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# Transform your life in 30 days!

Want to change your life but don't know how? Meet our new lifecoach, Suzy Greaves, who can make your dreams come true. This month: how to change career

EVER WONDERED WHY, WHEN YOU'VE spent your whole life working towards your dream job, relationship and home, you wake up and ask yourself: Why aren't I happy?" says Suzie.

"That's because at some point in our lives, we stop listening to the fantasies we had as children, when anything seemed possible, and start listening to the voice that says "no". It's the voice of those who influence us – from parents to teachers to our own egos who tell us to be "realistic". We start living a life we think will please them and we think they'll approve of.

As a life coach, one of my main roles is to help you identify what really makes you happy and to remember what you truly wanted to do with your life before you started to believe your options were limited. Each issue, I'll be helping a different reader change her life – in just 30 days – which I hope will inspire you too.



THE LIFE COACH

## Five ways to know it's time to change career



- 1 You feel envious of other people's glittering careers and dissatisfied with your own dull-as-ditchwater one.
- 2 You wake up every weekday morning and press the snooze button – five times.
- 3 Your Sunday evening is spent dreading Monday morning.

- 4 On the way to work you find yourself fantasising about breaking your leg/getting pregnant/injuring yourself in a freak act of nature – anything that would allow you to take six months off work.
- 5 You live for the weekend and spend most of the week counting the days down. It's always a relief to get to middle-of-the-week Wednesday.

## THIS MONTH'S CASE STUDY

**Name** Alexandra Wilson  
**From** Monmouthshire, Wales  
**Occupation** Fitness Instructor  
**Relationship Status** A long-term boyfriend who lives in London  
**Age** 30  
**Problem** 'I want a new career'

'When Alexandra first came to see me, she'd just turned 30 and had been running a successful personal training business in Wales for three-and-a-half years,' Suzie says. 'But she was lacking fulfilment. "Something's missing," she told me. "I have a nagging feeling I'm not living to my potential. There has to be more to life." Our 30-day challenge was to find out if there was.'

### Week 1: Ask questions

'The first stage in working out what career will make you truly happy involves facing up to whatever you feel your life lacks. It means asking probing questions that might make you feel uncomfortable.

I asked Alexandra what was the one thing she was most afraid to say about her life. She replied: "That I've done all this work to become a successful personal trainer, but I don't want to do it any more."

It takes a lot of courage to identify what's making us unhappy and it can throw us into total panic because we have no idea what the alternative is. So it's important to get clear early on what a possible alternative could look like.

To do this, I suggested Alexandra describe her ideal life. I asked her to imagine that a journalist was coming to interview her about her amazing career. "Tell me who are you and describe your lifestyle," I said. After thinking for a few moments she said, excitedly: "A TV presenter! As a child, I used to pretend I was presenting cookery programmes. I love being able to give people that 'feel-good factor'. That's why I became a personal trainer – but I want to be able to inspire people on a much bigger level. I'll create a lifestyle programme – Oprah meets Lorraine! But that's just a dream, right?" she laughed.

Wrong – it was the opposite. It was the reality she wanted to create, and now we knew how it looked, we could begin to make it happen.

### Week 2: Start play-acting

Now Alexandra had identified her fantasy, we aimed to turn it into a reality. For Alexandra, we decided she should apply for a course as a TV presenter. It was then that the "wall of fear" came up.

This is when you start telling yourself the whole idea of changing your life is stupid, and that it's never going to happen. It's a totally normal reaction. After all, if you've been living your life with the same set of expectations for 30 years, it's going to be difficult to change them in just a week.



### THE LIFE COACHED

Alexandra came to Suzy lacking fulfilment. A month later she was on her way to becoming a TV presenter

some friends. "I was on such a high until I went out with a couple of my girlfriends," said Alexandra. "They just arched their eyebrows and told me to get my head out of the clouds. I was back in that terrible place of doubting myself and this whole stupid idea."

