

Hey, it's Dexter.

And if you're reading the title of this video and saying to yourself, "I knew it. Get stuffed."  
Well, you know what? It's true.

I was going to see if I should actually type this out, but I thought it would be more authentic if I just read it off the cuff.

Sure enough—it's true. After 48 years, 20-plus years of marriage, three kids, and a dog...  
I'm finally coming out.

This has only been a decision I've made in the past couple of years—something I'd been thinking about and only recently started taking action on.

I've been in IT for over 30 years, and this decision is going to affect that too. So what's it all about?

I'm coming out as a **coach**. More accurately, a **results coach**. Some people call it life coaching, some call it personal development coaching, but I prefer "results coach."

This started about five years ago when I was helping my IT clients. Some needed support in areas outside of IT, and I realized I could help. And I loved it. The IT work became a gateway to connect with great people, and through those conversations, I started coaching informally.

One client even told me, "You're good at this. You should help more people in the same way you're helping me—and maybe even get paid for it." That was years ago, but only now have I taken it seriously.

I've started a coaching course. In fact, I've already completed part of it. The full course runs for about 12 months, but as of now, I'm already a certified coach. The rest of the program focuses on business and how to package and sell my services—which I'm comfortable with, but I'll do it anyway.

So yes, I'm officially coming out as a coach.

For my IT clients watching—don't worry, I'm not going anywhere. I'm not dropping IT work overnight. Many of you I've known for 25+ years, and I value those relationships deeply. I'll still be here for you.

But alongside IT, I'll be coaching.

Here's my ask: I've learned new coaching techniques and I need practice. If you're curious about coaching, want to experience a session, or have a goal you'd like to work on, let me know. I'm not charging—I just want to practice, and in return, you'll absolutely benefit.

Coaching isn't about me giving advice. It's about listening and helping you uncover your own solutions. That's tougher than it sounds, and that's why I need practice. So if you'd like to help, email me at **dex@decafnetwork.com**.

Now, about the rest of the video title—it's also true. I've partnered with a man.

I've started a podcast called **Grit & Guidance** with my friend Shane. "Grit" is me—goals, coaching, mindset. "Guidance" is Shane—spirituality, healing, reflection. Together, we've created something that blends both.

We already have seven or eight episodes out, and we're publishing regularly. It's a way to share what we're learning, advertise our work, and get comfortable in this space. If you want to check it out, head to [gritandguidance.com](https://gritandguidance.com).

We're still finding our feet, but it's fun. I love talking (though ironically, coaching is more about listening). A great coach only talks 20% of the time and listens 80%. That'll be a challenge for me.

So, to wrap up: I'm coming out. I've come out. Don't worry—I'm still in IT, but I'm also stepping into coaching. And I'd love your help as I grow into this role.

If you're curious, email me at **dex@decafnetwork.com**.

And if you want to follow the podcast with Shane, go to [gritandguidance.com](https://gritandguidance.com).

Thanks.