

EXPERT **PROFILE** **WELLNESS**

Magazine

ISSUE
7

Featuring
**GLOBAL
EXPERTS
ON
WELLNESS**

Breaking the Cycle

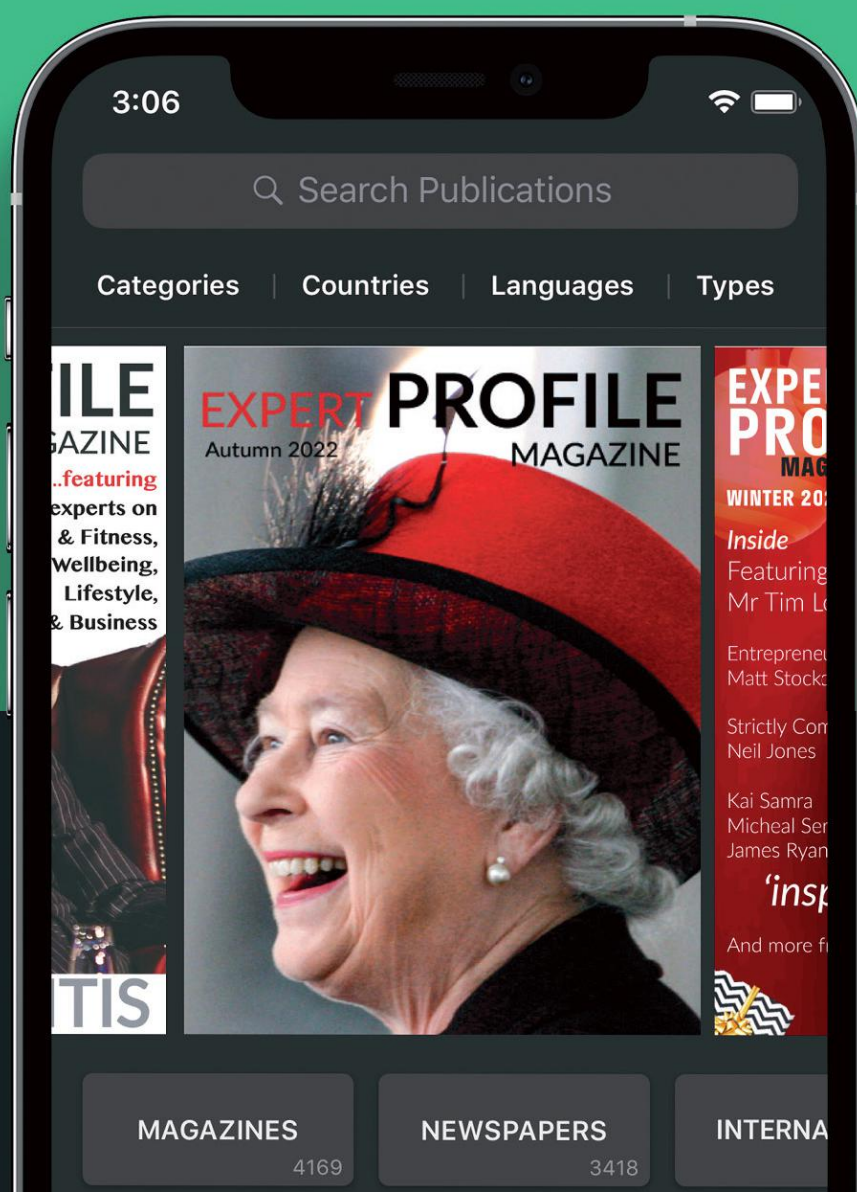
How Inna Mel Helps Women
Attract the Love They Deserve



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FROM THE EDITOR



As the days grow longer and the light lingers into the evening, we're reminded that Spring is more than just a change in season—it's an invitation. The brighter skies and milder weather offer the perfect backdrop to step outside, breathe deeper, and move more freely.

It's easy to let our physical health take a backseat during the darker, colder months. But now, nature itself seems to nudge us gently forward—into the park, onto the trail, or even just around the block.

Whether it's stretching your legs during a lunchtime walk, joining a community run, or dusting off your bike for weekend rides, this is the moment to start small and build momentum.

Let's use the energy of Spring to reconnect with our bodies, reestablish healthy routines, and rediscover the joy of simply being outdoors.

It doesn't have to be grand or perfect—just intentional. After all, good health often begins with the decision to take the first step.

This season, let's take it together.

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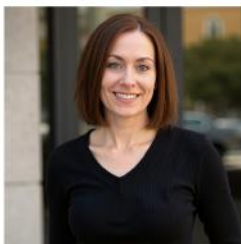
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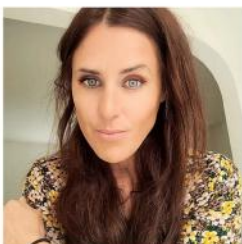
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The Inna Mel Story

Busy and successful women often face the challenge of balancing their careers and personal lives. As they strive to achieve their goals, relationships and love life often take a backseat. They pour their energy into their work and personal achievements, sometimes leaving little room for connection, vulnerability, or the deep relationships they crave. Relationship Coach Inna Mel is here to tell you this doesn't have to be the case. You do not have to sacrifice your emotional well-being or fulfillment for your career ambitions.

Inna works with women from all walks of life—entrepreneurial-spirited businesswomen, corporate executives, and those with a challenging dating history—to help them uncover the subconscious blocks preventing them from finding meaningful and lasting love. Her methods are rooted in research, personal experience, and psychology-backed strategies. She guides women through profound mindset shifts, helping them develop the self-worth needed to attract and sustain healthy, high-quality relationships.

A Personal Journey to Understanding Love

Inna's passion for relationship coaching wasn't born from textbooks or theories—it came from real, lived experience. She was exposed to the complexities of love, loss, and relationships from a young age. At just 8 years old, Inna witnessed her parents' divorce shortly after they immigrated to the United States from Uzbekistan. The separation marked a pivotal moment in her life. As a child, she observed firsthand the contrasts between healthy and unhealthy relationships, and it was during this time that she began to develop a deep curiosity about human connection and how people form lasting bonds.

As she grew older, her personal experiences reinforced these lessons. She found herself navigating relationships that were often challenging, sometimes toxic, and ultimately unfulfilling. But rather than becoming disillusioned by love, Inna used these experiences as stepping stones to growth. She recognized patterns, identified emotional wounds, and took control of her own narrative. Through introspection, self-healing, and relentless personal development, she transformed the pain of past relationships into wisdom—wisdom she now shares with the women she coaches.

Experiencing the struggles of love firsthand has given Inna a unique ability to empathize with women who feel stuck in cycles of heartbreak. She understands the frustration of attracting the wrong partners, the exhaustion of dating without results, and the deep desire for a safe, fulfilling, and aligned relationship. Her personal journey became the driving force that led her to become a relationship coach.

The Power of Mentorship and Continuous Learning

While personal experience played a significant role in Inna's growth, she also had a mentor who played an instrumental role in her healing process. Her mentor helped her reframe past experiences, enabling her to see love and relationships from a healthier perspective. This mentorship not only helped her heal but also reinforced her belief that personal growth is a lifelong journey that cannot be completed in isolation.

Inna's journey didn't stop with mentorship; she was also committed to continuous learning. She attended numerous seminars and workshops, dedicated to refining her approach to coaching. One of the most influential institutions she turned to was the Gottman Institute, whose research on relationships, emotional intelligence, and communication continues to shape her work. Inna credits much of her success to her commitment to staying updated with the latest relationship research and theories, ensuring her clients receive the best possible guidance.

She also became a devoted student of various relationship philosophies, integrating techniques from neuroscience, mindfulness, and cognitive behavioral therapy (CBT) to create a well-rounded coaching approach. Inna's methods are not just theoretical—she's lived them and seen the transformation they can bring.

A Deeper Dive Into Her Coaching Approach

Inna's coaching goes beyond traditional dating advice. She believes that attracting love is about aligning internally before making external changes. One of her core approaches is inner work before outer results—meaning that women must first heal, grow, and develop their emotional intelligence before successfully attracting and maintaining a high-quality relationship.

Her coaching methodology includes:

Subconscious Reprogramming: Helping women identify limiting beliefs about love, men, and relationships that stem from childhood or past heartbreaks.

Energetic Alignment: Teaching women how to shift from scarcity mindsets to abundance in love so they attract partners who align with their values.

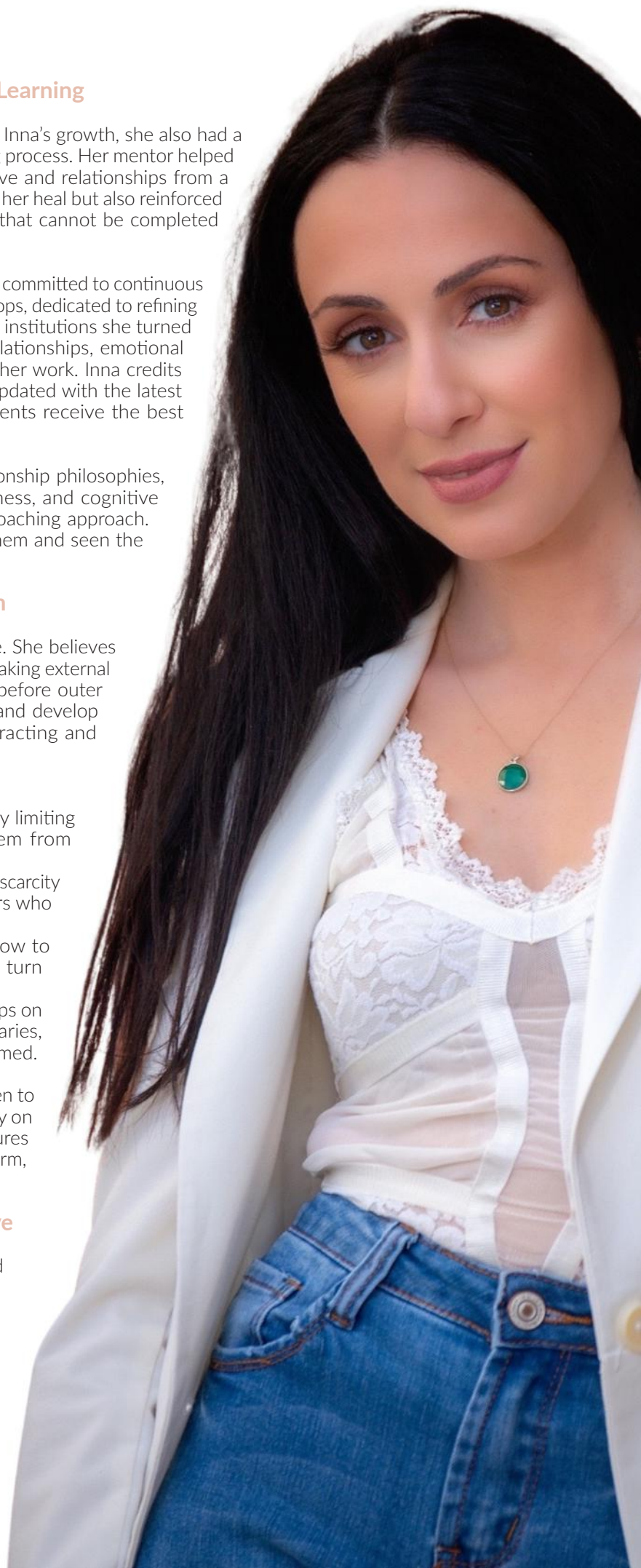
Emotional Availability Training: Guiding clients on how to become emotionally available themselves, which in turn draws in emotionally mature partners.

