



**ARE YOU READY FOR A
REAL
RELATIONSHIP?**

REGINALD SMITH AKA "COACH REG"

Question: *Thanks for joining us Coach Reg! Let's just start off by telling our readers how & why you became a Relationship Coach.*

Reginald: Sure. So I started coaching informally as early as 2007, and just kind of didn't really do anything with it. At the time it was more life coaching because I had friends, men and women, who would seek me out to have both personal and professional conversations and want to kind of figure out a way forward or think through

whatever that choice or decision that they were faced with. And so, that's kind of where it began, and in 2016 I decided to stand my practice up formally and again, at that time, initially, it was life coaching.

Then I had some people kind of work with me a little bit and kind of delve into it a little deeper to kind of figure out where I was best suited in this space in coaching. It was more relationships, and that was because of my own personal experiences.



**Reginald Smith
AKA "Coach Reg"**

I had been married and divorced twice, and at 35 I had two marriages that did not work and I had not worked out at that time. I was kind of embarrassed and ashamed and that's when I really took the time to heal, and work, and kind of unpacked my choices, and decisions, and why I made those. And I had to make some tough choices and I made the decision to look inwardly, introspectively, to think through why I made the choices I've made.

That helped me, because, in spite of my marriages failing, I still believe in family, I still believe in quality relationships and I didn't want anyone to experience what I had experienced, quite frankly. If I could spare them from it or save them from it, that would be my heart's desire. So, in coaching it allows me to live that out. My clients today are high achieving professional men and women who have

attained many of their professional goals but do not yet have the interpersonal relationships to best compliment him or her. I coach around challenges varying from persons who are considering dating, those persons coming out of a relationship, and those persons in existing relationships who decide to strengthen and sustain it. I have a model that speaks to supporting and serving clients in that space. So, no matter where you are, being single or in an established relationship, the model will work for you.

Question: Briefly tell us about your prior marriages and how those experiences play a part in your coaching model.

Reginald: Yeah, I was a kid. We were babies. I was 21 and she was 19 - that should tell you something, right? We didn't know ourselves much less each other, not long after we had children. I have two sons, two adult sons. In my second marriage, I didn't even take time between the first to the second, because I didn't know. And this is the mistake a lot of people can make; you go from one relationship to the next relationship. It's another evaluation and assessment of your choices and why.

I've heard people say they perform autopsies on their relationships. I get the metaphor, and it makes a lot of sense, because you're doing a deep dive to understand the choices you made and why, what worked and what didn't.



COACH REG

R U Ready For A Real Relationship?

In coaching, those are the kinds of things that we look to uncover when I work with my clients because it's a series of questions that are not just as simple as, what do you want to eat today? It's things that require thought, it requires you to think about the choice you made, what may have caused the choice? What triggered it? Was it something that may not even be in your conscious thought?

It could have been something that happened in your past, but that thing has become part of how you make decisions because you may not even be aware that it was traumatic. It's important to recognize the trigger and how you respond.

In my experience, and this kind of speaks to what led me to coach, and this whole relationship space, I didn't want to be divorced from my children's mom, that was her choice.

My second marriage, I chose to go. So, I've been on both sides of the equation, I have

been put down and I have put down, if you are a caring person, neither one of those feels good.

If you care about people, if you are empathetic, compassionate, that's not something that you would sign up for. I don't think if anyone who's ever been divorced, if they knew that going in, that it would end in divorce. I'm pretty sure they'd probably say I'm not getting married. But the thing about my second marriage, because I wasn't even ready on so many levels, because I didn't even understand why my children's mom no longer wanted to be married, I processed it as, you're blowing up our family, why are you doing this?

And so, this person who I met, my second wife, she, is a good person, but we shouldn't have been together for a host of reasons that have nothing to do with my first marriage ending. See, what happens is, sometimes when we don't want to face our realities and

face our truth, we go on to the next thing called a "distraction" because it's not the thing that hurt us.

It's not the thing that disappointed us, it's not the thing that frustrated us, it's not the person. And so, you move on to it, absent of really looking at what went wrong, or even in my case, I didn't even take the time to understand it, I just was down. I mean, my first marriage was devastating, emotionally, mentally, financially, it was tough. And so, my second wife, we were cool, we were... I can't say we were friends, we became friends, and eventually, we married. But, what I knew, was that we shouldn't have been married, again, for a host of reasons.

The most, or the biggest reason being, I didn't even deal with my own stuff, because I didn't understand it. And so, until I had clarity or peace around that choice, or I'm sorry, around that experience, I really shouldn't have been in any relationship, quite frankly. Because, the reality is, when a person comes out of a relationship and there's someone right there on the wings, that's often a rebound, it's what that's going to be. So, you get what comes with that.

The intuition that comes with the things that are presented to us; we have to trust that. Women have tuition, men, we have guts or our gut feeling. The bottom line is, they both are intended to guide our choices and oftentimes we're not willing to listen, and it can cost you greatly, it costs you dearly when you do that. So, there is a moment of caution



**Reginald Smith
AKA "Coach Reg"**

that I think is wise to take and that I've learned to take, and this is what led me to coaching, it's what I have learned.

Again, if I can help people not make those types of choices, not because I think that's what you should do, it's not my opinion. Coaching is not opinion; coaching is not advice.

Coaching is helping clients come to their own conclusions by asking questions that require them to think about their choices, to make the most informed decision possible that will serve and support them in their lives, their loves, and relationships.

Be sure to read Part 2 of Coach Reg's interview in the March 2022 issue of "Platinum Magazine" as he continues to share how to have focused, purposeful, and evolving relationships.

For more information about Reginald Smith, a Relationship Coach, Author, and Speaker visit: www.rucoached.com