

Aaaand Breathe...

HELP YOUR BODY, SPIRIT AND MIND CREATE A
PRODUCTIVE BALANCE

*"I love learning. I have always
thrown myself 100% into my studies
and I suppose you could say I did
the same at the university of life,
and continue to do so!"*



"Connecting with yourself is extremely important"



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Beautiful Life
LIVE WITHOUT LIMITS

Burn-out is a very real risk for entrepreneurs. We have an emotional attachment to our work, our clients and our purpose. Working yourself to the bone is all well and good if you truly believe in your business or idea and you're investing time and energy into getting it up and running, but in the long run it's counterproductive.

Humans have an intrinsic ability to sense the energy of others. When your energy levels are low you emit a lower type of frequency and your interactions with others are impacted by this. Ever noticed how people are less enthusiastic about what you're selling/offering when you feel drained? Investing in yourself, in self-care, time out to rest, recharge, recalibrate, will pay dividends in the end. It's not indulgent, it's a fundamental building-block of your life, as well as your business. If you want a solid foundation it is essential that you invest in self-care and personal development.

I graduated from Dublin City University in 2003 with an honours degree in International Business with Languages and started my career in the Finance Industry. But as soon as I was earning a wage I started taking diploma courses in holistic therapies just for fun. It didn't take long for me to get bored with the Finance world. My heart wasn't in it, it stifled my creativity and passion, I never felt valued enough, and a restricted number of holidays was always a sore point for me.





Life's too short!

Plus, I love to travel, which supports my love of learning new languages, and 20 holiday-days a year was just not enough! Over the years I studied yoga and meditation and had the importance of nutrition and supplementation drummed into me by my Mum and my Grandmother from a very young age. A totally holistic approach to life, to health and wellbeing, has always been a natural way of life for me so I left the finance world to set up my own Health and Wellbeing business in 2007.

In 2008 I studied Manual Lymph Drainage and achieved my qualification from the Vodder School in Austria. It wasn't easy to get on the course, but I was determined to do it when a close family member developed Lymphoedema as a result of life-saving cancer treatment, and I soon proved my passion and natural capabilities to the school and passed with flying colours. I work with a variety of clients and see both sides of the spectrum daily - both health and sickness. In my MLD practice, each day presents new cases and challenges, from chronic sinusitis, skin conditions, pregnancy-related swelling, hormonal imbalance, sports-injuries, healing from cosmetic surgery to the more complex conditions like Lymphoedema, which is a common side-effect of cancer treatment.

It's not always a smooth road. It's hard work and it can be difficult to switch off when you work for yourself. Working closely with clients who have been through a difficult illness and the emotional rollercoaster that comes with it, it can be difficult to leave all those emotions at work, especially as an empath. If life has taught me anything it's that you need to have some headspace, a healthy relationship with yourself and massive respect for your own needs before you can achieve anything else healthy in your life.

Connecting with yourself is extremely important. When you are certain of your own values and goals it becomes easier to make decisions about your business, the direction it should take, which opportunities to jump at and which to pass over. Knowing your 'why' will keep you on track even when you are so busy you can barely think. Investing in self-care will give you the best foundation for building your business and the life you dream of. I practice what I preach and I draw on my experience in yoga coaching and meditation to help myself as well as my clients.

If you would like to work with me on a 1:1 basis, avail of my services or collaborate on a project, check out my social media:

<https://www.instagram.com/beautifullife.mld/>
<https://www.instagram.com/beautiful.life.yoga/>

<https://www.facebook.com/beautifullife.mld/>
<https://www.facebook.com/beautiful.life.yoga/>
 or you can contact me on: 0851528969.



Here are my top tips to help your body, spirit and mind, create a productive balance:

1) Healthy body, healthy mind. You can't have one without the other. You really are what you eat, and what you think, and the words that you speak so choose wisely!

2) Self-care has become a bit of a buzzword, but it's not a new concept. For me, it's just about honouring and respecting yourself, your body, your mind, your energy, your emotions. Sometimes it's as simple as taking a deep breath, walking out of a room where the energy is toxic, or leaving a situation that drains your energy. You have to prioritize yourself, you can't pour from an empty cup!

3) Find your "Why". Then find the vehicle to help you create the life that you want.

4) You don't have to go it alone. It's easier when you have the support, encouragement, and guidance of other women in business and other entrepreneurs. Join networking groups, collaborate/work as part of a team, link in with experts who can help you and who understand your way of thinking.

5) Use affirmations daily!

6) Let go of the illusion of control and learn the art of surrender. If something is really not working ask yourself if you need to change it or if you need to let it go. Be honest with yourself.

7) At an event I attended recently Mickey Harte said that "leadership involves avoiding excessive highs and lows". Celebrate your wins, but keep your feet on the ground with a regular practice that works for you, whether that is yoga, meditation, exercise etc.

8) Dream big! Visualise, affirm, get those goals on a vision board.

9) Never, ever ignore your gut feeling. I learned this the hard way.

10) Keep negativity at a distance and your dreams close to your heart.

11) Do you really deserve success and abundance though? If you wavered on that for even a split second I'd recommend delving into that a bit more. If you don't have a solid belief in yourself you will crumble in challenging times instead of revelling in them and having the confidence to push through them.

12) Remember this - Courage is not the absence of fear.

Courage is carrying on despite the fear!

13) And finally, something a friend shared with me that has always stuck with me and guides all of my life choices:

Never give up what you want most for what you want now.