Dating Strategy & Boundaries: Providing actionable steps on where to meet high-quality men, how to set boundaries, and how to navigate dating without feeling overwhelmed.

Inna also uses intuitive techniques to help women listen to their gut feelings when dating rather than relying solely on logic or external validation. Her holistic approach ensures that love isn't just a fleeting experience; it's a long-term, fulfilling part of a woman's life.

The Role of Feminine Energy in Attracting Love

In today's fast-paced world, many women feel pressured to operate in their masculine energy to succeed—taking charge, making logical decisions, and being constantly goal-oriented. While these traits are valuable in the workplace, they often create an imbalance in relationships.



Inna teaches women how to embrace their feminine energy in an authentic and empowering way. Feminine energy is not about weakness—it's about receptivity, flow, intuition, and emotional depth. When a woman operates from her feminine essence, she creates space for a masculine partner to step up, lead, and cherish her.

Some key aspects Inna emphasizes include:

Vulnerability as Strength: Many women have been conditioned to see vulnerability as a weakness, but true emotional openness is what fosters deep connections.

Receiving Instead of Chasing: Instead of actively pursuing love, Inna encourages women to step into a space of receiving—to allow love to come to them rather than chase after it.

Emotional Expression: Learning how to communicate needs, desires, and emotions in a way that fosters connection instead of conflict.

By integrating these principles, women naturally attract partners who are loving, present, and deeply connected to them.

The Importance of Trust in Relationships

Trust is the foundation of every successful relationship; without it, even the most promising connections can falter. Inna Mel emphasizes that cultivating trust is essential to her coaching methodology, both with oneself and with others. Many women who come to her for coaching have experienced betrayal, disappointment, or emotional wounds that have affected their ability to trust. Whether it's past relationships, family dynamics, or even trust in their own decision-making, rebuilding trust is crucial for emotional healing and moving forward.

Trusting Yourself

Before we can trust others, we must first trust ourselves. Inna guides women to reconnect with their inner wisdom and trust their instincts. Many women, especially those with high-pressure careers or who have been in toxic relationships, may have learned to second-guess their judgments or push aside their feelings. Through practices such as journaling, meditation, and mindfulness, Inna helps women reclaim their ability to trust their gut, which is often the most accurate guide in relationships.

Building Trust in Romantic Relationships

Once a woman regains trust in herself, she can start to build it with her partner. Inna teaches that trust in romantic relationships is built through transparency, consistency, and emotional vulnerability. She helps women identify any fears or trust issues they may have and work through them with their partners, ensuring that communication remains open and clear. Trust, Inna explains, isn't something that can be demanded or forced; it has to be earned and nurtured over time, through both words and actions.

Inna also believes that trust is not just about "faithfulness" in the traditional sense—it's about creating a safe emotional space where both partners feel seen, heard, and supported. Her approach to relationship coaching emphasizes that this emotional security is built when both people prioritize respect and understanding.



The Conscious and Intuitive Dating Program

Recognizing the need for a structured yet deeply personal approach to dating, Inna developed her signature 8-week Conscious and Intuitive Dating program. This transformative course is designed to help women shift from confusion and frustration to clarity and empowerment in their love lives. The program doesn't focus on quick fixes or surface-level dating strategies. Instead, it delves deep into the subconscious patterns that influence romantic choices. Many women unknowingly attract relationships that mirror unresolved wounds from their past. By identifying these patterns, Inna helps her clients break free from self-sabotaging behaviors and shift their perspective to one of openness and abundance.

The Conscious and Intuitive Dating program integrates self-worth practices, emotional intelligence training, and intuitive decision-making techniques.

Women learn to:

Develop a deep sense of self-love and confidence

Set and uphold healthy boundaries without fear of losing someone

Recognize red flags early and trust their intuition

Navigate dating with clarity, purpose, and authenticity

Attract emotionally available, high-quality partners

Through personalized coaching, real-life application, and guided introspection, Inna empowers women to create the love lives they desire—without compromising their personal success.

Understanding the Blocks to Love

One of Inna's core beliefs is that past relationships often reflect internal struggles—whether it's low self-worth, fear of vulnerability, or unresolved childhood wounds. These invisible blocks can prevent women from forming the deep, meaningful connections they desire.

Women working with Inna often come to her feeling frustrated, believing they constantly choose the wrong partners or find themselves in relationships that fizzle out after the initial excitement. Inna helps her clients recognize that these patterns are not random; they are deeply ingrained behaviors that can be rewired. She works with her clients to uncover their subconscious blocks and empowers them to see dating through a new lens that prioritizes emotional health, self-respect, and aligned partnerships.

As Inna works with clients, she often hears their stories of dating struggles and heartbreak. Each woman brings her own unique challenges to the table, but the patterns they share are often strikingly similar. Whether it's feeling unworthy of love or struggling to set boundaries, Inna helps them overcome these issues. With her guidance, they begin to see themselves in a new light—worthy, deserving, and capable of love.

Balancing Love and Success

One of the biggest myths Inna dispels is the idea that successful women must choose between love and career. Many high-achieving women unknowingly neglect their emotional well-being in pursuit of their professional goals, assuming that love will come naturally when the time is right.

However, just like success in business, love requires intentional effort, strategy, and self-awareness. Inna teaches women how to balance their ambition with their personal lives, making space for love without sacrificing their independence. Her approach emphasizes that strong, fulfilling relationships don't hold women back—they enhance every aspect of life. By shifting perspectives and prioritizing both personal and professional growth, women can indeed have it all.

A Holistic Approach to Love and Life

Inna doesn't just teach about relationships—she embodies a holistic approach to well-being. She firmly believes that how we treat ourselves directly impacts how we show up in relationships. She integrates self-care, mindfulness, and emotional wellness into her coaching.

Inna believes that self-care isn't just a luxury; it's a necessity for emotional resilience and clarity. In her free time, she finds healing in nature, prioritizing going on walks and hikes as often as possible. She calms her mind through daily meditation and maintains a journaling practice that helps her process emotions and maintain clarity. She continuously invests in her growth through reading and self-education, knowing that knowledge is a lifelong journey. She also practices mindful eating, choosing to be fully present without the distractions of electronics.

Occasionally, she completely unplugs from social media, giving herself the space to reconnect with herself and those around her. Perhaps most importantly, she prioritizes rest—understanding that a well-rested mind and body are essential for emotional resilience and clarity.

Above all, Inna cherishes spending time with her daughter and family. She believes nurturing close relationships with loved ones is as important as romantic connections. Whether sharing a quiet moment at home or enjoying family outings, these experiences reinforce the value of love, presence, and connection in every area of life.

A Mission to Transform Women's Lives

Inna's mission as a relationship coach extends beyond finding love—she wants women to feel empowered in every aspect of their lives. She helps them break free from outdated beliefs, step into their power, and embrace the idea that they are deserving of love just as they are.

Her work is about more than dating; it's about transformation. Women who work with Inna don't just find relationships—they redefine their entire approach to love, relationships, and self-worth.

Through her coaching, Inna gives women the tools they need to:

Free themselves emotionally from past wounds.

Embrace their authenticity and stand confidently in who they are.

Attract and sustain high-quality relationships that add value to their lives.

Build a foundation of love that is rooted in mutual respect, understanding, and emotional security.

Inna Mel is not just a relationship coach—she is a guide, a mentor, and a source of unwavering support for women ready to transform their love lives. With her help, women everywhere are breaking the cycle, rewriting their love stories, and stepping into the fulfilling relationships they deserve.





THE INVISIBLE THREAD

BREAKING FREE AND BUILDING YOUR OWN FUTURE

“The Thread That Holds Us Back”

Recognizing the unseen forces that shape our transition into adulthood

The Unseen Strings That Shape Us

I remember the first time a former student reached out to me years after graduation. “I don’t know what I’m doing,” she confessed, her voice a mix of fear and frustration. “I thought by now, I’d have everything figured out.” I could hear the weight of expectation pressing against her as if the invisible thread of what she “should” be doing had wrapped itself around her so tightly that she could hardly breathe.

And I understood. I see it every day. Young adults—especially those navigating mental health challenges or neurodivergence—are tied to invisible expectations, afraid to step off the path they never chose but feel obligated to follow. The pressure to “get it right” straight out of the gate, to have a clear career path, financial stability, and a well-defined future—it’s overwhelming.

But what if I told you that adulthood isn’t about following a pre-laid track but about learning to weave your own thread? That the invisible strings holding you back don’t have to define you?

The Thread That Holds Us Back

There’s an invisible thread that weaves through our lives, often without us realizing it. It ties us to expectations, past experiences, self-doubt, and societal pressures that whisper what we “should” be doing. For many young adults—especially those navigating mental health challenges or neurodivergence—this thread can feel less like guidance and more like a chain, pulling them in directions they didn’t choose.

We all carry these threads—some are stitched with love and support, while others are woven with fear, pressure, and uncertainty. But what happens when your path isn’t the one you truly want? What if your dreams don’t fit neatly into the mold handed to you?

Too often, young adults feel trapped in the comparison game, believing they’re falling behind when they’re just

moving at their own pace. The pressure to have it all figured out can suffocate the joy of discovery, and the invisible thread of expectations tightens with every step.

Key Takeaway: Awareness is the first step to untangling this thread. By recognizing what’s holding us back—self-doubt, fear, or external pressures—we can take control of our future. True independence isn’t about cutting every tie—it’s about learning which threads to keep, which to reweave, and which to let go of finally.

Breaking Free: Rewriting Your Narrative

Let’s talk about rewriting your own story. If the thread of expectation has been pulling you in one direction, what would happen if you took a step back and asked yourself: Is this the life I actually want?

For young adults struggling with anxiety, ADHD, autism, or depression, this question can feel even heavier. Neurodivergence often means navigating a world that wasn’t designed with you in mind. The thread that holds many people back is often even tighter for those whose brains work differently—because the world tells them they should fit into a system that wasn’t built for them.

But here’s what I tell my clients: you don’t need to fit into a world that doesn’t make space for you—you need to create a world where you belong.

That might mean taking a different career path, advocating for your needs, or redefining what success means for you.



Action Step: Instead of asking, “What should I do?” try asking, “What excites me? What environment helps me thrive? What is MY definition of success?”

The Power of Small Steps

Breaking free from the invisible thread doesn't happen overnight. It happens in small, intentional choices that, over time, create an entirely new path.

1. Challenge the Narrative

If you feel trapped by expectations, take a moment to ask: Whose voice is this? Is it yours, or is it a parent's, a teacher's, or society's? If the thread pulling you in one direction doesn't belong to you, it's okay to let it go.

2. Embrace Natural Consequences

Real growth happens when you allow yourself to experience life fully. Failure isn't a dead-end; it's a lesson. Instead of fearing mistakes, lean into them. If you never take a wrong turn, you'll never learn how to navigate your own path.

3. Redefine success

Success doesn't have to mean one perfect path. It can mean stability, fulfillment, creativity, joy—whatever resonates with you. Success looks different for every person. The sooner you own your version of it, the sooner you'll feel free.

4. Surround Yourself with the Right People

You can't rewrite your narrative if you're constantly surrounded by voices reinforcing your fears. Seek out mentors, friends, and communities that support your growth, not just your comfort zone.

