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# CAROL CAMPOS

How did you decide to go into Leadership Coaching?

For years (actually decades!) I didn't know what I wanted to do. I'd been working in the corporate world for over 20 years, most recently in a leadership role at a Fortune 500 company. Although I worked hard and was consistently recognized & promoted, I somehow knew that I was meant to do something different. I felt stuck in a life that didn't fit. In early 2018, I left my corporate job & made the leap into the unknown. After doing months of intense inner work with my coach, & reconnecting to my higher wisdom, I discovered that I could combine my life & business experience with my soul-aligned interests. I knew I had a talent for building thriving, productive teams & helping people to see their unique strengths and gifts. Thus, The Divine Breadcrumb & my coaching practice was born.

Did you always know that Leadership Coaching was what you wanted to do?

I always knew I like helping people and hearing their stories. I also knew that I liked learning about metaphysics, quantum physics and various holistic & energetic healing modalities. But I didn't know how to put it all together into a viable business. As I started meeting with my own coach, I started to gain clarity. Once I was able to clear the emotional "goo," things began to change quickly.

Tell us about you and your business.

I love to help people on their path. I'm a certified life coach, focusing on awareness, transition & purpose. I help my clients to clear old patterns & beliefs, connect to their heart intelligence, rewire the mind & discover meaning & purpose.

I blog for The Divine Breadcrumb as well as co-host the podcast.

It's a chance to let others shine!

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Have you ever been in a situation where you have felt discouraged to pursue your dreams as a woman? How did you handle it?

I think for some, because I left what appeared to be a cushy job, I was viewed as flighty or a dreamer and that I had squandered a golden opportunity. There were naysayers. But by the time I fully committed to my purpose, it didn't matter to me what others were saying. I felt like my purpose chose me and I couldn't ignore the call. It was scary to put myself out there, but so worth it!

In your opinion, how could the workplace/business environment do to be more inclusive for women?

Women need to be included on more boards & put in more of the decision-making roles. The workplace is a microcosm of society & should reflect that. Diversity & inclusion is hot topic but I've also found that, unfortunately, some women in leaderships roles are not supporting other women. We need to move from a competitive mentality to a collaborative one. Change only happen if we work together.

What's your favorite quote?

My favorite quote is from Anais Nin. It's a quote that sums up why so many people leave relationships or careers that no longer serve their highest good. "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

What advice would you give to a woman considering a career in your industry or what you wish to know before started your career/business?

Being an entrepreneur is not for the faint of heart & that includes coaching & podcasting. But the two go hand in hand, each business feeding the other. It's a way to help people 1:1 as well as on a more global scale. It's hard work. It means showing up EVERY day & treating it as a business, not a hobby. Engage a business coach or mentor. Stay open & keep a growth mindset. Don't give up!

In your opinion, what is the biggest obstacle to women succeed in the workplace/business?

I think so many women are waiting for permission instead of asserting their authority & expertise. A lot of that comes from conditioning during our childhood, both familial and cultural. It takes some focused self-work to move past these limiting beliefs, but it's so important. Most of the time, these are subconscious beliefs which make them tougher to identify and address.

To what do you attribute your success?

I work hard. But I also have a circle of people around me that support me & love me. None of us get where we are alone. One of the biggest factors in my success has been to trust my intuition & tap into a source greater than me. I had to trust & believe that I was on the right path & to keep going. If something felt "off," I'd pivot slightly. If it felt good, I trusted that & moved forward.

What did you learn from your biggest failure?

There's so much gold to mine from failure. You figure out what works & what doesn't. You realize that you're stronger & more resilient than you thought you were. It's all a huge learning experience & you're always where you're supposed to be on the journey. What looks like a failure now can look like a dodged bullet 5 years from now. Don't have regrets. Trust that it's for your highest good.

How do you find inspiration in your life?

My inspiration comes mainly through nature. Walking through a path in the woods, sitting by a lake, walking along a beach--all of these ground me & light me up at the same time. I also love chatting with people about their unique stories & the pivotal moments in their lives. Lucky for me I get to do that every day through my coaching and The Divine Breadcrumb podcast. I'm so grateful.