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## LIVE YOUR PASSION

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A woman with long dark hair, wearing a dark tank top and a dark skirt with a ruffled hem, is captured mid-jump in a joyful pose. She is on a sandy beach with the ocean and a faint rainbow in the background. The title 'Live Your Passion' is overlaid on the image, with 'Live Your' in a white script font and 'Passion' in a large, bold, black serif font.

# Live Your Passion

With the financial security of a corporate role, more Australian women are choosing a lifestyle that fulfils their personal passions.

**Louise Wedgwood** learns how three Australian women have formed careers in the natural health industry.

**H**aving time for your passions renews your spirit. If you're into natural health, you might wonder if you'd be happier as a naturopath or Pilates teacher, but you're not sure you can afford to ditch the career you already have.

When you're more fulfilled, the positive energy flows to your family and the community around you. Whether you're yearning for a creative outlet or a chance to help others, a satisfying career might be more achievable than you think. These three women, who escaped the restrictions of having one career at a time, show another way to contentment.







### Best of both worlds

Gemma Morgan ([yogapop.net](http://yogapop.net)) is a happy woman – busy lawyer by day and blissful yoga instructor by night. Morgan's unique working lifestyle allows her to follow her passion along with having an established career.

For Morgan, this means teaching five or six classes a week on top of her full-time corporate job. She teaches on weekends, before and after work, and in her lunch breaks. By teaching on the side, she is able to help make people feel good without having to worry about money. "I don't have to stress about getting lots of classes and lots of students. I can focus on the ones I have and really enjoy the experience of teaching," she says.

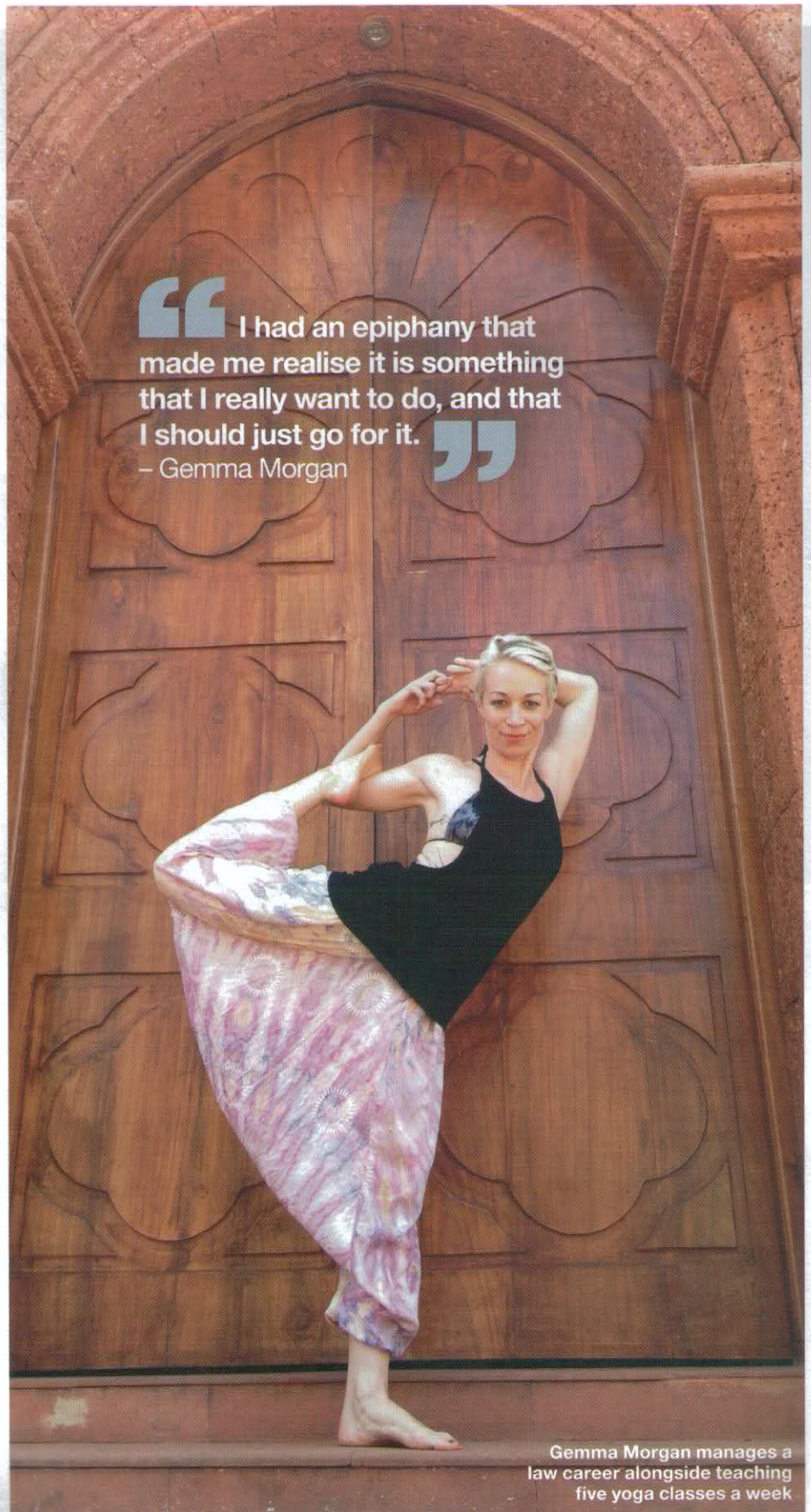
Friends had often told Morgan she should teach yoga, but she'd put a career change in the too-hard basket. But then, she says, "I had an epiphany that made me realise it is something that I really want to do, and that I should just go for it." She found a part-time weekend course and fell into a more flexible corporate role. Morgan completed her teacher training in under a year but had to work hard to get the required experience. "I accepted pretty much any opportunity that came along. I taught for free, I taught to raise money for charity, I did covers at various studios, taught friends and co-workers."

