

Ep48 - Belief, Action, and Becoming an Autism Parent Coach

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Autism coach, belief, mindset, potty training, communication, independent life, group coaching, private coaching, action-driven, intuition, therapy vs coaching, self-motivation, childhood trauma, empowerment, community support.

SPEAKERS

Speaker 1, Michelle Rogers



Speaker 1 00:00

Michelle, welcome to the autism mommies potty talk Podcast. I'm Michelle B Rogers, autism mom and life coach. I help parents of children with autism who are pre verbal to start communicating a potty train guaranteed



Michelle Rogers 00:22

listening to the autism moms potty talk Podcast, episode 48 I wanted to talk to you guys about belief, and I think it's super important to kind of talk about this, because I've been thinking a lot about, like, my origins, and I actually did a podcast. We started, you know, film, you know, recording the podcast pretty regularly again. And last week, I had launched a podcast episode about origins, about how I became a coach. And if you guys don't already know it, I am launching a new a new community, so to speak, later this month, for families or teachers or anybody who wants to become an autism coach, for parents of children with autism, like I am to you guys, and it's going to be exciting. I've never done anything like this before. I always felt like, just to kind of give you a recap of what I had said on that podcast episode is that I always wanted to do something where it was like, Okay, I knew that this was my calling. I felt like this was my calling to do this work. And then I always felt like, you know, it wasn't enough just to help Julianna. I could have just kind of, you know, helped her and help people here and there, if I saw it and they wanted to help, but I always just felt like it was so important to share what I had done to help Juliana so that other families could help their babies as well. And when I had done that, I remember thinking like, you know, okay, I could just kind of keep this to myself. And I always wanted to own my own business, and I said, you know, I could always, you know, just either keep this to myself, or I could choose to maybe do something with this. And it took a lot of soul searching to really kind of get comfortable the idea of, like, maybe I could be a coach for parents of children with autism. Maybe people would hire me to help them, you know, achieve the goals that they have for their children and feel better while doing it. And I didn't know that's what it was kind of evolving to. I think when I really started this work, I had started

it with just the intent of sharing what worked for me, because if it worked for me, then it's going to be able to work for you. That's how I felt. Juliana wasn't a unicorn. Her situation was very similar to a lot of families that have children on the spectrum, you know, whether it was, you know, she was diagnosed moderate to severe, whatever that level would be today, or however you describe that today, Julianna was, you know, needing a lot of support. She needed to learn how to talk again. She wasn't potty trained. She was having problem behavior. She would elope. We had a lot of things going on with her, so that I was able to help her not just navigate that, but look like putting her on a trajectory. At that time, when I started coaching that she would live an independent life, it really shifted everything for me, and the sense of like, okay, if I she could do this, and I had so many bad misconceptions about what autism could be then, why couldn't other children do what she does? And if I have shitty misconceptions about what Autism means, I bet a lot of families do, and I know that for a fact now, doing this work for years and years and years. So when I started getting going and I created I started a private coaching and then when I started to get results from my clients private coaching, I said, Okay, I'm going to start group coaching. And I didn't actually have a lot of private clients. I only took, I think, a couple, because I always wanted to help more than one person. I always loved the idea of group I think that there's, I think group mentality is super great when it's the right type of community. And one of the things I found with the autism community is that that our group, our type of, you know people, they like to be very supportive and welcome you into the club. But there isn't a lot of talk about moving our babies forward. It's almost about like, let's get as much service as we can. Let's get get rest of it. Let's get self direct budget. Let's get all these things, but we're not actually talking about the things to do to help our children progress. What if they you could live autism and have an amazing life that was never really like discussed, and that was kind of like in my mind, I was like, wow, what if it was a community that only talked about things like that? And that's kind of what I feel like. I've grown here, or I've developed here. Then as I was doing this work, it kind of came to me again. I feel like when I say it came to me, I feel like it's intuition, intuitive hit from God like that. Not only was I meant to do this work, but I think at some point, once I've really dialed in what I'm doing, I can help other families who want to do this work. I always foresaw other parents of children with autism becoming parent coaches, but I never really knew. What it would be, right? So it's very interesting, because once, so if you anyway, long story short, I'm opening up the autism parent coach certification later this month, and it's basically going to be a six month program where you're going to work with me and I'm going to teach you everything I know, so that you can go out, if you're interested in doing this work and helping other families, you can go out and coach other parents you know in your community, and you can be a coach that they can hire, and they can pay for you to help them navigate the world of autism, navigate teaching their kids these important skills. And I honestly to be permanently nobody's more qualified than my masterclassers, right? Because you guys have been in the thick of this, doing the work with your kids. So there is a wait list that we've we've opened, and anybody who's on the waitlist is going to get like, a special offer, versus when we go, like, public with everybody else. So anyone on the wait list is going to get something extra special. If you do decide to work with me, and you do want to be an autism coach, so if you want to get on that wait list, you're just going to go to [Michelle B Rogers.com](http://MichelleB Rogers.com) you're going to go to the work with me tab, and then right there on the top, it says the autism coach certification wait list. And if you interested in doing this potentially as a career, you can go in there and put your name in and be on the waitlist. They already have some master classes, and I'm not surprised at that, because I think master classes are the number one most qualified folks to be autism coaches, because we all we're here with a very specific agenda to help our kids. So what I wanted to do today, before we kind of dived into questions, is I wanted to talk to you guys specifically about belief. And one of the things I learned when I first started this journey as an autism coach was that I came into this gun hoe, and I said, Listen, you're just gonna do what I tell you to do, and you're gonna see