Weaving Your Own Thread

By the time we enter adulthood, we've spent years being told what to do, how to act, and what success should look like. It's no wonder so many young adults feel lost when they're finally given full control. But what if we reframed the process? Instead of seeing adulthood as a pre-written script, what if we saw it as a blank thread, waiting to be woven into something uniquely ours?

Letting go doesn't mean giving up—it means:

- * **Releasing perfectionism.**
- * **Letting people have their opinions without letting them define you.**
- * **Accepting that life doesn't have to look one way for it to be meaningful.**

For those with mental health struggles or neurodivergence, this process can feel even heavier. But the future is not pre-written. It's created in the small, everyday choices that shape our lives. Every day is a new thread, waiting to be woven into something meaningful.

Key Takeaway: True freedom isn't about breaking every thread—it's about learning how to weave a future that finally feels like your own. Let go of the expectations that were never meant for you and step into the life you were meant to create.

Final Thoughts

If you've ever felt like the weight of expectations was too much, know this: you are not alone. Every person is walking their own path, and there is no single way to build a meaningful life. The threads of expectation may always exist, but you get to decide which ones to keep, which to rework, and which to let go of entirely.

So ask yourself: What kind of life do I want to weave? And, more importantly—what's stopping you from creating it?

By Nicole Rolon-Caro



www.emergingadulthoodtx.com



Reach Your True Potential with Confidence

In my career, I have helped countless people do more and be more than they ever thought possible. From admins to zoning officers, their success was down to one key factor: confidence.

Fear is Holding You Back

The problem is that you undervalue your worth and settle for where you're at. You want 'better' but don't know what that looks like. You have a goal but aren't doing anything to get there. You're always people-pleasing, putting your stuff further down the to-do list and criticizing yourself. Sounds familiar, right? I know because I was there too.

Change Your Mindset, Change Your Life

Having a confident mindset and making yourself the number one priority will help you realize your dreams. With confidence, you believe that you deserve to have your cake and eat it! When you are confident, you plan to get where you want to be and take action every day.

Let me share the top three strategies that my clients use. These tools stop fear and doubt from sabotaging their dreams.



You Need to Make Good Decisions

If you're feeling stuck right now, it might be because you're second-guessing every move. You so badly want to make the right decision that you don't make any decisions. You even try to get other people to make decisions for you, to tell you what to do. When you're confident, decisions are easy and fun. I teach my life coaching clients how to use The Confident Decision Maker. It is a simple and powerful tool for making decisions in your best interest.

Here's how it works: Write out the decision you're facing and list all the possible options. Then, for each option, make three lists: What are the must-have criteria? What are the things you absolutely do not want?

What are the things that you can take or leave? By the end, you'll have a clear picture of what matters to you and why.

Take Loriane, for example. She lived in the large home where she raised her kids, debating whether to stay until her new condo was ready. The overwhelming decision was giving her anxiety and causing headaches. Using the Confident Decision Maker process, it was clear to Loriane that she would prefer to stay in her home. There is plenty of room for the kids and grandkids to visit, and she can slowly downsize on her terms.

Now, instead of spending energy on self-doubt, she is happily hosting events and organizing her move. Because Loriane worked through her overwhelm, she feels calm and confident, knowing that she made the right decision for her. When you use the decision maker, you see why something is a yes or a no for you. You trust your decisions and feel great about them.

Breaking It Down Is Key to Getting Stuff Done

It is not uncommon to be stressed by an overwhelming to-do list. Imagine feeling pride instead as you enjoy checking things off and celebrating your wins!

That's the power of breaking things down because small steps create big results. As your coach, I help you make a plan that breaks your goal into bite-sized chunks, starting by identifying the smallest steps towards your dream. Taylor is a perfect example. She felt stuck in her job and worried she wasn't qualified to apply for new roles. Together, we broke the process down. Using The Confident Decision Maker, she figured out what she actually wanted. Then, we refined her job search and polished her resume. With each baby step, we built her confidence. Taylor is now searching for jobs that meet her criteria and sending applications easily.

The sense of overwhelm is gone. Taylor went from feeling stuck to moving forward. Because she broke an overwhelming task down into manageable chunks, she isn't wasting time on unsuitable roles. And, because she has a plan for her future, she is able to focus on work.

Boundaries Mean You Can Say No Without Guilt and Drama

Do you talk yourself out of doing things you want to do and into want to do? Saying yes to dinner invitations when watch Netflix. You missed that hike because you your cousin's birthday party. You're caught in pleasing, which is normal, but it's costing It's time to implement boundaries and stop

My coaching clients learn to create a It's a tool that replaces unhelpful thoughts empowering ones. You visualize your future making decisions as that version. You get to someone who confidently says no when

Chantal wanted to have fun dating while she one'. She spent hours on dating apps and went on weren't a good fit. I invited Chantal to picture what Using visualization techniques, I guided her to experience version of herself. She saw a woman who was confident, beautiful, and in control of her dating life.

Her dating mindset plan helped Chantal set boundaries and uphold them with confidence. She learned how to swipe with intention, ask the right questions upfront, and leave bad dates behind without a second thought. Now, instead of being frustrated, Chantal feels excited about her future. She knows that she'll be ready when Mr. Right comes along. Imagine how much more energy you'll have when you stop worrying about what other people think. You can, with your very own mindset plan.

Three Simple Steps to Confidence

You've met Loriane, who showed you how decision-making can be easy and fun. Taylor taught you the power of breaking down tasks into small, manageable steps. Chantal gave you a glimpse of how setting boundaries can transform your life.

You have three ways to find confidence and clarity. You can stop wishing life were different and start creating a life you're excited to wake up to. I know you can do this on your own, but you'll get there faster with support. I'm here to help you to cultivate the confidence to make your dreams happen.

The Unexpected Side Effects of Transforming Your Confidence

A word of caution before I sign off. My clients all have a specific goal; while we work on that, they experience changes across their lives. Side effects like better relationships, mind-blowing sex, more free time, increased energy, better sleep, taking up new hobbies, landing promotions and receiving pay rises. So, you should only embark on life coaching with me if you are willing to risk those side effects.

Emma Hull is a transformational life coach and founder of Life Untethered Coaching. She teaches you to have unshakeable confidence so you can achieve your audacious dreams. Get ready to meet the version of yourself you've always wanted to be; sign up for her inspirational emails and book your free strategy session at

www.lifeuntethered.com

By Emma Hull

doing things you don't you would rather should have gone to the trap of people you your dream. self-sabotaging.

Mindset Plan. with intentional, self and practice practice being necessary.

searched for 'the dates with guys who her dream life looked like. the world through this future the world through this future the world through this future





From **SUNDAY SCARIES** to **MONDAY FUNDAY**

By Fela Rosa

Imagine This: A Monday You Actually Look Forward To

It's Sunday night, and instead of that sinking feeling, you're excited for Monday. Does that sound impossible? Then that's just proof that you're way too far down a negative rabbit hole. As a career growth and leadership coach, I tell you that's possible. There are people out there that live this reality. What I don't say is that this means your work will always be easy and not challenge you. And you need to be ready for some occasional setbacks, too. Still, I want you to think again. What if you could break the cycle of dread and start the week happy? You can, and I'm here to show you how.

You're Spending the Majority of Your Life at Work

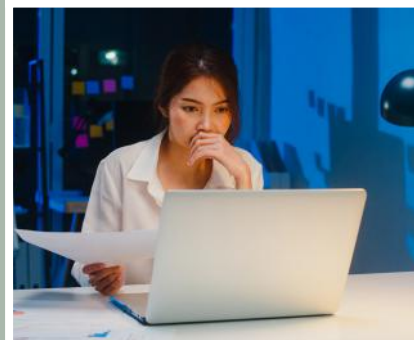
Did you know that you spend around 70% of your awake time either at work, commuting, or thinking about work? That's a massive chunk of your life. Yet, according to a Gallup poll, nearly 60% of Americans feel disengaged from their jobs. For many, this manifests as the notorious "Sunday scaries" - that sinking anxiety every Sunday night, dreading the week ahead. But here's the hard truth: The Sunday scaries aren't just an annoying mood. They're a symptom of something deeper. They're your brain and body telling you that something is off. They can lead to workplace anxiety and depression. Social Media "normalizing" Sunday Scaries is just not the solution. Sending funny reels about it won't solve anything.

Sunday Scaries Are a Wake-Up Call

Those feelings of dread aren't a coincidence. They reflect a deeper issue: toxic management, misaligned values, or a career path that's opposite to your true self. And while it's tempting to blame everything and everyone around you, the reality is that only you have the power to make a change. You don't have to live in that constant state of anxiety. And really, you shouldn't! And the truth that no one wants to hear is this: it starts with you. With you taking over full responsibility for your career and life. No excuses. Get raw with yourself, where you're at, what you no longer tolerate, and what you want instead.

Act Before Burnout Hits: Don't Wait for the Crisis

Listen to the early signs of dissatisfaction. Don't wait until burnout hits or anxiety takes over. Too many professionals ignore warning signs like Sunday Scaries and wait until they are completely burned out or even physically ill before changing. Proactively listening to the signals your body and mind are sending is essential. Recognize when things aren't right, and take action before you hit rock bottom. Prevent burnout by being proactive in your career and personal growth. No matter in what position you're in right now. The sooner you learn these lessons, the longer you can apply the solutions that work for you!



Stop Escaping: Transform Your Career

Rather than numbing the Sunday scaries with Netflix marathons or daytime drinking, it's time to be intentional with your free time. Use it to think about what's not working and strategize about your next move. There are tremendous resources available, like podcasts, webinars, and coaches like myself. Yet so few of the millions of unhappy workers take advantage. The key is to focus on finding something that excites you and integrate it into your career. Work that doesn't just pay the bills—that's not enough to justify spending over 40 hours there.

What Do You Hate?

How will you get there? What seems to be way easier for most people is to start at the opposite end. Ask yourself: What's not working in your current job? Get hyper-specific. Is it a toxic manager? If so, what makes that manager toxic for you? What is it that bothers you exactly? Or is it a lack of growth opportunities? An absence of purpose in your role? Identify the exact problem. This is the foundation of your future red flags and non-negotiables, the most important step in building a career you enjoy.

Sipping Cocktails is Not the Solution

But don't stop there. Now, picture your ideal work scenario. This isn't a vacation dream where you're sipping cocktails on a beach. That's an escape. And honestly, only a very few individuals could sip cocktails 40+ hours per week for years and feel fulfilled. Two weeks are great, don't get me wrong. However, I am convinced you're here on this earth to do something meaningful. So ask again: What you need is a real, tangible vision. Reverse your hate items from your list into love items. What would your work look like if it was exciting, fulfilling, and aligned with your goals? Get crazy.

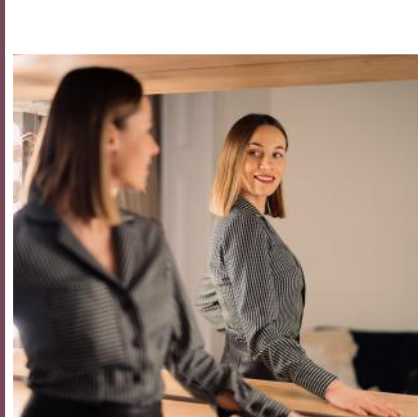
Identity Shift from Victim to Creator

Now, we're cutting down to the chase. I promise you someone is already living this fulfilled reality. And this person is pretty different to you in many aspects. So, what is it that you need to change in your mindset, habits, or environment? How does this person dress, walk, talk? This is about shifting your identity. This is the exciting but also the hard part. This is about cutting off what no longer serves you and your mission.

