

Interview transcript for Goku Cloud

Recruit AI: Hello and thank you so much for taking the time to interview with us! On behalf of TalentFlo and our valued client Fit, we are incredibly excited to get to know you better. This conversation is a fantastic opportunity to learn more about your unique skills, experiences, and career goals, and to explore how we can help connect you with opportunities that align with your aspirations. We truly value the time and effort you've invested in preparing for this, and we're here to ensure the process is smooth, engaging, and productive. Let's dive in!

Recruit AI: So, diving right in, I'd love to hear about your coaching process. Could you walk me through a client from day one? Like, what are the first things you try to figure out, how does that information shape their initial program, and then how does your approach shift as you work with them over time?

Goku Cloud: Yeah. Great question. It's actually the most important because it's the foundation for everything they that you need to be successful with them. So day one, I wanna know if I can get an information about what they do for work, what their daily life looks like, what their experience in the gym, out of the gym looks like. If they've got any injuries, if they're dealing with anything, if they're pregnant, if they're, um, working through emotional issues at home. I mean, it's all of these things are so important to creating the perfect or most balanced workout plan for a, uh, individual and, uh, understanding these information, uh, ahead of time is always good, but if you don't have it, then that's pretty much the first thing you I wanna find out. I wanna find out what you're interested are. I wanna create a smart goal or a couple smart goals with you. I wanna integrate how you can be more accountable for yourself. Because the biggest thing today is people who come to the gym, they mall will stop coming because of some issues. They don't see the value in the money they put it into it, so creating value for them is important for me, and that means connecting to who they are as a person. Their needs,

and their goals, long term and short term.

Recruit AI: That makes a ton of sense. It sounds like you really prioritize understanding the whole person, not just the physical goals. When you gather all that lifestyle and personal information, what's the very first actionable step you take to translate that into the initial program design? And how often are you

Goku Cloud: That's sorry. Go ahead.

Recruit AI: No worries at all! So, after you gather all that foundational stuff--the work life, injuries, personal context--what's the first concrete thing you actually build into the program, and then how do you adjust that plan after the first week or two?

Goku Cloud: Okay. So we're working on a smart goal. Let's say that's the first time we stepped out.

What do you actually want from the gym? What are you trying to do? What's your goal?

Let's say somebody has a goal of getting more flexible. Uh, they wanna be able to bench press. They wanna get out of their lower back pain. Okay. We got three things we can work So designing a program, uh, within the needs of their time frame is important. So asking how long do you plan on being, uh, with us,

Recruit AI: Gotcha, so you set those

Goku Cloud: or how long do you plan on dedicating yourself? How often? So yeah.

Recruit AI: That's helpful. So,

Goku Cloud: Go ahead.

Recruit AI: So, once you have those initial SMART goals and you've mapped out their time commitment, how do you specifically integrate things like that yoga and mindfulness training you mentioned on your resume? Where does that fit into a strength or mobility focused program initially?

Goku Cloud: I love that question because a lot of people think that yoga is just about flexibility. But, really, if you look at the source root of where yoga comes from and the purpose of yoga,

there's a Sanskrit word or quote rather, yoga and yoga So yoga's purpose is to still the monkey mind, and so all the worries and thoughts that dealing with can definitely translate to weightlifting. You could get worried about, you know, your day, get depressed about not getting your goals. Yoga can help you kinda stay balanced, stay focused. The other side of it, yoga sthram sukhamasana, is understanding that your body your muscles, your bones, what you do needs to be balanced. You need to have equal amounts of strength as you do flexibility. You need to be you need to flex and stretch after you work out. You need to warm up smartly. You need to have these things integrated. So integrating yoga movements, even breath work can absolutely help somebody who's focused on strength because it helps them build smart muscle and longevity, which is ultimately the goal for pretty much anybody. If you wanna perform or if you wanna just get and look good and maybe the is your thing, maybe you wanna be more focused on recovering from injury, All of these things are important yoga can support that because it's about building that longevity so that person always have what they need consistently and for the rest of their life.

Recruit AI: That's a really insightful way to frame it--connecting the mental centering of yoga directly to physical performance and longevity. Thinking about relationships now, I saw you've got quite a bit of experience building long-term client connections. Can you tell me about a specific client you really connected with? What did that relationship look like on

Goku Cloud: Yes.

Recruit AI: a day-to-day basis, and what do you think was the key ingredient that made that relationship work so well?