some results for your babies. And with the first couple of parents I coached privately, that's exactly what happened. You did what I do. You do what I tell you do. We're gonna hit the ground running. So when I launched group, I'd say, within a couple of months after that, and I got my first five clients into the master class, I was like, All right, you're gonna do what I tell you to do, and you're gonna hit the ground running. And a few of them really stumbled. And I'm like, I don't understand what I'm giving you. Is gold. Why is it not working? And these is, this is the process of learning, right? Like nobody taught me how to be an autism coach. I kind of taught myself, and I've learned as I've spent 1000s of hours with you guys over the course of many years at this point, how to help you get through and get get over your roadblocks. And I was trying to understand, like, what's the problem? Why aren't you guys? Why aren't you guys getting results that I was the one I'm giving you is solid gold. And then I realized there was a lack of belief, and that's really when I started introducing the mindset calls to this program. It originally wasn't even a part of this program. This program was only two calls a week. It was it was me, and it was the BCBAs, and that was, it was all I'm a very shocking, I know I'm a very a line person, a line meaning I'm an action taker. I take a lot of action, I do a lot of shit, but, like, I didn't realize, and I have to reverse engineer my experience with autism from start to finish, and even reverse engineer my brain before that as to why I became such an a line. Why was I willing to take so much action, massive action, and fail at most of it and keep trying anyway? And that was when I realized that this wasn't a action problem, and it was an action problem, but it was a belief problem, and that's when I really started to tie it together, that if I don't have the belief that my child can live an independent life, if I go to take the actions like Michelle saying to potty train or getting them talking from a place of disbelief, I'm going to half ass the effort at best. And that's probably where a lot of you were if before you guys came to me, because a lot of you guys didn't have the belief, right? And so when you were attempting to teach these skills, it was from a place of, like, I can't be consistent because I don't believe in the outcome. And it took me a while to really, really drill into myself. And then once I understood, oh, that's the problem. Let's work on building belief. And I think awareness is so key in all of this. And my evolution of thinking and kind of sharing that through all the years, I think has been so beneficial. Because I think as as I try



Michelle Rogers 09:14

to process my experiences, and, you know, keep regurgitating them out, I think I'm trying to, hopefully saying it cleaner and clearer each time somewhere, you're like, got it. I know what my problem is. God, I need to hit the ground running, and that's what a coach does. And I like to think of the difference between, like, a therapist and a coach, because I've seen a therapist too in my life, and it just say, Okay, what's the difference between a therapist and a coach? What was the difference in those experiences a therapist talks about, like, how you're feeling and maybe how, how your past is kind of, like, brought me where you are today. That was at least my experience of working with a therapist, a coach is talking about what is in your control now. Like, what, listen, I can't unring the bell of you being abused when you were a child, like, and this is what happened to me. I can't, I can't ring the bell of you not being raised a certain way. You didn't understand certain things because it. You were never taught them, you didn't have a loving relationship with your parents, right? I can't control any of that. I can. I can have like, I guess, understanding as to how that may have made me the person I am today. But I think the biggest difference to me between a therapist and a coach is a coach is going to say, this is where you're at. Now we cannot ring the bell of what we can't you know, can't change, but this is something we can change. How we show up in the world today, and do we want to keep showing up in the world with the baggage of the past, or do we want to like kind of clip that, you know, clip the strings that baggage and start a whole new life? And I feel like that's