It isn't just about switching employers. It might mean stepping up to a bigger role, changing industries, or even launching your own business. Escaping your current situation isn't always the answer; it's about taking charge and pivoting. You can pivot multiple times until you find a career that fits you perfectly. You can choose the path that brings you joy and fulfillment. No matter how "senior" you are, you have time to find this in your career.

Create Impact: Lead with Purpose

For senior professionals, the stakes are even higher. It's no longer just about your own personal growth. It's about creating an impact. Whether you're leading a team, driving company change, or shaping culture, stepping into a leadership role with purpose will reignite your motivation. And don't think that purpose has to be world-changing, like curing cancer or solving world hunger. Your career purpose can be to help as many people in your teams as possible to develop, evolve, and thrive professionally and personally over time. Be clear in your head and promote the right people by creating a positive ripple effect in many lives. Just think about the positive impact a truly good manager has on their staff and every one his staff interacts with. It's not only about the workplace anymore; this is bigger.





Feel the Shift: Reclaiming Your Power

Once you decide to take charge of your career 100%, something powerful happens: your energy shifts. You stop being a victim of your circumstances and become the creator of your career. You stop reacting to the work environment and start acting and shaping your environment. And that's where the magic happens. When you take control of your career, you no longer need to dread Sundays. Your Mondays will become something you look forward to - even if they include a lot of struggle, challenges, and growth. But all of it has a purpose now. Can you feel the shift already?



Spiritual Growth: Building Inner Trust

Even the most successful leaders sometimes experience anxiety. Feeling overwhelmed is usual in today's fast-paced world, where many variables change simultaneously, and the speed of transformation will only continue to accelerate. You need to dissolve insecurities and build inner trust to thrive in this environment. That's the trust in yourself and the future, even when uncertain. It's about cultivating a mindset that no matter what challenges come your way, you have the strength to face them head-on. I'm not talking about religion here. I'm talking about building an unshakable belief in your capabilities and knowing that, in the end, it will all work out. That looking back, you'll understand why even the hard times were crucial. This inner trust gives you resilience and clarity, allowing you to make tough decisions and navigate challenges in the midst of crises where others would go into fight-and-flight mode.



Rewrite Your Story: Take Control of Your Career

The Sunday scaries are not more powerful than you. You can rewrite your story. Stop playing the victim. Start being the creator of your career. It doesn't matter what's happened in the past. You can take control starting today. Start with one step. You don't need to prove anything to anyone but yourself. I've Lived It: From Dreading Mondays to Taking Control. I know this because I've lived it. I've been stuck in a job I couldn't leave, facing Sunday anxiety every week. I allowed myself to resign from the situation. Until I didn't. I took control, made a plan, and started making small changes. Slowly but surely, I built a career that I'm proud of. I took back my power, and so can you.



Be a Corporate Warrior: Integrate Inner and Outer Work for Career Success

Once you reclaim your power, you'll intuitively understand that this is not only about your workplace. This is about being and living your most authentic and best self each and every day. Some days, it will be easier, and some days, it will be more challenging. It's only about catching yourself and getting yourself back on track. In the Corporate Warriors coaching sessions, I get my clients on their best career path by integrating both inner and outer work. This is the "not-so-secret sauce" of Corporate Warriors.

The inner work focuses on overcoming insecurities, building self-confidence, resilience, and a clear vision for the future. The outer work is about actionable business strategies, effective leadership, networking, and mastering professional presence. Often, the inner work is heavily underrepresented, making career coaching feel shallow. That's not what we at Corporate Warriors tolerate. Combining these two elements is the **ONLY WAY** you can thrive both personally and professionally. By doing the inner work, you unlock your true potential; by doing the outer work, you create career success and reach the financial goals you've been striving for.



Ready to Make Monday Your Favorite Day Again?

Now, it's your turn. You don't need to dread Mondays any longer. Take that first step toward reclaiming your career, and let's make Monday your favorite day of the week. From small mindset shifts to major career pivots, you have the power to transform your life.

How to Maintain Your Spirit During ... Global Chaos! A Journey to Empowerment

In a world that thrives on unpredictability, resilience becomes our greatest strength. Resilience isn't about bouncing back; it's about rising beyond challenges and creating a life of empowerment. Here, I'll share insights and actionable steps to help you thrive amidst life's chaos.

Chaos is inevitable. Whether it's work pressures, personal challenges, or societal shifts, we all experience moments of upheaval. Recent events like the drones on the East Coast, the New Orleans car attack and the Las Vegas car explosion outside of Trump Towers highlight the unsettling times we're living in.

Political unrest and societal divides only add to the collective anxiety. My journey through Hurricane Katrina (and multiple other devastating storms), infertility, and breast cancer taught me that while chaos is uninvited, it is also profoundly transformative. Resilience is the superpower that helps us rise above and grow stronger.

So, what is resilience, exactly? It's a superpower! And one we can build. Resilience is the ability to adapt, recover, and thrive despite challenges, and it's not innate. It's a skill we develop. Resilient individuals share key traits such as emotional agility, intuition, self-compassion, and strong boundaries. Do you have any of your own resilient moments that come to mind? Reflect and consider what you learned from them. Also, it will be crucial to manage stress.

Here are some easy tips:

1. **Breathe deeply:** Practice inhaling for four counts, holding for four, and exhaling for six.
2. **Create a morning ritual:** Morning walks and affirmations helped me shift my mindset during challenging times.
3. **Simplify commitments:** Saying no to unnecessary obligations can help you regain control and focus.

Try incorporating these strategies into your daily routine to build a foundation of calm and focus. Also, pay attention to what you are telling yourself.

Our mindset shapes our reality. To combat negative thoughts, use this simple process:

1. **Catch it:** Recognize the thought.
2. **Challenge it:** Ask yourself if it is true or helpful.
3. **Change it:** Replace it with a positive belief. For example, shift "I am not enough" to "I am doing my best, and that is enough."

By reframing negative thoughts, you empower yourself to take control of your inner narrative. That way, you can really listen to your inner voice. Intuition is your inner GPS, guiding you through uncertainty. Strengthen it by practicing stillness, journaling your thoughts, and trusting your initial feelings. Following my intuition has led to empowering experiences and opportunities. Trusting your gut can open doors to transformative opportunities.



This may be difficult for some of you, but learning to say no is a powerful act of self-care. Many of us struggle with this due to fear of disappointment or societal expectations. Reframe your mindset: every "no" to others is a "yes" to yourself. During my recovery, setting boundaries transformed my energy and focus. Practice polite but firm ways to say no and watch your life shift for the better.

Finally, learn to love yourself. Self-compassion is strength; it is a powerful attribute. Speak to yourself with kindness, forgive past mistakes and celebrate small victories. During my healing journey, learning to rest without guilt became an act of self-love. What's one way you can be kinder to yourself today?

Building Your Resilience Toolbox

Resilience is built with the right tools.

Consider these:

- **Gratitude journal:** Focus on the positive aspects of your day.
- **Support system:** Surround yourself with trusted people.
- **Self-care rituals:** Prioritize activities that nourish your mind and body.

Community is also vital. Together, we can achieve remarkable things.

From chaos to clarity, my journey has shown me the power of resilience. You, too, have the ability to rise, thrive, and create an extraordinary life. Let's connect—visit my website, follow me on social media, and explore resources designed for you. Together, we rise.

by Laila Morcos Zissis, PCC, NBC-HWC, CMC

Professional Certified Coach, Columnist
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MOVING BEYOND MINDSET WITH ANCIENT UNIVERSAL PRINCIPLES

"There Is No Insignificant Action" Lidia Kuleshnyk, Lady Apona

Unbreakable willpower, motivation and focus are considered essential qualities for great leadership and success. Without them, vision wanes, drive dissipates, and execution of goals becomes diluted. Frustration, dissatisfaction and exhaustion set in, weakening your passion, purpose and mission. To avoid the doubt, defeat and deficit of depletion, you must rely on a power that is infinite, reliable and always accessible; a power that will support your limitless growth, a power that exists within you.

Welcome to my 10th column exploring moving beyond mindset with ancient universal principles. The 12 Ancient Universal Principles of my High-Performance Wellness Coaching are your trusted guide and advisor's roadmap to creating the limitless energy that activates your willpower, sustains your motivation and clarifies your focus. They are the gateway to accessing your inner power.

"We dance round in a ring and suppose, but the secret sits in the middle and knows" Robert Frost.

As a high performer with high standards and goals, you are gifted with a great intellect and a strong life force, the ideal qualities for consistently getting things done. When mastering the uncertainty of life, it is easy to use your intellect to assess, comprehend, and plan. Your willpower and motivation are built into who you are. Your focus is an asset not easily relinquished.

What happens when, despite your success, your once unwavering willpower and motivation feel strained? What happens when the chronic stress of life leads to distraction, burnout and worse . . . the struggle and limiting force of chronic illness? Implementing mindset tools helps you take action to build momentum forward. But until you expand your consciousness, you may dance around in a ring and suppose while overthinking and ultimately sinking.

My Ancient Universal Principle #2, "Energy Never Lies. You Can't Fool Mother Nature," reminds you that the universe notes your every thought and action. One of my guiding mantras, "There Is No Insignificant Action," is a simple yet powerful principle that ignites deep insights, especially when you are feeling stuck, drained, and even hopeless.

"Our Separation From Each Other Is An Optical Illusion" Albert Einstein

Historic leaders and ancient teachings speak of the true cause of suffering . . . the illusion of separation. The principle of Oneness, the master principle from which all understanding unfolds, enhances awareness of your connection to life and the impact of your actions. Oneness is the essence of the wholeness and balance of the ancient science of yin and yang. It is within the principle of Oneness that you experience the flow of non-attachment, become the conscious observer of your life and find higher value, meaning and purpose in who you are, why you are here, how you live and the impact and legacy of your life.



In my High Performance Wellness Coaching, I often utilize my Expanding Consciousness Exercise when clients feel lost in reigniting their passion, purpose and fulfillment or seek deeper connection and energy to get to their next level of empowerment and success. In this exercise, I ask a powerful question that assists you in becoming more Centered, Connected and Conscious™, wherein you naturally create the balance and connection with the Oneness of life and embrace the eternity of who you are. In this state of unity and wholeness, life's pressures and stressors dissolve. You experience the freedom and security of living in full presence without attachment.

I developed this question and exercise based on my powerful Near Death Experiences (NDE) 30 years ago. In those experiences, I had my "life review". I felt, with incredible intensity, how my every action impacted others. I felt the wholeness of my Being and the Oneness of existence. I became conscious that there is no separation. These experiences summoned incredible willpower, motivation and focus to direct my life for the highest good of all, fueled by the unrelenting energy of passion, dedication and vision.

Highlights of My Expanding Consciousness Exercise:

Step One: Review my mantra, "There Is No Insignificant Action". This principle has many applications. For the purposes of this exercise, it can be expressed as "Your every action in this material life is magnified 1000 times in your spiritual afterlife."

Step Two: The Most Powerful Question to Ask Yourself: If you believe the ancient principle "Your every action in this material life is magnified 1000 times in your spiritual afterlife" to be true, what would that do for you?

a) How would you, your perspectives, beliefs, values, priorities, and actions change and evolve right now?