This is a great example of why, in the early stages, you should be very careful about who you share your dreams with. One damaging remark could set you back weeks, or even totally scupper your chances of being able to do something different with your life. Everyone will always have an opinion about what you should do, but it usually says more about them than you (for example they might fear you changing because it will challenge them to change). Avoid pessimists like the plague and pinpoint positive friends or colleagues who'll applaud your triumphs and cheerlead for you when

## 'It's possible to change your life in five seconds simply by changing what you believe about yourself'

Alexandra was disheartened. "This is rubbish," she complained. "I can't do this!" She believed she wasn't young enough, skilled enough, intelligent enough or good enough to do it. "This is never going to work," she moaned dejectedly. "How can I compete with all those talented young things out there?"

It was clear she needed to change her preconceptions of herself, so I suggested she "acted her way" into believing she had what it took to be on TV.

This didn't go down well at first. "So how the hell do I do that?" she shouted. I wasn't surprised as this is a challenging exercise. If you believe you lack talent and you're going to fail, that's exactly how things will turn out. But if you start showing yourself you can do it, even on a trial run, the momentum starts to build and your reality begins to change from the inside.

We decided Alexandra's "play-acting" would involve several face-to-face presentations in the companies she worked in. She realised she had to start presenting in some form, whether it was in front of a camera or not. She also booked herself on to the Positive Productions Television Presenter's Course (go to [www.pozitiv.com](http://www.pozitiv.com) for further details), where the former student list includes Natasha Kaplinsky and Ben Shephard. She also asked a neighbour, who works in TV, if she could pick his brains and get his advice on whether he thought her career goals were possible.

### Week 3: Choose your confidantes carefully

Alexandra's meeting with her neighbour went well. "I've always said you'd be brilliant in TV," he said. This gave her a boost – until she shared her dreams with

you're on a high. To identify who they are, just tune into how you feel after you've seen them – if you feel elated, they deserve a place, if you feel squashed then they don't.

### Week 4: Take five baby steps a day

You may scoff that it's impossible to change your life in 30 days, but I believe you can change your life in five seconds, simply by changing what you believe about yourself. It may take longer than 30 days for your physical reality to reflect your inner reality, but if you stick with it, it will happen.

However, these first 30 days are crucial, as the beginning of this journey is often the hardest. You simply have to keep taking actions every day, which help build the momentum. This week I requested that Alexandra take five baby steps a day connected with becoming a presenter – from reading interviews with TV presenters on how they got their first break to finding out about work experience.

At the end of this week, she took a leap rather than a baby step by deciding to leave Wales and move to London, where she felt most of the TV work was. "My boyfriend works there, so after a big discussion this week, I'm going to sell my house in Wales and we're going to buy a house together in London," she said. How was she feeling? "I now feel it's not just a silly dream, but I realise I've got some hard work ahead. I start on my TV course soon and then I'll start to look for a work experience placement. The main thing is that I now know it's up to me to make it happen – and I intend to do it, baby step by baby step!" **mw**

## RESULT!

Alex is moving to London next week. She's booked to have a makeover with a personal stylist before her TV course begins and she's started working on her autocue piece – she's practising her presentation in front of the mirror. She's looking for a mentor to help support her and give her advice through out her training and spoke to James Nesbitt (yes! The gorgeous actor!) a week ago to ask if he will help her. Alex still worries about her age, so she's trying to fast-track her way through the process by looking her best and speaking to people who know their way through.

**If you have a question for Suzy email her at [lifecoach@newwoman.co.uk](mailto:lifecoach@newwoman.co.uk) or visit the Love Your Life section of [newwoman.co.uk](http://newwoman.co.uk). To win life coach sessions and a £3,000 life-changing experience see p242.**

**Making The Big Leap (New Holland, £7.99) by Suzy Greaves is out now.**

## How to change your career in 30 days

- 1 Identify what you don't want – describe in detail what is making you unhappy in your current career.
- 2 Identify what you do want. Write a detailed vision of your 'ideal career' – imagine a journalist coming to interview you in your dream job and write the article she would publish about you.
- 3 Ask yourself what you'd have to believe about yourself to get this new career. Then start building the evidence to support this new belief.
- 4 Take five baby steps of action every day.
- 5 Create a power team of friends who can support you through the highs and lows.