what coaching has done for me personally, and I hope that's what coaching has looked like for all of you. So if you haven't experienced having a coach, I highly recommend working with me, of course, if you have a child on the spectrum. But all that aside, just I love the idea of coaching, because they're there to kind of see your blind spots and help you to make change now, and I was a very action driven person, so before, I never had one coach in my life, I remember even, I never even hired my first coach, until I started coaching, which is very interesting, right? I but I was very self motivated. So I think about, why was I so self motivated? I, you know, I had a very tumultuous childhood. I was bullied incessantly, you know, I had a lot of issues. I remember being constantly like every day at school, it felt like an attack. And then finally, I remember thinking all these times when this would happen, I'd come home, I'd cry in my room, I'd be really upset, wouldn't want to go to school the next day. Didn't have a choice. I had to, right? And I remember thinking, you know, why isn't somebody intervening? Why isn't somebody coming to save me? And I remember one day in middle school, neck I had said, was sitting next, sitting next to this bully, and I'll never forget it. We all it was a science class. And of course, the science teacher had us do some project where we had to hold hands to show, I think, how neurons that are wired together fire together, or something like that. And he was going to come around sprinkle water on us, and we were going to let let our hands go. And of course, when he grabbed my hand, he starts making animal noises, and he's being a dick like you normally is, I remember just stopping in my head, like, feeling the same way, like, I know the teacher hears this. Why aren't they doing it? And why isn't somebody coming to, like, save me? And I think in that moment, I'll never forget it was eighth grade changed my whole life. Seventh or eighth grade, I can't remember, and I said to myself, Man, nobody's coming. Michelle, I don't know where this came from. This this voice, you have to save yourself. And I don't know what made me do this. I'm not like this. I'm definitely a, you know, I wasn't like this back then. I'm definitely much more, you know, outgoing and outspoken now. But I started digging my nails into his hands. All of a sudden, he started, like, freaking out, like he's getting all you know, it's hurt, I guess, you know. And he's all of a sudden, he started screaming, crying, ripped my hand from him, ran out of room crying. He never fucked with me again. And there was something about that experience that kind of set me in motion, that, like, listen, because of the the outcome of that experience, he never messed with me again. Mostly, nobody really messed with me again. I think even carried a different energy, like, I'm going to take care of myself now. Nobody's coming. I have to take care of myself. And, believe it or not, that kind of like, you know, I didn't really have a loving relationship with my parents. It was a very tumultuous childhood, a very volatile household. It wasn't a safe place. When I was 18, I literally couldn't get out of that house fast enough. I couldn't even afford to live. I was working like two to three jobs at one point, barely survive and pay rent and all that other stuff. And I remember thinking like, this was better than living at that home. So can you imagine, like, you know, that person who was living in that experience in seventh or eighth grade really just kind of took the bulls by the horn. So I gotta, I gotta take care of myself. I can't depend on anybody else. It's gotta be me. And that's had its negatives too, but throughout the years, it's really, I think, primed me for the experience of autism, because I, you know, when they came and they gave her the diagnosis and then they walked out the door with no fucking roadmap, no plan, no no idea to tell me what was going to happen or if it was going to be okay. I, you know, I felt like that little kid again. I just said, listen, nobody's you got to figure this out. And I did go online searching for somebody like me back then, there wasn't anything like this. There wasn't anybody like an I think I just, I don't even know if I knew the word advocate back then, I was looking for something. And there's a difference between an advocate and a coach. And I have so many thoughts about advocates. You have no idea. And I guess I consider myself an advocate, but not like I'm a school advocate and I'm going to go in and fight with your school district. I have a lot of thoughts about those types of advocates, but that's a lot different than a coach. A coach, to me, isn't just talking to you about the tactical they have to talk to you about