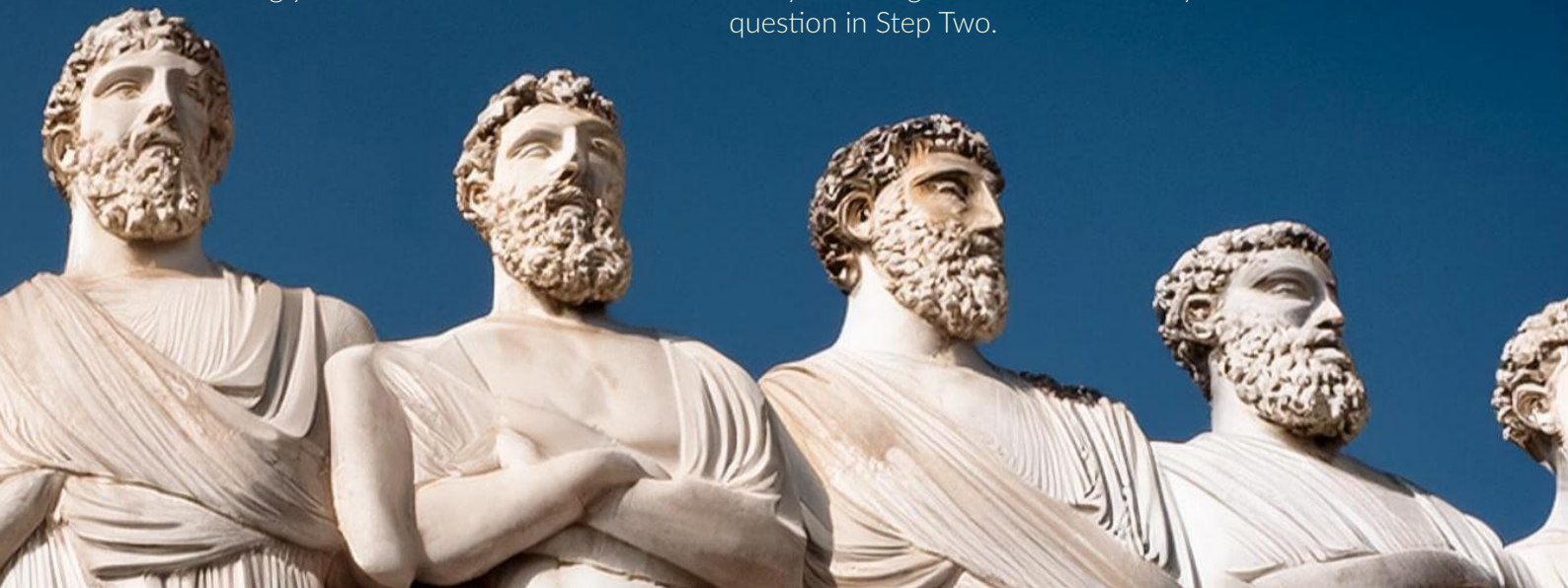
b) How would that change your life and lifestyle, and how do you understand and live your life?

Step Three: Take a deep breath and review my 12 Ancient Universal Principles.

12 Ancient Universal Principles

1. *Everything is Energy*
2. *Energy Never Lies. You Can't Fool Mother Nature*
3. *For Every Problem, There Is A Solution*
4. *Everything That Happens To You Is What You Lack. All That Is Antagonistic, Unbearable, Is Complementary*
5. *Everything That Has A Front, Has A Back. The Bigger The Front, The Bigger The Back.*
6. *Everything That Has A Beginning, Has An End.*
7. *Everything Changes (aka Change is the Constant of The Universe)*
8. *There Is Nothing Identical*
9. *Divine Alignment, Is Divine Timing*
10. *You Are Only As Strong As Your Weakest Link*
11. *Yin and Yang Are Greater Than Willpower*
12. *The Capacity Principle: Know Your Limit, Live Within It™*

Choose one principle. This principle will help you come into alignment, release the fear and self-judgement of reviewing your life and dissolve indecision so that you have greater ease and clarity to answer the question in Step Two.



Step Four: Take time to self-reflect and revisit the question in Step Two at least twice a week. Keep a private journal of your insights and thoughts. Track how they progress and evolve over 14 days. This is deep work. Be patient and dedicated. Your awakening is inevitable and will evolve over time.

Step Five: As you create the sacred space to cultivate a deeper relationship with yourself, make a list of positive inner changes combined with aligned actions. Creating an Accomplishment Board will help you witness and respect your progress and growth. As you honour yourself, you will access your inner power and feel secure, resilient and empowered to uncover your core beliefs and values. You will clarify your life vision and begin to live in flow with renewed passion, purpose and joy.

"The greater the difficulty, the more glory in surmounting it. Skilful pilots gain their reputation from storms and tempests." – Epictetus.

To navigate through life's storms and create lasting fulfillment and success, you must access the inner force that fuels willpower. This inner power is your core energy, your fundamental life force that connects you to the infinite energy of the universe. Willpower expands into inspiration. The origin of inspiration is "in-spirit", the creative energy and inner knowing of your spiritual essence. Inspiration fosters motivation. Motivation cultivates the focus and commitment required to achieve goals and create results. With results, you gain confidence and faith in your ability to succeed, persevere through any circumstance and manifest your goals and desires.

You may not be able to outsmart the Gods – the ancient principles of yin and yang - but you can work with them to turn lead into gold, expand your capacity and break through the greatest barriers to your success.

As you master willpower, motivation and focus, you live in the flow of Taoist non-attachment, moving beyond mindset with evolving consciousness. You surrender to the power of the Oneness of life with the realization that your every thought and action matters profoundly. Your self-worth and value deepen as you remember who you are and why you are here. You manifest the highest fulfillment of abundance and peace in accessing your inner power. You live without limits. You reclaim your sovereignty and become the conscious leader of your life and the world.

Join me for my next column, where I will continue to explore Moving Beyond Mindset With Ancient Universal Principles.

Lidia Kuleshnyk is a High Performance Wellness Coach, 4 X Best Selling Author and Founder of AponaHealing.com. As a Renaissance Woman and Thought Leader, Lidia offers pathways, for every stage of personal development, to help you reclaim your sovereignty and live a Centered, Connected, Conscious™ Life.

Connect with Lidia Kuleshnyk
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Are You Enough?

Do you think you will ever be enough? How many times have you pondered this question in your reflections?

Over the weekend, I sat with friends for a meaningful chat over lunch. We were outside on a warm day, the gentle breeze weaving through a garden full of blooms, vegetables, and a pond where ducks paddled serenely.

It was a moment of connection, surrounded by the simple beauty of life. I was struck by how much Joy was in the air. The average age around the table was 60-something. These friendships spanned decades—40 years, 20 years, 10 years, and a few months. There we were, engaged, drinking champagne, sharing stories, laughing, and looking ahead with excitement.

Why is it that despite all this richness, we still question ourselves? We take the critical stick and beat ourselves up, thinking we should be more, do more, and achieve more. Are we ever enough? How do we know? When will



we realize it? It is a valuable exercise to reflect on what we bring to the table—the table of life. We all contribute value, sometimes clearly seen, sometimes perceived. It depends on the lens through which we choose to view ourselves. The truth is that we are enough as we are, but it takes nearly a lifetime for that realization to settle.

What do we need to do differently to awaken ourselves to the pureness of being enough early in life? How much time do we spend convinced that we'll never measure up, only to one day wake up and realize we've always been enough? Imagine living life from the beginning with the belief that we were born enough, magnificent in our own right.

What if we truly appreciated who we are instead of who we think we should be? A simple yet profound question arises: Who are you? On the surface, we might answer with roles, relationships, careers, or achievements. But at our core—beyond those labels—who are we, and is that core worthy, valuable, and enough? The journey to believing in our inherent worth is often tangled in societal expectations and self-doubt.

We're conditioned to measure worth by productivity, success, or validation from others. No wonder feelings of inadequacy persist. But what if our sense of enoughness wasn't tied to external achievements? What if we believed

our existence was enough, that our true value lies not in grand acts but in everyday moments when we show up authentically?

Think back to that lunch with friends. The laughter, the shared stories, the comfort of being together—those moments mattered. No one needed to prove their worth; being present was a gift. This is what being enough looks like, showing up as we are without pretence.

As we age, a quiet wisdom unfolds. The competitive drive of youth fades, replaced by an appreciation of moments over milestones. We learn to see the beauty in our imperfections and cherish what we share with others—the stories, lessons, and love. So, how do we shift from “Am I enough?” to “I am enough”? It starts by silencing the inner critic and choosing self-compassion. We learn to celebrate small victories and to value how we show up for ourselves and others. We remind ourselves that our worth is unconditional.



Our value is in the small acts: a kind word to a stranger, resilience in tough times, and comforting a friend. It's in choosing presence, choosing love, and seeing ourselves with gratitude. Imagine waking each day with a deep knowing: I am enough. How might that change your life?

Would you take more risks, knowing failure doesn't diminish your worth? Would you show more kindness, free of the fear of vulnerability? This doesn't mean we stop striving for growth. On the contrary, when we operate from a place of inherent worth, our pursuits have more meaning.

We chase dreams not to prove ourselves but to express who we are. Success then becomes a by product of passion, not a requirement for self-worth. As you reflect on “Who am I?” let the answer come not from what you do but from who you are at your core—your values, spirit, and presence.

***Then remind yourself: I am enough.
You always have been.***

By Mary Scott

www.maryscottinfluence.com



Main Character Syndrome

What It Is, How to Spot It, and How to Avoid It

Are You the Star of Every Scene?

We have all had moments when life feels like a movie, and we are the stars. There is nothing wrong with taking pride in your story or striving for personal growth. But when this “main character energy” takes over, it can get in the way of meaningful relationships—both at work and in our personal lives.

Main character syndrome (MCS) happens when we start seeing the world as revolving around us. Sure, it's not always intentional, but it can lead to self-centred behaviour that alienates others. Let us break down what this looks like, why it is a problem, and how we can keep it in check.

What Is Main Character Syndrome?

Main character syndrome is when someone acts as though life is their personal stage, and everyone else is a supporting character. It's often unintentional, but it can stem from:

- **Social Media Culture:** Platforms glorify “main character energy,” encouraging people to prioritise their own stories.
- **Individualism:** Society sometimes emphasises personal success over collective well-being.
- **Echo Chambers:** It can feel normal if no one challenges this behaviour. While feeling like the main character can be empowering, it often comes at a cost—especially if it diminishes other people's voices and experiences.

Signs You Might Have MCS

Not sure if this applies to you? Here are a few signs to look for:

- 1. You Crave the Spotlight:** Do you feel the need to be the centre of attention in conversations or events?
- 2. You Overshadow Others:** Are you quick to redirect discussions back to yourself, even when someone else is sharing?
- 3. You Take All the Credit:** In team settings, do you highlight your role while downplaying others?
- 4. You Struggle with Feedback:** Do you see constructive criticism as a personal attack?
- 5. You Forget to Ask About Others:** Are you so focused on your story that you miss others' perspectives?

Why Is It a Problem?

Main character syndrome might feel harmless, but it can damage relationships and teamwork in big ways:

At work:

It creates friction in teams when collaboration is

ignored. Colleagues may feel undervalued or unappreciated. Innovation can suffer if one person dominates the conversation.

In Personal Relationships:

Friends and family might feel unseen or unheard. Over time, it can lead to emotional disconnection and resentment.

You might find yourself isolated if others start pulling away.

Recognising these tendencies is the first step toward addressing them.