Teaching as many classes as she could was often exhausting. Now that she has permanent teaching gigs, Morgan plans around them. She makes time for herself, her own yoga practice and her supportive husband.

Even when things get busy, teaching boosts Morgan's energy and performance in all areas of life. "Teaching yoga keeps me fit, grounded, connected with the community and enables me to help others on a really personal level," she says. "Teaching yoga doesn't feel like another job. I can actually go and teach a class and feel more energised and uplifted after it."

“ I had an epiphany that made me realise it is something that I really want to do, and that I should just go for it. ”

– Gemma Morgan



Gemma Morgan manages a law career alongside teaching five yoga classes a week



### Part-time, double time

If adding more work to your full-time workload is not your idea of inner bliss, create space by going part-time in two roles. Jane McDermott wasn't satisfied working full time in marketing. "I had been working in corporate roles since I left school and I felt like I wanted to stand for something more," McDermott says. She researched different careers and decided to study nutrition two nights a week after work.

McDermott now runs a clinical nutrition business ([benutrition.com.au](http://benutrition.com.au)) while working four days a week in marketing. Initially, McDermott resigned from the corporate world altogether to focus solely on her new venture. While she loved focusing her energy on healthy eating, McDermott came to realise that starting your own business can be lonely and financially tough. It made sense for her to capitalise on her marketing experience and return part time to her

stable corporate job. "This security meant I could run the business from my heart and passion, without the stress of paying the bills," she says. "I work with the type of clients I want to work with and I take on nutrition projects that give me a fire in my belly. My decisions are not based on money alone." The regular income lets her make the most of her city lifestyle, and indulging her interest in health renews her enthusiasm for her day job.

Creating this ideal arrangement took persistence. When she asked to work four days a week, McDermott's boss said no. So McDermott tried again with a proposal showing how following her heart would increase her engagement at work. He agreed. "Having a good relationship with my boss and a genuine desire to work for the company helped," McDermott says. Her philosophy is to "start before you're ready". McDermott also meditates each morning, which helps her stay in the present and focus on the job at hand.