how to feel good inside while you're doing it, because in that moment when I, when I, you know, stood up to that bully, I felt empowered. And I hope that, like the work that we all do together, that you feel empowered, and if you're not feeling that way. That's why I could not highly recommend a coach more, because that's part of the coach's job, and this is what I'm going to teach other families to do. And it turned out it's not just parents that are in the master class that are interested in becoming coaches, autism coaches. I've got BCBAs reach out special education teachers. So it's going to be a handful of students. I'm going to it's going to be out. Application based. So the way this is going to work is that we're going to have a wait list. If you haven't already seen the emails, you can drop me an email, I'll send it to you. Or you can go on the website, Michelle B rogers.com you go to work with me, and then you can put your name on the wait list. Anyone who's on the wait list. I'm gonna send you an application, I believe, the week of August 18, and I'm gonna hand pick whoever's gonna work with me, and I'm gonna send you. I'm gonna, I'm gonna set up a call with you. We're going to talk about the program and tell you how much it is. I haven't even figured out all the details yet. I do know it's going to be six months of us working together. I'm going to show you everything I do so that you can help families like I do, because I know that me doing that, I believe so deeply in the work that we do in the master class. And then it works, and then it helps families. But I can't help everybody, so I want to be able to help other people do what I do so that the reach is wider, we can help more families, more children, because they need more families believing that their child can live an independent life. And the biggest thing that that we, that parents struggled with, or I struggled to understand it first, is that the reason why I was able to take all that actions because I knew that nobody's come for me. I'm dependent on myself. I want results. I've got to make them happen myself. And when I went through this stuff with Juliana, with no help, no support, I made a lot of mistakes, and probably a lot of people, if they make the type of mistakes that I make, and as many as I made, probably would have given up and just said, Listen, this is just the best. It's gonna be. But I just, I don't, I couldn't live in that world had I lived in that world as a child. I don't even know if, I don't even know if I'd be alive today. I know kind of life I'd be living, had I not had that moment in my head that you've got to save yourself. And for whatever reason, that kind of carried through my whole life, and that probably got Juliana where she is today. And all that is is a thought, some thought came into my head. I believed it with everything in me, and it served me well, and it served me to help her. Wouldn't say it's given me the best quality of life. It definitely came with its lumps and bumps. It comes with its baggage, but the overall is greater good. But if I've never been if my brain has never served me that belief, or if I never heard my intuition, because my brain is so loud with fear and shit and all these things I think about autism, I'm never going to get those moment, that moment to start to make the shift. So for me,



Michelle Rogers 17:05

my life experiences and my connection with my intuition, my connection with God, even in my darkest hours and all those years of struggling as a child, struggling as an adult, I believe that God came to me and said that to me in that moment at that school, like he'd said something to that moment with that bully, it changed the whole trajectory of my life. I'll never forget it. And mother, rest of school was like so much better. And I want you to think, like, listen, that's what I think is so amazing about coaching, is that sometimes the fear brain is so loud I can't hear my intuition. And you were to me, my intuition is my my connection with God, but to you, it could be your higher power. It could just be your inner knowing it could be anything. Right? What I'm trying to say is that when the fear brain is is set up Blaze, and you're in fight or flight, you can't hear it. And when you can't hear it, you're not making decisions from a place of your higher brain, or the things that you the for, the the the thriving life that you intended to live. You're

just living day to day, putting out daily fires. And that was what was happening with these parents. Even though what I was telling them was solid gold, their brain was getting in the way. And that's what I was like. You know what mindset needs to be a part of this? And I do a lot of mindset with you guys, too. When when we first talked, when you first joined the master class, to on these, on these weekly calls, that this is a big part of being a coach. And this is why it's this is what makes me different than somebody who just goes and gets a BCBA, somebody that just goes and puts their kid in an ABA program. This is why it's different. It's not just about the things to do, it's about what we believe. And that's why I do this work, and that's why I feel like I have this pull now that I want to teach other people to do this work too, and who's better than my master classes. So if this is something that you feel like maybe you would want to do, and something that you would want to help. That's what this is going to be all about. Very excited. It's gonna be six months of us working together in a group setting. Hopefully. I don't know, I don't know how many people are gonna sign up as I'm excited, though. I'm excited to help other people do what I do. There's not enough of me to go around, and there's you guys are gonna have reach to people that I'm not gonna have reach to. Some of you are in another country. So I can't help everybody, but I'll help as many as I can. But while I'm doing that, I need to help other people do what I do, so that other people you can help people I won't ever be able to reach. Well, I hope today was helpful. I can't stress it enough that belief is really the foundation of everything. It's not the things to do, it's the belief. And it's funny because Lexi just popped on that. I think about that too, with her, where she was to where she is today is a completely different mom, and I'm so proud of that. And it's as a coach, it's very rewarding to see you guys kind of blossom. You come to me like little caterpillars and your little cocoon, and we're just going to break open that cocoon so we could see your butterfly wings. And that's, I guess, one of the biggest honors of being your coach. So thank you for picking me to be on this journey with you. And I just can't stress it enough. Belief is the foundation of everything. If I don't believe my baby's going to do this, no amount of effort, no amount of action, and I've got gold in action will work. It's. Building a house on sand, it'll just fall apart. So hope this was helpful, and I will see you guys next week. Bye, everyone.

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Speaker 1 20:11

If you're ready to help your baby now with potty training, communication or stopping their problem behaviors, I want to invite you to watch my free 10 minute video training that shows you how I took my daughter with autism from pre verbal to sign language, potty training with a sign to making sounds and then speaking head over to Michelle B rogers.com, forward slash training. That's Michelle M, I, C, H, E, L, L, E, B, as in boy Rogers, R, O, G, E, R, s.com, forward slash training. See you. There you.