How to Avoid Main Character Syndrome

Good news—there are simple steps you can take to strike a healthier balance. Here is how:

- 1. Listen More:** Instead of waiting for your turn to speak, focus on what others are saying. Ask thoughtful questions and show genuine interest.
- 2. Share the Stage:** Celebrate others' wins. Let someone else take the lead in conversations or projects.
- 3. Practice Empathy:** Remember, everyone has their own challenges, successes, and stories. Try to see situations from their perspective.
- 4. Check Yourself:** Pause and ask: “Am I lifting others, or am I overshadowing them?”
- 5. Invite Feedback:** Ask trusted colleagues or loved ones if you come across as too self-focused. Be open to their insights.
- 6. Focus on the “We,” Not Just the “Me”:** Whether at work or in your personal life, think about how you can build connections instead of just shining on your own.
- 7. Main character syndrome** does not make you a bad person—it is something most of us sometimes fall into. The key is recognising it and making changes that foster better relationships.
- 8. Being the main character** does not mean the world revolves around you; it means knowing how to play your role while supporting the other “characters” in your life. After all, the best stories are the ones we create together.

Conclusion

Main character syndrome does not make you a bad person—it is something most of us fall into at times. The key is recognising it and making changes that foster better relationships. Being the main character does not mean the world revolves around you; characters” in your life. After all, the best stories are the ones we create together.

By Shardia O'Connor



The Power of Self-Advocacy - Championing Your Voice in Every Room

In a world where dominant voices often overshadow others, many people struggle to speak up and feel heard. Self-advocacy—the ability to stand up for oneself—can be a transformative tool in personal and professional settings. This article highlights the importance of self-advocacy, how to cultivate it, and the positive ripple effect it can create for others.

Belief in your own worth: the foundation of self-advocacy

Self-advocacy begins with recognizing your worth. To effectively stand up for yourself, you need to believe that your opinions, boundaries, and feelings are valid. When you embrace your value, you stop shrinking yourself to accommodate others and confidently claim the space you deserve.

Self-doubt is often a major barrier to this self-worth. Many people feel unqualified to express their opinions due to internal fears of not being worthy of attention or respect. Overcoming this insecurity requires practising self-affirmation. By repeating statements like “My voice is powerful,” you remind yourself that your unique perspective matters. Embracing this belief allows you to make a meaningful contribution to the world by expressing your authentic self.

Overcoming impostor syndrome: you are more than enough

A major obstacle to self-advocacy is impostor syndrome—the persistent feeling of inadequacy despite personal achievements. This can make people doubt their skills and abilities, holding them back from self-expression. To overcome impostor syndrome, it is important to reflect on your accomplishments. Acknowledge the challenges you have faced, the skills you have gained, and the goals you have reached. Understanding that self-doubt is a normal human experience helps you push through moments of uncertainty. Empowerment comes from stepping into discomfort, trusting your growth, and moving forward even when doubts arise, and they will!

Speaking up: expressing your needs and setting boundaries

Effective self-advocacy does not mean being the loudest person in the room. It is about clearly and assertively communicating your needs in all areas of your life in a way that ensures they are heard and respected. One practical communication tool is using “I” statements. For example, instead of saying, “You never listen to me,” say, “I feel unheard when my ideas are not considered.” This approach shifts the conversation away from blame and toward constructive dialogue.

Additionally, setting boundaries is crucial for self-advocacy. You have the right to protect your time, energy, and emotional well-being. Learning to say “no” without guilt reinforces your self-worth and teaches others to respect your limits. By setting healthy boundaries, you ensure that others honour your space and voice.

Facing resistance: standing strong when the world pushes back

Advocating for yourself is not always easy, especially when others do not value your perspective. In these situations, it is essential to remain grounded in the belief that your voice matters. Resistance is often a sign of progress.

Resilience is key when facing opposition. Building a strong support network of friends, mentors, or colleagues who encourage and uplift you can help reinforce your confidence. These supportive relationships will be invaluable in helping you maintain motivation during challenging times and remind you of your worth.

The ripple effect: empowering others through self-advocacy

Self-advocacy does not just benefit you—it also inspires others to do the same. You create a ripple effect by advocating for yourself and empowering those around you. Confidently expressing your needs, setting boundaries, and standing up for respect in various areas of life sets an example for others to follow.

Imagine a world where everyone feels confident speaking up for themselves, where every voice is valued, and everyone's needs are respected. This transformation begins with you. By embracing self-advocacy, you contribute to a more inclusive and equitable world, empowering others to find their voice.

Conclusion: you are your own best advocate

No one else can express your needs, tell your story, or share your desires better than you can. The power to advocate for yourself lies within you. Remember that your voice, dreams, and boundaries matter; you deserve to be heard.

Next time you hesitate to speak up, ask yourself, If I do not advocate for myself, who will? Take a deep breath, stand tall, and let your voice be heard. The world needs your authenticity—now is the time to embrace the power of self-advocacy.

By Nadija Bajrami





THE POWER OF THE PAUSE

Self Care Corner

I have a five-year-old nephew, Cameron, who finds joy in his Spiderman coloring book, watching YouTube videos about clouds and aggravating his big sister every chance he gets. Like most kindergarteners, Cameron's world of discovery and boundless energy can challenge the rest of the family.

The clash of quizzing everyone about cloud formations and the family wanting a few minutes of silence creates a daily struggle that every family can relate to. Eventually, Cameron will hear his mom say, "Cam! You're doing too much!"

(Translation: You're overstimulated, and I need you to take a few minutes to calm down.)

In a true act of five-year defiance, Cameron exclaims, "I NOT DOING TOO MUCH!" Cameron knows that it's time for a nap when that statement is made. It's time to pause.

Like my precocious nephew, I've had many occasions when I've been doing too much. Unlike Cameron's dedication to his Spiderman artwork or asking the family about the types of clouds, my "too much" can look like:

- Overextending myself with commitments.**
- Adjusting to the demands at work.**
- Failing to get enough rest.**
- Struggling to keep up with an ever-changing world.**

It's a vicious loop that we all find ourselves in. This loop often leads to burnout, heightened stress, and health impacts. Struggling to find a balance with life's demands and slowing down can be difficult.

Here are some common symptoms of burnout:

Physical:

Chronic Fatigue: Persistent feelings of tiredness that rest does not alleviate.

Frequent Illnesses: A weakened immune system leads to more frequent colds or infections.

Sleep Disturbances: Difficulty falling or staying asleep or unrefreshing sleep.

Emotional:

Detachment: Feeling disconnected from work, colleagues, or personal relationships.

Neglecting themselves: Neglecting self-care routines, such as exercise, healthy eating, or taking time out to recharge.

Personality changes: Experiencing a sense of hopelessness you've never witnessed. Burnout can exacerbate symptoms of anxiety or depression.

Behavioral Signs:

Decreased Performance: Reduced productivity and quality of work.

Social Withdrawal: Avoiding interactions with colleagues, friends, or family.

Increased Absenteeism: Taking more sick days or showing up late to work.

Now that you can recognize the signs, I want you to extend grace to yourself! Whether you're navigating the challenges of raising children, being caregivers to your parents, or somewhere in between, you've done the best you could with the options you were given. As the saying goes, you can't pour from an empty cup. You must take time to replenish yourself. How do you do that? I'm glad you asked!

Recovering from burnout requires an approach that addresses both personal and professional aspects of life. Here are a few strategies that can be implemented in daily life.

1. Prioritize Self-Care. Regularly exercise, maintain a balanced diet, and ensure adequate sleep to restore energy levels. Incorporate relaxation techniques such as mindfulness, meditation, or yoga to manage stress effectively.

2. Set Boundaries. Boundaries are not set in stone. Consider boundaries as being a gate to your well-being. Release the behaviors that no longer serve you. Welcome those people and things that are good for your mental and emotional well-being.

3. Ask for help. It takes tremendous strength to ask for help, but it's not a sign of weakness. Learning to delegate whenever possible will allow you to manage your workload effectively and prevent feeling overwhelmed.

These are a few strategies that can aid in the prevention and recovery of "doing too much." It's essential to recognize the signs and take proactive steps toward recovery.

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The Power of Perspective

If there is one universal principle that defines success, fulfillment, and transformation, it is this: true power comes not from control, but from the courage to let go. The world is in constant motion—shifting, evolving, and presenting both challenges and opportunities.

Every single experience—whether it appears as a roadblock or an open door—is placed in front of you for a reason. It is neither good nor bad; it simply is. The resistance we feel when things don't go as planned is not a sign of failure but rather a lesson, an opportunity for growth, a pivot designed to lead us toward something more significant. The problem is that most people spend their lives pushing against these moments, trying to control the uncontrollable rather than learning to flow with the rhythm of life.

The Power of Perspective: Success—whether in business, relationships, or personal growth—is not just about talent or opportunity. It is shaped by the way we see and respond to the world. A strong foundation of values and mental awareness determines whether challenges become barriers or stepping stones.

Too many people live in a constant state of reaction—allowing external circumstances to dictate their emotions, energy, and decisions. Fear, doubt, and frustration cloud the ability to move forward, trapping people in cycles of self-sabotage. But those who develop a heightened awareness of their thoughts, emotions, and behaviors gain the ability to shift their perspective. They don't let challenges define them; they define how they approach challenges.

The mind is the most powerful tool we possess. When directed with intention, it can turn failures into wisdom—it is about building awareness to navigate them with clarity.

Let Go and Move Forward: The greatest moments of transformation happen when you release the need for absolute control. The tighter the grip, the greater the struggle. Attempting to force outcomes, fearing change, or resisting life's natural ebb and flow only creates unnecessary stress and stagnation. Growth is found in trust—the trust that setbacks are simply redirections and that every challenge carries a lesson meant to prepare you for what's next.

Letting go does not mean inaction. It means focusing energy on what can be influenced rather than dwelling on what cannot. It is about replacing worry with intention & trading doubt for self-belief.

Defining Success Through Values: True success is not measured by wealth, status, or accolades—it is defined by the alignment between actions and values. Clarity in personal values creates a foundation for decision-making, purpose, and resilience. It serves as an internal compass, ensuring that progress is not just about external achievement but integrity.

Success is no longer about comparison or external validation but about living a life that feels meaningful and authentic. It is about making choices that reflect personal principles, standing firm in the face of adversity, and recognizing that

‘The mind is the most powerful tool we possess. When directed with intention, it can turn failures into wisdom.’

real fulfillment comes from purpose rather than mere accomplishment.

This is the foundation of the work done at Inspire with Marissa, where individuals are empowered to develop mental clarity, recognize their core values, and cultivate the resilience needed to thrive in every aspect of life. Through guided reflection, strategic goal-setting, and transformational coaching, individuals can break free from limiting mindsets and step into a future filled with purpose, confidence, and success.

The Journey is Yours to Create: Life will always have its highs and lows, triumphs and uncertainties. Those who thrive are not the ones who avoid difficulty but those who embrace unpredictability with a mindset rooted in awareness and purpose.

Happiness is not found in eliminating struggle but in the ability to navigate it with clarity. The mind has the power to see beyond obstacles, find the lesson in the challenge, and turn life's unpredictable ride into something extraordinary. “You cannot control the rollercoaster that is life, but you can always see the track in your mind—and that makes the journey that much more exhilarating.”

By Marissa Cherepanov

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Increased Protein Consumption

A quick internet search for the 2025 nutrition trends revealed some interesting answers. Several key trends are expected to shape our approach to nutrition and health.

The number one trend is increased protein consumption. We are becoming aware of the importance of protein for health and weight management, not just muscle recovery.

What is protein?

Protein comes from the Greek word proteios, which means primary or of first importance.