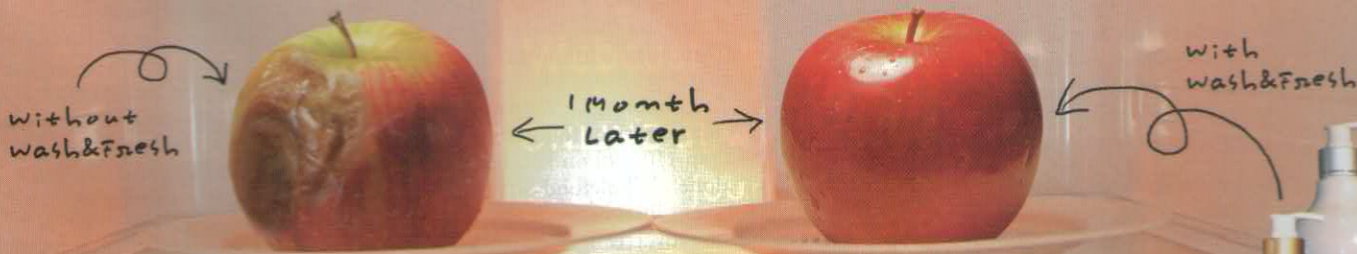
“ This security meant I could run the business from my heart and passion, without the stress of paying the bills. ”  
– Jane McDermott

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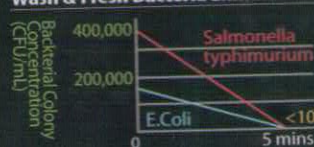


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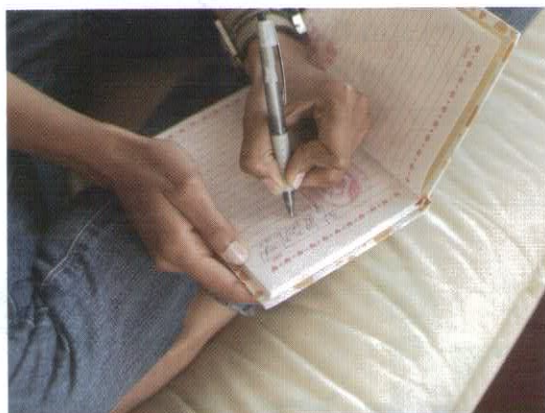


#### Wash & Fresh Bacteria Elimination





**“ I didn’t overthink it. I didn’t plan out the first few weeks or define my path. I kept an open mind and was happy to just see where the journey led. ”**  
 – Bianca Slade



## MOTIVATION TIPS

Life coach Jane Taylor ([habitsforwellbeing.com](http://habitsforwellbeing.com)) understands that pursuing your passion can be intimidating. She reminds us that we don’t need to have a complete plan before we start. “I only need to know the next step...when I take a step, another step can open up,” Taylor says.

**To make that first step easier (and the second and third), she suggests you:**

- Be honest and admit to the thoughts keeping you back, e.g. ‘I’m not good enough.’
- Be aware of your inner critic, but not run by it – acknowledge it and keep moving.
- Know what you need, e.g. people to lend you their skills, talk through ideas, or free up your time.
- Tell people about your plans and let them help.
- Find a buddy on a similar path and keep each other accountable.
- Break down your dream into small steps, e.g. ask your yoga instructor where she did her training.
- Block out specific times in your diary for your passion.
- Remember that you are the one responsible for your life and fulfilment.



Bianca Slade, mother and blogger behind Wholefood Simply

## Mother of two, inspiring thousands

For some of us, it’s not paid work that’s competing with our ambitions, but rather caring for our family. Bianca Slade is raising her two young children in regional NSW while “making real food fun” for thousands of families on her blog, Wholefood Simply ([wholefoodsimply.com](http://wholefoodsimply.com)). Devoting much of her energy to her children, the blog is Slade’s creative outlet, allowing her to play with food and share it with her online community. “I love that it is a little space of my own, filled with nothing more than the things I love – recipes and ramblings.” With a large community of followers (more than 110,000 on Facebook alone), Wholefood Simply also brings income from recipe books and advertising.

Reflecting on her success, Slade says she “just got started”. “I didn’t overthink it. I didn’t plan out the first few weeks or define my path. I kept an open

mind and was happy to just see where the journey led.”

The journey included a few bumps, where Slade struggled with the technical side of her clean-eating site. She called on the global community for help and says, “I googled and YouTube’d many, many times. I still do!” Without extended family nearby, Slade balances the demands of parenting with blogging by having clear priorities and a supportive husband. “Family always comes first, so that makes the prioritising simple,” she says. Slade also leads a simple lifestyle where it’s normal to forego TV and newspapers, a habit that keeps her free for more meaningful activities.

Aside from the satisfaction of a project of her own she can do from home, Slade is rewarded by connecting with like minds. “I love the Wholefood Simply community. They’re an amazing, beautiful, supportive, encouraging, accepting community,” she says. NH