



**LESSONS LEARNED FROM
INVESTING \$100K IN A COACH
TO BUILDING A MULTI-SIX FIGURE
COACHING BUSINESS**

L3Leadership.org/335

ABOUT ALEX PURSGLOVE:

From embracing personal growth and shifting limiting beliefs, Alex Pursglove transformed from a people-pleasing, self-criticizing, and struggling solopreneur into an unapologetic woman running a multi-six-figure coaching business. Once she learned the art of creating and quantum leaping, she tenaxed her business in under two years while strengthening her faith, confidence, and personal fulfillment.

Alex is dedicated to helping other women create wild success in life and business by releasing shame and fear that slows them down while cultivating full conviction in their vision and their value. Her clients experience significant shifts in how they see themselves as they accelerate their revenue and results more easily.

Deeply committed to practicing what she preaches, Alex has studied with multiple world-class mentors, including David Nagel, one of the architects of the personal development industry to uplevel every area of her life, family, and business.

She and her husband Adam value transformative experiences in travel, practicing Brazilian Ju Jitsu, and devoting a purposeful life together with their daughter, Stella Love.

4 KEY TAKEAWAYS:

In this episode of the L3 Leadership podcast, Doug talks with his longtime friend Alex Pursglove about how investing in coaching changed her life, and what she's learned about money through her success with her business.

1. Alex talks about how she started her business and what she learned in the first year.
2. She shares what her experience was like investing in a coach.
3. She talks about her beliefs surrounding failure.
4. Alex defines what a "quantum leap" means to her.

**"The only way you can avoid mistakes is to not be in the arena."
-Alex Pursglove**

CONNECT WITH Alex: [Website](#)  [Instagram](#)  [LinkedIn](#)  [Facebook](#)

Thanks for tuning into this week's episode of the L3 Leadership Podcast. If you enjoyed this episode, please head over to Apple Podcasts, Stitcher, or Google Play to subscribe and leave us a rating and review.