Protein is a macronutrient (Macro) and an essential nutrient that helps repair tissues in the body, including muscle, skin, and organs. It is made up of amino acids, which are often called the "building blocks of life."

Protein plays a key role in many bodily functions, such as supporting the immune system, producing hormones, and providing energy when needed. Protein is found in foods like chicken, fish, eggs, lentils, and dairy.

As mentioned before, protein is made up of amino acids. There are 20 amino acids, and 9 are essential, meaning the body cannot produce them on its own and must get them from food.

Complete vs incomplete proteins

Complete proteins contain sufficient amounts of all 9 essential amino acids and are typically found in animal-based foods and some plant sources.

Examples:

1. **Meat** (chicken, beef, pork)
2. **Fish** (tuna, salmon)
3. **Eggs**
4. **Dairy**
5. **Soy**
6. **Quinoa**

Incomplete proteins are lacking in one or more essential amino acids or do not have enough of them. Incomplete proteins are mostly found in plant-based sources, however combining different foods can create a complete protein profile.

Examples:

1. **Beans and legumes** (lentils, chickpeas)
2. **Grains** (rice, oats)
3. **Nuts and seeds**
4. **Vegetables**

How to get all essential amino acids on a plant-based diet

By combining different incomplete protein sources, you can create a complete amino acid profile.

Examples

1. **Rice and Beans**
2. **Peanut butter and whole wheat bread**
3. **Lentils and quinoa**

Protein benefits

Increased protein consumption offers several benefits beyond muscle repair, making it essential for overall health and is becoming a key nutrition trend for 2025.

1. Supports weight loss management

Promotes satiety: Protein is more satiating than fats or carbohydrates, helping the feeling of being full.

2. Supports immune function

A high-protein diet helps the body produce enzymes and hormones that regulate immune responses. Also, many antibodies are made up of protein.

3. Promotes healthy skin, hair and nails

Key components of skin, hair and nails are made up of protein. Protein can also improve skin elasticity, reduce hair loss and strengthen nails.

4. Supports brain function and mental clarity

Amino acids from protein help produce neurotransmitters like dopamine and serotonin, which impact mood, focus and cognitive function.

Conclusion

Increased protein consumption is more than muscle recovery- it supports weight management, immune health, and brain function and even helps promote healthy skin.

The UK's recommended daily intake (RDI) for protein consumption is 0.8 grams per kilogram of body weight for the average adult. If you are looking to increase protein consumption, this would be the lowest limit, with the upper limit at around 2.0 to 2.5 grams of protein per kilogram of body weight.

By Craig Alexander



YOUR GUT SECRETLY SABOTAGING YOUR HEALTH

Is Your Gut Secretly Sabotaging Your Health?

Did you know that over 70% of your immune system is in your gut? Your gut health and immune system are closely linked, and changes to one affect the other. Your gut contains over 100 trillion bacteria (including fungi, viruses, and other microbes – collectively known as the gut microbiome) – more than the number of human cells in your body!

The bacteria help break down food, absorb nutrients and even regulate your mood. When your gut microbiome is balanced and functioning correctly, you feel energised, healthy and energetic. Still, an imbalance can affect more than just digestion – it can affect your energy levels, immunity, and even your skin.

Your gut is like your body's command centre – when it's healthy, you feel amazing. When it's not, you might experience digestive issues, fatigue or even mood swings. Think of your gut as a garden: if you feed it well, the good bacteria will thrive and flourish, and you will feel energetic. But if you have more of the bad bacteria, you will start feeling run down and sluggish. An unhealthy gut can ripple effect on your entire body, affecting everything from digestion to mood and immunity. It is often caused by lifestyle factors, poor diet choices, and stress. Here's how it impacts overall wellbeing:

Digestive Problems

Your gut contains trillions of bacteria, which play a key role in digestion and nutrient absorption. When there is an imbalance, harmful bacteria outnumber the good ones, known as gut dysbiosis. The harmful bacteria can cause excess fermentation of food, resulting in bloating, abdominal pain, gas and many other symptoms, especially after eating certain foods.

A study published in the *Microorganisms Journal* found that general gastrointestinal problems such as abdominal pain, bloating, gas, diarrhoea and constipation are the main symptoms of dysbiosis (1).

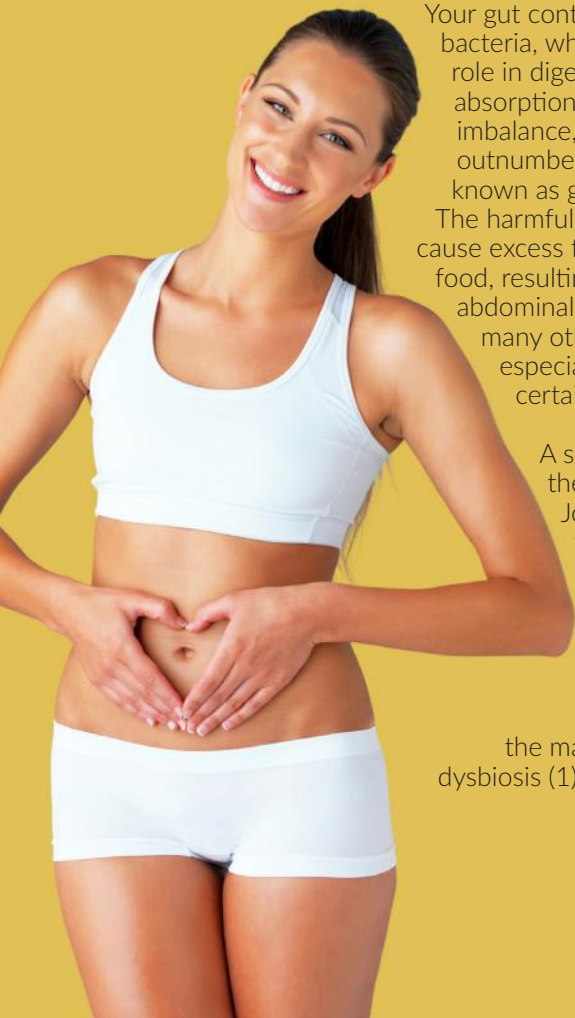
An imbalance in the gut microbiome also promotes inflammation. If this inflammation is ongoing, it can damage the lining of the intestines, allowing toxins, undigested food particles, and bacteria to leak into the bloodstream, a condition known as leaky gut. This can trigger food sensitivity, digestive discomfort, and even immune system reactions.

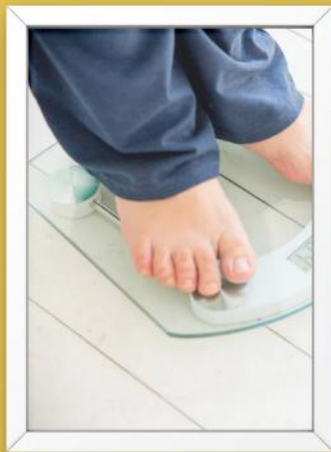
A study published in the *Food Microbiology and Biotechnology Journal* stated that there was growing evidence which suggests that dysbiosis (imbalance in the gut microbiome) disrupts the integrity of the intestinal lining and significantly impacts the level of inflammation in various tissues including the liver and adipose tissues (2). An unhealthy gut can be the root cause of many digestive problems, but with proper care and attention, you can restore balance and improve your gut health.

Weakened Immune System

Nearly 70% of your immune cells are found in your gut lining. Your gut is home to trillions of bacteria, both good and bad. When the harmful bacteria outnumber the good ones (dysbiosis), causing an imbalance, it can trigger chronic inflammation, which disrupts immune function. It lowers your immune defences, making you more vulnerable to infections and even autoimmune reactions.

A study published in the *International Journal of Molecular Sciences* found that if the balance is disturbed, dysfunction of the intestinal immune system occurs, which further triggers a variety of diseases, including IBD (Inflammatory Bowel Disease). Several studies indicated that intestinal dysbiosis causes an abnormal immune response, leading to IBD (Inflammatory Bowel Disease) inflammation and destruction of the gastrointestinal tract (3).





A healthy gut is important for a healthy and strong immune system.

Mental Health Problems

An unhealthy gut can significantly impact mental health, causing issues like depression, anxiety, brain fog and mood swings. This happens because of the gut-brain connection, also known as the gut-brain axis – a two-way communication system between your gut and brain. A study published in Clinics and Practice found that a healthy gut function has been linked to normal central nervous system (CNS) function. An imbalance in the gut microbiome (dysbiosis) and inflammation of the gut has been linked to causing several mental illnesses, including anxiety and depression, which are prevalent in society today (4).

Gut health and mental health are deeply connected. A healthy gut can lead to better mood, less anxiety, and better focus.

Skin Problems

The gut-skin axis directly connects gut function and skin, with the gut microbiome significantly influencing the skin's appearance and health. When the gut is unhealthy, it can trigger skin problems like acne, psoriasis, eczema, rosacea, premature aging, and chronic inflammation. When the harmful bacteria outnumber the good bacteria, it can cause a leaky gut, which can lead to toxins in the bloodstream, which can cause redness, irritation and breakouts on the skin

A study published in the CosmoDema Journal found that changes in the gut microbiome may impact the onset and course of skin conditions such as psoriasis, eczema, and acne. In addition, they may cause systemic inflammation, which may worsen skin disorders (5).

Emerging studies suggest that a healthy gut microbiome can improve skin health drastically by lowering inflammation, boosting collagen formation, and reducing various skin problems (5) A healthy gut can lead to clearer, healthier and more radiant skin.

Weight Gain

Your gut plays a major role in digestion, metabolism, hormone regulation, and even appetite control. When there is an imbalance in your gut microbiome, it can

disrupt blood sugar levels, causing cravings and energy crashes. It can also slow down metabolism, making it harder to burn calories. An unhealthy gut can make it harder to lose weight and even contribute to weight gain.

A study published in the Gut Microbes showed that the composition and function of the gut microbiome have an impact on obesity. It found that people with an unhealthy gut tend to have more of the Firmicutes bacteria, which is linked to a higher calorie absorption and weight gain, and they have a lower proportion of Bacteroidetes, which is associated with a leaner body composition (6)

Both Firmicutes and Bacteroidetes are important, but an imbalance between them can lead to weight gain, inflammation and poor digestion.

Keeping your gut microbiome balanced is essential for better health

The Bottom Line

Your gut is the foundation of your health. A healthy gut is important for smooth digestion, better nutrient absorption, and overall well-being.

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By Anne Anyia

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Protecting Our Children Understanding and Preventing Childhood Sexual Abuse

Most parents spend many months preparing for a new child. We buy all the necessities our little one could need, spending thousands on diapers, clothing, a crib, swings, toys, and much more.² While many parents and guardians dedicate time, energy, and resources to baby-proof staircases and installing outlet covers, one critical aspect often goes unnoticed — educating oneself about childhood sexual abuse prevention. Protecting our children extends far beyond physical boundaries. It's about having the courage to understand this challenging topic and learn the tools for prevention.



Childhood sexual abuse remains one of the most complex issues facing communities today. It is a global epidemic within every race, religion, culture, education level, and socioeconomic status. Currently, 1 in 3 girls and 1 in 5 boys are at risk of being sexually abused before their eighteenth birthday¹.

In other words, no child is immune from the dangers, especially when you understand that 90% of abusers are the people you know, love, and

trust the most, like close friends, coaches, clergy, etc. Alarming, 40% of abusers are a family member. Childhood sexual abuse has become an epidemic not only because of its devastating impacts but also because it's such an unpleasant topic.

