to finish up here and we'll see you guys soon. Bye for now. Oh, there she is.

Lisa Carpenter: What is happening?

Lisa Corduff: Lisa.

Lisa Carpenter: Sorry.

Lisa Corduff: Seriously. No, that's okay. I was just giving a bit of a rough off and I was telling everyone that they can get the link to your masterclass.

Lisa Carpenter: Anyways, that's fine.

Lisa Corduff: They need to go and follow you because you're talking about this in such a different way. You've dropped so many truth bombs. Literally every time I talk, I'm just like, "Say that again. What did you just say?" Lisa has been an extraordinary support for me this year. I actually just now don't know where I'd be without you, Lisa. I think that the work that you're doing-

Lisa Carpenter: Oh, I love you.

Lisa Corduff: ... because I'm sick of, I hate the shame and the guilt that women can take on around this whole weight loss. "There's one way to do things. If you don't look like this, you're a piece of poop. You're a failure," all of these. I hate it. You're just a breath of fresh air coming in and actually getting real results for people that really last. Thank you for spending some time with us today.

Lisa Carpenter: Thank you for inviting me in. This has been such a pleasure, although Facebook is crazy, but that's cool. I'm glad that I'm able to offer some insight and information to your community, and help people see things in a way they haven't seen it before. As women, we're here to do so many amazing things on this planet, but we've got to get out of our own ways.



We just have to start being nicer to ourselves. I know everybody came in here for Small Steps. To them, this is a big part of it. This is a huge part of it. Food might be the gateway, but it's just the gateway to have the bigger conversations that need to happen. I'm really glad that you're having those conversations with your community, Lisa, and you're leading it this way. It's powerful. I don't even think you fully understand what you're leading and what you're stepping into with all these women. I'm just going to leave that there.

You guys know Lisa is amazing, right? She's got lots of wisdom to share-

Lisa Corduff: Well, I just think that-

Lisa Carpenter: ... beyond how to whip up stew.

Lisa Corduff: We need to be giving ourselves permission to sit from a space of, "We're okay. Everything's okay." I agree with you. I think all this time-

Lisa Carpenter: Everything's okay.

Lisa Corduff: ... that I could spend thinking about my weight, being mean to myself about my weight, is time that I could be spending just loving on my kids, or my husband, or taking myself off to do some new creative projects, or just feeling actually happy.

Lisa Carpenter: Right.

Lisa Corduff: All of that [crosstalk 00:32:33]. Like most humans, I'm also sitting here, second day of period feeling a bit bloaty and gross. This is feeling a bit tired. I'm like, well, that happens every single month. What am I going to do about it? My elbows have this weird thing that's happening that's like wrinkles coming into this part of my arm. That's weird, but who cares?

Lisa Carpenter: Whatever.

Lisa Corduff: Am I seriously spend my time thinking about these things, or am I just going to get on with living a good life in which I can help people? The more time we stay trapped in our own stuff that doesn't really mean anything at the end of the day, the less time I have for awesomeness, is the way I look at it.

Lisa Carpenter: Right.

Lisa Corduff: We can't be thinking and absorbed in all of these hateful thoughts, and having loving thoughts at the same time. You choose.

Lisa Carpenter: That's right. You get to choose. It's bang on what you said, those thoughts are taking up a tremendous amount of bandwidth. They're literally sucking the life out of your life. When our day comes to leave this planet, as our mentor says to



us, "None of us are getting out of here alive." Nobody is going to care what your weight was on the scale. Nobody is going to care. They're going to care about how you made them feel. They're going to care about the things you did with them. That's what they're going to care about.

Yet, we're spending our time focused on how we look in our weight. That doesn't matter. Your weight is not your self worth. When we release what we've made our weight mean, and we actually put our focus back on living our best lives and being as healthy, that's ... This is why I talk about Full Frontal Living for me is about no longer allowing things in our life to rob us of the richness of living.

Lisa Corduff: Oh, Lisa.

Lisa Carpenter: Crack on, ladies.

Lisa Corduff: You just keep them coming.

Lisa Carpenter: Be nice to yourself.

Lisa Corduff: Rob us of the richness of living. What? It just makes it seem so pointless when you say it like that. Thank you.

Lisa Carpenter: Right.

Lisa Corduff: You're a treasure. I would claim you as Australian if I could.

Lisa Carpenter: You're welcome. Thank you for having me on.

Lisa Corduff: Record you, [crosstalk 00:35:20].

Lisa Carpenter: I know, I'm getting to get there. I set my intention.

Lisa Corduff: Yes, you will set your intention, Lisa.

Lisa Carpenter: I've set my intention.

Lisa Corduff: One day we'll hug in real life and it will feel awesome.

Lisa Carpenter: Oh, 100%. 100%. If you guys have any questions for me, just post them in the group. Lisa has opened the door and let me in. She may regret that. Just kidding. Post any questions, and I'm happy to give you feedback, but know that I am not here to stroke your suffering. You may not like the responses that I give you to your questions. I'm not here to lead the rally of the status quo. I'm here to shake this up. I really want women to step into embracing their bodies and have a peaceful life. Hit me with your best questions.



Lisa Corduff: You've got to give it to her. This opportunity is no joke. Take it up. If there's anything you want to ask Lisa, ask her. She will absolutely help you out. Hope this has been valuable. I'll put all her links. Just start following her. She'll change your life like she's changed mine. Okay. Lisa, you're the best.

Lisa Carpenter: Awesome.

Lisa Corduff: Thank you so much.

Lisa Carpenter: Love you. Bye, ladies.

Lisa Corduff: Bye.