Goku Cloud: This is actually a hard question to answer because I think every client that I've connected with has we've become, like, lifelong buddies, if you will. Like, you know, they they see me as a coach, but, like, they're also a friend because I've known them

for so long. So I'll use one of my first ones. His name is Brad. Um, he came to me similar to me. I used to weigh on two hundred sixty five pounds after an injury from the military. So I was dealing with weight loss, I was only feeling weak. I was dealing with a lot of mental issues. I was dealing with, uh, the weight itself. And, uh, he had a similar issue. He got into a car accident, had lower back pain all the time, shoulder pain. And wanted to get strong and lose weight. So we connected on those things because I had real life experience. And I think that's the good key is that a lot of my there's not a lot I haven't experienced, so there's not a lot I can't not relate to with people. In some way and then give them a perspective of, like, hope. And second of all, working with, uh, with with him I think the biggest thing is that I met him where he's at as a human being first instead of just a number. I'm like, hey. You got this, and I'll be here with you the whole way. So just giving him that re after reaffirmation was really good, and that's what kept that relationship for so long. Because our check ins weren't just hey. Did you do your push ups? Here. Let me log your stuff for you. It was me checking in on him, making sure he was okay throughout week. Asking him if he needed things for a workout, having things ready for him. So that he felt safe and comfortable and kinda, like, in a positive way, lazy just to show up and do the workouts and then to do the workouts and do the hard work there so that he could enjoy the rest of his day. So creating that really good relationship was important for multiple reasons, and that's what I do with all my clients.

Recruit AI: Wow, connecting over shared personal hurdles like injuries and weight loss journey sounds incredibly powerful. That real-life relatability must build trust so quickly. It sounds like your check-ins go way beyond the workout log, focusing on safety and overall well-being. On that note of continuous improvement, what are you currently reading, learning, or maybe working on outside of client sessions to level up your skills as a

coach?

Goku Cloud: I think that, uh, as a as a primarily what I do is yoga. So I think as a yoga teacher, I'm always learning I'm always doing my own practice myself. So I'm only always learning new things about my body as I move. Whether it's holding a posture for a little bit longer, getting into a pose a little bit deeper, building strength in the gym by lifting weights and applying a yoga mentality of, like, being present, being using my breath, really thinking about that eccentric or, you know, uh, concentric movement, and just being really in it. Right? And I think that, this this is the biggest thing for me. Yeah.

Recruit AI: That consistent application of mindful movement, whether it's yoga or lifting, is really cool. It sounds like you practice what you preach! Let's pivot a bit to the tough moments. Can you tell me about a time a client seriously pushed back on you? Maybe they were super frustrated with their progress, or they just didn't agree with the direction you were taking their program. How did you navigate that disagreement?

Goku Cloud: Yeah. That's a good one. So I I had another lady. Her name is Ajnavi. Ajnavi comes also from a very strong yoga background, but wanna get into weight lifting. And she already had when I met her, she already kinda had this, like, insightful she gave me a lot of knowledge by telling me how she wants things to do it, are the only and right ways. You know, we have people in our lives that, you know, everything has to kind of be that way. And so as I was designing a weightlifting program for her, I recommended some exercise, like deadlifts, remaining deadlifts, And she's like, nope. Absolutely not. I don't wanna do those And that this happens quite often with us, Navi. And I pivot is I say, okay. Let's do something that's similar. Maybe bring some yoga movement in that's relatable to that and then slowly add weights. For the time she has pushed back on just not doing that movement at all, I really like to dig deep and find out why. Is it just she has is she feeling uncomfortable with the hamstring stretch she's getting from, you

know, doing that deadlift? It from lifting a little bit heavy or using her full body? And what I found is that she it was a combination of both. So, you know, I dug into it. I found out what it was, and then we kinda worked them both. Okay. Let's work on hamstring flexion. Flexibility a little bit more since you like yoga, but let's work on the strength portion of that. Like, how do you hold something in a flex but have strength to hold it? And then we also worked on feeling safe to be in a bent over position and lift weight. Because in yoga, we do a lot of bending over a lot of inversions, but not necessarily with weight. So that was something scary for her, but it was addressing that fear in a kind way where we could adapt and overcome and, uh, integrate. Later on.

Recruit AI: That's a fantastic example of truly listening and problem-solving instead of just digging in your heels. You found the root of her hesitation--safety and unfamiliarity with weighted flexion--and adapted by layering in her comfort zone, yoga, to bridge the gap to strength. That shows a lot of patience. Now, thinking about your broader professional network, what does a great team of professionals look like to you? And in that ideal setup, what role do you usually find yourself playing?

