

# thirty + thriving

## Thrive Academy: Emily's Coaching Journey

A beautiful insight into what coaching with Thirty and Thriving looks like.



Let's begin by getting acquainted. Can you give us a brief introduction to you?

My name is Emily but most people close to me know me as Em. I live in the heart of Leicester with my long-term partner of 9 years. I am a scientist in cancer research and in the process of completing my PhD whilst teaching science to college students part-time. I am focusing on creating a more balanced home life and looking to move out of the city within the next couple of years with my partner to start a family. The life I manifest is a simple but happy one.



Prior to working with Thirty and Thriving, what made you want to hire a life coach and what was the tipping point?

Before Anne-Louise reached out to me, I had heard of life coaches, but never really understood what they were for. I definitely had the idea that they were very similar to therapy – that you had to have something specific that was holding you back from life, rather than simply being stuck in a rut. But now I know that coaching is very different and exactly what I was looking for.

I had been in Anne-Louise's Facebook group 'Confidence, Self-Love & Thrive Tribe' for a while and used to regularly post in the group to get to know the other women and share what things I was working on. I hadn't posted in a while when Anne-Louise reached out to me to check that I was okay and doing well. After a lovely phone call, I explained to Anne-Louise that I didn't really feel like I had a lot of confidence and that life just generally seemed off balance and Anne-Louise explained how she could help if I wanted it. I genuinely believe that the timing and messages from Anne-Louise was a sign from the universe that this was the help that I needed and so I signed up to The Thrive Academy.



When you first started working with Thirty and Thriving, what did you want to achieve, and why were these goals so important to you?

Coming into the course I really believed that having more confidence and a positive body image would help fix a lot of the issues I was facing. But ultimately, I just wanted to feel good about myself and my life rather than feeling like I was just drifting through days. I can remember filling in my first assignment work for The Thrive Academy and just feeling so confused and jumbled with what I wanted to achieve in the programme, but Anne-Louise reassured me that this was completely normal.



Coming into the programme, how would you describe your mindset? Did you believe the goals were possible?

I 100% did not believe that my life could change as much as it has done, and I was definitely a little bit of a sceptic. But I was at a point in my life where I felt like I had tried a lot to get me back on the right track and life coaching was the one thing I hadn't yet considered, so what did I have left to lose?



Can you give us an example of where you experienced a goal of yours being achieved?

During my coaching course I had applied for my dream job – a higher education teaching position that would fit perfectly around my PhD studies. The interview didn't go as well as I'd hoped and normally I would spend the days following beating myself up about not doing better and going in unprepared. But in reality, what the interviewer was looking for in an employee was not me and didn't align with my values, and the coaching that I had done had made it much easier for me to realise this. When I received that job rejection, I didn't actually feel disappointed and just more relieved. Fast forward 3-4 months and I applied for another very similar job, knowing a lot more about what I wanted from a position. I was offered it without interview, with a pay rise and I am absolutely loving my new teaching position. I'm finally working in a team that is supportive of my teaching values, and appreciative of the education and experience that I offer.

I truly believe that I ended up in this position because I have trusted my own ability and the timing of things. After my first rejection, I still knew that I was deserving of my dream job and that it would come to me eventually – I just had to trust the process.



### What were the biggest challenges/fears you overcame during the coaching?

The biggest challenge for me was coming to the realisation that the only person blocking the things that I want in life is myself. That the problems in my life wouldn't be miraculously fixed by losing weight, getting that dream job or living in a huge house.



### How has overcoming this changed your life/mindset? What knock-on effects has the training had?

I have seen how practicing gratitude and mindfulness has helped improved my mood and allowed me to focus on the things that are really important to me. I realise how important it is to be kind to myself when things get hard and trust my own thoughts and feelings. There are times where I still need to make a conscious effort to question 'am I doing this because I feel like I should be, or am I doing this because it really aligns to my values and beliefs?' but, on the whole, it is becoming much more natural for me to choose things that align with me and who I am.



### Do you believe it would have been possible to achieve your goals alone? If not, why not?

Not at all. For me, I really needed someone there to hold me accountable and offer a safe space for me to talk through my thoughts and feelings. Coming into the course as someone who is very self-aware and was overly self-critical, it really benefitted to have Anne-Louise to help me see the bigger picture when I needed to.



### If you could go back in time and give yourself one piece of advice pre T&T coaching, what would it be?

Know who you are and live your life as authentically as possible! To be truly happy and satisfied with your life you need to know what makes you tick, what your values are and what you truly want that aligns with this. You cannot live your life based on what you think would be good for you, or what you think you should be doing because you can never be truly happy living like that.



### What advice would you give someone else considering coaching?

Take the leap - you will not regret it. You absolutely cannot put a price on the self-discovery and life-changing realisations that you will have.



## And finally, why would you recommend Thirty and Thriving?

Anne-Louise has changed my life. She has offered her support before, during and after my coaching and has equipped me with methods to help me grow and manifest the life that I want. She has provided a non-judgemental and safe space for me to talk through my thoughts and feelings and held me accountable from the very beginning. Thanks to my coaching at Thirty and Thriving, I am living a much more happy and fulfilled life, and I am finally enjoying being the incredible woman that I am!



## Want to experience a life changing journey like Emily? Join The Thrive Academy!

The doors are now OPEN to join to my 16 week transformational programme, The Thrive Academy. This signature coaching course is designed to facilitate a soulful & supportive journey back to kick-ass confidence!

So whether you're searching for confidence to restore self-love, step fully into your career, launch a new business/life venture or find your authentic self postpartum - Thirty + Thriving is here to guide you through this process by restoring balance + belief at every level. Get ready to raise vibrations, bury fears and create a life you're psyched to wake up to.

Start saying 'YES' to life and 'HELLO' to new chapters.

Anne-Louise x