Goku Cloud: So in the roles I played in the last couple years, it's been education, gyms, um, and the type of groups I like are people come in there positive. Like, you don't have to be happy every day, but be peaceful. Like, come and, like, leave the leave your relationship stuff at home. Leave your the problems of the day at home. If you want to talk about those things, all cool, but, like, give me a heads first. Right? Like, let's connect as humans, um, in the workplace, but also don't sit in that grind. Don't sit in that problem. A good example of that is I I worked with a lady. Her name is Nikki, and she brought all of her problems to work. And she sort of, in a way, wanted to use every employee as a scapegoat for her emotions to kinda, like, let her emotions out on this person. And that's just not healthy and not safe. So opposite of that, I want somebody who I I want a team

that has that emotional consciousness. Emotional intelligence is really important. And, of course, communication. Communication is huge. Hey. You don't have to communicate all the time, but and you don't have to say hi to me every single time, but at least if you got something going on, you need to talk to me. Don't hold it in. Like, think about it. Figure it out how you wanna say it, and then approach me and make sure that, you know, Do you got time to talk? And let's work through the issues together. That's, to me, good teammanship. And, um, also, I was in the military, so know, integrity is huge for me. So I don't care what you say or even do. As long as you, like, are doing good things. Right? Like, so having integrity means doing the right thing even when no one's looking. So, like, clean up after yourself in the clean up after yourself in the in the break room or the restroom or make sure that you're treating all your clients equally the same with that kindness that you give everyone. Make sure you you're treating yourself well too. This is important for me. So those three things are important. And I'd say that the environments I've found in, like, this teaching role, like, we have that here, and I usually find myself in sort of the mentor role. A lot of people come to me, and they're like, okay. I've got a problem with this. It's lower back pain. That's the most common one. I got I I need to get stronger in my legs and especially here at the school, lot of the teachers, they sit down lot. So they're like, how do I strengthen my legs even though I'm sitting all day?

Recruit AI: I

Goku Cloud: So I give them advice on that. And they come to me and they see me as a mentor role mostly. Um, even in the gym, people come to me like that. So

Recruit AI: That's great that you naturally fall into that mentor role; it really aligns with your coaching philosophy. You mentioned integrity and communication being key to a positive team environment. Let's think about a tougher scenario. What do you do when a client shows

up completely checked out, maybe they seem exhausted, or they look like they're ready to just quit halfway through the session? How do you read that situation and decide how to respond?

Goku Cloud: I have three I like the rule of three. I like to take three to everything. The first and foremost one, I'm gonna go the extreme is that we're not here to fix or solve everyone's problems. We're not here to make everybody the best that they can be. We're not might not even be the right fit So this isn't the first thing I think of, but it is the the last thing I think of. And going from there, I'm gonna go backwards. Finding some lead somebody or something that will work for that person is important because I wanna make sure that person feels safe with me, feels comfortable with me, and confident with what I'm doing with them. I have a pretty good track record. Not a lot of people have, like, been flaky with me. I mean, they'll show up later, whatever, but they do show up. So the times when people have completely just given up, it's usually because of, like, life or death issues. It's because they move. It's because cost become too expensive, things like that. So if we can navigate those, number two, navigating, like, personal life issues, we can integrate some of that into the into the the sessions by maybe doing a little bit of meditation in between the sets. Doing a little bit of, uh, extra journaling, not just journaling the three by fifteen pull downs you just did, but also journaling a how do you feel today? How do your how does your body feel today? And give them that, like, extra little nugget of, like, feel good that they might not get out outside, you know, even outside of the gym. So that's the second. And then the final thing is when somebody comes in, this is the very first thing I do, is I just wanna connect to them as human, like I said. So how are you doing? What's going on? Like, share with me. Lay it all on me. Like, I'm not gonna be offended if, like, I'm not the perfect fit or if you're having a bad day or if you got these things to share. Lay it on me. I'll I'll listen to it. I will have

boundaries for certain things, but at the at the same time, I'm here to to help you reach your goals and to ascend and transcend your limitations. That's kinda my quote. So if I can do one of those first two things, wonderful. And if not, then maybe we can find you and align you with the a better pay, maybe a better person, maybe a better location, or maybe you do need a legitimate pause just for a while and then offer them to come back.

Recruit AI: That's a really balanced three-tiered approach--connect first, adapt second, and evaluate fit last. It keeps the door open for them while protecting the integrity of the coaching relationship. I appreciate you walking through that. Looking ahead a bit, where do you ultimately want to be in your coaching career five years from now? And perhaps more importantly, what are you actively doing today to make sure you land there?

Goku Cloud: I live in the present moment all the time, and I think that the abundance that I have and happiness that I've cultivated comes from my lived experience, as you mentioned. I think that I'm a example of who I wanted to be five years ago, And so five years from now, I just wanna continue cultivating this of who I am. I want to be an example in a mirror for other people to grow and always physical, mental, you name it. And I wanna be the best I can be for others. So continuing to improve myself, continuing to improve my strength goals, my flexibility goals, level myself up. But also, and more importantly, really have a foundation of, you know, I would love to retire maybe in twenty years and have some kind of passive income. So build a way where I've got, like, an you know, enough background where I can create my own workout plans or maybe through this company. They've got a retirement plan, but, like, contribute to it. I'd like to be at one place. I've found that one of my big things, you know, being an artist if you will, like working in yoga and working as a personal fitness, you kinda gotta bounce around sometimes, find the right fit. So I'm hoping that this is the right fit I can just stay there,

and I can I can just be that and kind of build myself up out of success from that and be a good example for all that?

Recruit AI: It's inspiring that you're already living the example you want to set! Focusing on continuous self-improvement while aiming for long-term stability at one place sounds like a solid plan. I can certainly see how being part of a platform like ours could provide that consistent environment. Let's talk about a real win. Thinking back over your career, tell me about a client result you are genuinely proud of. I'm less interested in the final number or transformation, and more interested in what you specifically did as a coach that made that lasting difference for them.

Goku Cloud: Now let's go back to the first guy I talked about, uh, Brad. Uh, so you know, I've I've got I've got this thing where seeing somebody physically train change, like, maybe not so much going from being super skinny to getting muscular because of malnutrition. I I haven't had too many clients in that realm, but more so losing the weight in a healthy way build the muscle and live their best life, smile with their kids, and watch their family grow because now they have the energy the time, the capacity, the availability, and the mentality to be the best version of themselves, a dad, a father, husband, all these wonderful things, This is what happened with many of my clients, especially him. And losing all of his weight He lost I think I helped him lose, like, seventy pounds. Was able to lit hit all of his, uh, weightlifting goals that we set in the very beginning. He was able to get to his ten pull ups. He was able to get to his fifty push ups. He was able to bench press his two twenty five, squat his three fifteen. Like, there's a lot of wonderful things that we were able to hit in just a short amount of time. And then going forward, seeing that translate to the dedication and discipline he put into the gym, he translated into his real life. Him sharing that with me, seeing it, Instagram, all this good stuff, it's just amazing. It's really beautiful. So I loved seeing that.

Recruit AI: That transformation story is fantastic--losing the weight but more importantly, gaining the energy and capacity to thrive in his life roles. That's the real win. Now, just to make sure we're aligned on the logistics, this role with Fit involves a pretty specific schedule. We're looking at early morning starts, sometimes as early as 5:30 or 6:00 AM, evenings that can run until 7:00 PM, and rotating Saturdays are part of the commitment. Does that schedule sound workable for you? Is there anything about that

Goku Cloud: Yeah.

Goku Cloud: Yeah. That sounds workable for me, and sorry. I didn't mean to cut you off. But you know, there are a couple things I mentioned. I to, um, Chris. I do, like, three times a year, Uh, go out for a week to three weeks at a time. Only three times a year. Got family in Japan. I like to visit and see them. Uh, so having that flexibility is really gonna be the only thing keep me from having the job. But early mornings, I used to be in the military, so I can do late night. I can do early morning. I work out twice a day anyways, so early mornings, late nights are good for me. I teach yoga early mornings. And I do a lot of programming at night and or exercises at night. So no problem there. Saturdays don't matter to me. Um, I'm good with that as well. So aside from just needing a little bit of sign time off here and there, You know, that's that's about my only commitment issue. So

Recruit AI: Thanks for being upfront about those trips to Japan; that's good context to have. We can definitely see what level of advance notice is needed for those, but other than those specific travel times, the early mornings, late evenings, and Saturdays sound fine for you. That's great to hear. Thank you for speaking with us today! We'll be reviewing your interview and, if your answers meet the client's expectations, we'll pass it along to them. If you have any questions in the meantime, feel free to reach out. Thanks again for trusting TalentFlo with your career journey--have a great day!

Goku Cloud: Thank you so much. See you next time, and thank you for this opportunity. And I look forward to working with you, um, in the future. If it's a good fit. Thank you, and have a good night.