Recognizing childhood sexual abuse in all its forms is part of the foundation of prevention. One of the biggest misunderstandings about sexual abuse is that there has to be physical touch for it to be considered abuse. This is not true.

According to the American Psychological Association, sexual abuse refers to “any nonconsensual or exploitative sexual behavior or activity imposed on an individual without their consent.”³ The National Child Traumatic Stress Network (NCTSN) elaborates further to add that “abuse includes both touching and non-touching behaviors, like voyeurism (attempting to view a child's body), exhibitionism, or exposing a child to pornography.”⁴ These non-physical acts can be equally damaging yet are often overlooked or misunderstood as innocuous.

Staying silent about this topic only allows abuse to flourish. One particularly chilling insight into the mindset of a perpetrator comes from the haunting words of an abuser, who confessed to “molesting without reproach in the fortresses of unaccountability, surrounded by a pool of silence, denial, and unasked questions.

The realm of the Three Monkeys” (see no evil, hear no evil, speak no evil) ⁵. Speaking about childhood sexual abuse is a societal necessity to facilitate prevention.

Imagine the power we hold as a community if we choose to normalize conversations around childhood sexual abuse — not in hushed tones but with clarity, directness, and determination. This column is not about fearmongering but about equipping ourselves and our children with knowledge and confidence.

Bringing awareness to childhood sexual abuse prevention is no small task. It takes collective effort, courage, and commitment from parents, educators, policymakers, and community leaders. But the stakes are too high to allow silence or fear to stand in the way of action.

Childhood sexual abuse prevention is about protecting today's children; it is about shaping a culture that values openness, accountability, and resilience for generations to come. It is about creating a stronghold of protection rather than those of unaccountability, tearing down walls of silence, and replacing denial with vigilance and compassion.

Now that you understand WHAT childhood sexual abuse is, in my next column, I'll share with you WHY prevention is so important. In the meantime, I urge you to take a moment and reflect on the role you can play in unmasking abuse in your community.

Whether starting hard conversations or advocating for stronger child protection policies, every action matters. Together, we can shine a light on what has been hidden for too long, offering our children the safety and support they deserve.

The essential takeaway for everyone is to understand that abuse is not one-dimensional, and prevention does not start and stop with physical boundaries. Misunderstanding or underestimating the extent of what constitutes abuse leaves gaps for perpetrators to exploit.

It is time to take meaningful steps toward prevention and protection. Every child deserves to grow up without the heavy burden of abuse disrupting their path.

By Yvonne Sandomir

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Reclaiming Your Career: Transitioning with Confidence

Navigating a career transition can feel daunting. However, one of the most powerful tools at your disposal is something you may already have—**transferable skills**. These are the abilities and experiences you've gained in one role that can be applied to an entirely new field. In my journey, I've discovered that the skills I developed along the way were the keys to unlocking my success.

My Journey: From Burnout to Breakthrough

I've been where you are—stuck, uncertain, and overwhelmed. My career journey began in healthcare, where I spent years managing patients and teams. I loved the work, but it took a toll on me. Burnout became an all-too-familiar feeling. I knew I needed to make a change, but the idea of transitioning into something new—into the construction industry, of all things—felt terrifying. But as I made that leap, I quickly realized that the skills I'd honed in healthcare were just as valuable in my new environment. Problem-solving, team coordination, clear communication, and leadership were all transferable skills that enabled me to thrive in my new office management role, even though I was stepping into unfamiliar territory.

Understanding Transferable Skills

When you consider a career transition, it's easy to feel like you're starting from the bottom up. But that's a myth. In fact, **transferable skills**—those abilities you've developed in your previous roles—are your secret weapon. These include:

- **Leadership:** Managing teams, driving initiatives, motivating others.
- **Problem-solving:** Navigating complex challenges and making quick decisions.
- **Communication:** Clear, effective communication with diverse teams and stakeholders.
- **Project management:** Organizing tasks, meeting deadlines, managing multiple priorities.

“Your skills aren’t a limitation — they’re your greatest asset. Embrace them, and they’ll guide you to new opportunities.”

5 Steps to Leverage Your Transferable Skills

Now that you understand how transferable skills work let's break down how to use them to transition with confidence. It's not just about identifying these skills but also about knowing how to apply them to a new opportunity.

1. **Identify Your Skills.** Start by taking an inventory of all your skills—both hard and soft. Think about past roles and what you excelled at. Whether it's managing a project, leading a team, or negotiating, these skills matter. For me, my ability to lead teams through stressful situations was a huge asset when I moved into a different field.
2. **Research Your New Industry.** Understand what skills are in demand in your desired industry or role. Align your transferable skills with the needs of the new field. I did this when I moved into construction. By researching the skills construction managers value, I could confidently showcase my experience in problem-solving and leadership.
3. **Tailor Your Resume and Cover Letter.** Your resume should tell the story of how your past roles have prepared you for this new chapter. Focus on how your skills can translate into value in your new industry. For instance, on my resume, I emphasized my organizational skills and leadership in healthcare, showing how those would apply to managing teams in construction.
4. **Network to Open Doors.** Networking isn't just about finding a job and learning from others in your new field. Reach out to professionals who have made similar transitions. Their insights can help you better position your transferable skills for success. I did this during my transition and found it invaluable in guiding me through the new industry's nuances.
5. **Seek Professional Development.** You may find that you need to improve in certain areas. That's okay! Taking courses or certifications will fill any gaps and help you stand out.

Final Thoughts: Build on What You Already Know

Career transitions are never easy. But remember, they're not about starting over. It's about building on the skills you've already mastered. Your transferable skills are the bridge that connects where you are to where you want to be. Recognize their value and embrace your journey, and the transition will feel less like a leap into the unknown and more like a well-earned step toward your subsequent success.

By Emily Apell

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Transforming Health with Synaptic Fit Fusion Pros

A Revolutionary Approach to Fat Loss and Disease Prevention

In today's fast-paced world, success often comes at a cost. Many high-achieving professionals, like doctors and lawyers, find themselves caught in a cycle of stress, long hours, and poor health habits. This leads to excess weight, chronic fatigue, and serious conditions like cardiovascular disease (CVD) and type 2 diabetes (T2D).

We, Coach Terry and Coach Zita, founders of Synaptic Fit Fusion Pros, understand these challenges intimately. Through our Rejuvenise 360 Holistic Healthy Living® Transformational Coaching System, we help clients achieve lasting transformations—without restrictive diets, punishing cardio sessions, or temporary quick fixes.

This system isn't just about losing weight; it's about regaining control over your health, optimising energy, and breaking free from cycles of self-sabotage.

The Missing Link: Neuropsychology Meets Fitness

What makes Synaptic Fit Fusion Pros different? The foundation of our program lies in a groundbreaking connection between neuropsychology and physical health—a concept often overlooked in mainstream fitness programs.

"Your brain is hardwired for survival, not fat loss," explains Coach Terry. "When under chronic stress—common for high achievers—your brain triggers habits that protect you from perceived threats. This might include emotional eating, fatigue, or resistance to exercise. Traditional programs ignore these mental roadblocks, leaving people stuck in a cycle of failure." Neuropsychology, the study of how the brain influences behaviour, provides tools to break this cycle. Clients learn to rewire limiting beliefs and develop new, empowering habits through:

Habit stacking

Visualisation

Stress reduction techniques

These methods enhance motivation, consistency, and long-term success.

Your brain is an extraordinary organ equipped with a complex self-regulation system designed to manage

cravings, impulses, and decision-making processes. Understanding how this system functions and how to enhance its efficiency is crucial for developing healthier habits and improving overall well-being.

The Neuroscience Behind Cravings

Cravings are intense desires for specific substances or activities, often driven by the brain's reward system. The prefrontal cortex, the brain's executive control centre, plays a vital role in regulating these desires. This region is responsible for rational thinking, decision-making, and impulse control. It communicates with the nucleus accumbens, a region closely linked to pleasure and reward. When functioning optimally, the prefrontal cortex can suppress the impulses generated by the nucleus accumbens, aiding in resisting cravings.

Additionally, the amygdala, known for processing emotions, contributes to cravings by associating specific stimuli with emotional responses. The hippocampus, responsible for memory formation, often triggers cravings by recalling past pleasurable experiences associated with particular substances or behaviours. Together, these regions form a complex network that governs cravings.

Strengthening the Brain's Self-Regulation System

The good news is that this self-regulation system is malleable and can be strengthened through deliberate practices. Neuro Synergy Coaching, a core aspect of the Rejuvenise 360 Holistic Healthy Living® Coaching System, offers evidence-based techniques to enhance self-control and manage cravings effectively.

Techniques for Craving Management

1) Visualisation Techniques

Visualisation is a powerful tool that involves creating mental images of successfully overcoming cravings. For example, imagine yourself choosing a healthy snack over junk food or visualising the benefits of a smoke-free life. This mental rehearsal activates the prefrontal cortex, reinforcing neural pathways associated with self-control. Studies have shown that regular visualisation practices enhance cognitive control, making resisting temptations in real-life scenarios easier.

2) Focused Attention Practices

Focused attention techniques, such as mindfulness meditation, help train the brain to stay present and manage impulsive behaviours. Mindfulness meditation involves paying close attention to your thoughts, feelings, and sensations without judgment. This practice reduces



the reactivity of the amygdala, promotes emotional regulation, and strengthens the prefrontal cortex's ability to control impulses.

3) Cognitive Techniques

Cognitive restructuring, for instance, involves identifying and challenging negative thought patterns that lead to cravings. By reframing these thoughts, you can reduce the intensity and frequency of cravings.

4) Habit Reversal Training

Habit reversal training (HRT) involves becoming aware of the triggers that lead to cravings and developing alternative responses. For example, if stress triggers your craving for sugary snacks, you can practice deep breathing or engage in physical activity instead.

5) Progressive Muscle Relaxation (PMR)

PMR is another effective technique where you tense and relax different muscle groups in your body. This practice not only reduces physical tension but also helps in managing stress-induced cravings.

Some Additional Craving Management Protocols:

Let's begin by focusing on your breath. Inhale deeply through your nose, allowing your abdomen to expand. Hold for a moment, and then exhale slowly through your mouth, releasing any stress. Continue this deep breathing throughout the session.

Management of Cravings :

One of the most effective ways to manage cravings is by being aware of them in the moment.

Start by bringing your attention to the present moment. Notice any sensations in your body without judgment. If you feel a craving arising, observe it with curiosity rather than reacting to it.

Now, let's perform a body scan. Begin at the top of your head and slowly move your attention down through your body, noticing any areas of tension or discomfort.



As you encounter these areas, take a deep breath and imagine sending relaxation and

calm to them. Continue this process until you reach your toes.

Management of Craving through Distraction

One effective technique is distraction. When you feel a craving coming on, redirect your attention to a different activity. This could be going for a walk, calling a friend, or engaging in a hobby you enjoy. The key is to break the pattern of focusing on the craving.

The Strategy of Substitution for Craving

Another strategy is substitution. Replace the act of eating heavily processed food with a healthier alternative. This could be drinking a glass of water, chewing gum, or snacking on a piece of fruit. Choose something that feels satisfying and rewarding.

Mindful acceptance

Mindful acceptance is also a powerful tool. When a craving arises, acknowledge it without trying to fight it. Say to yourself, "I am experiencing a craving right now, and that's okay." Allow the craving to be there without giving in to it. Remember, cravings are temporary and will pass.

Let's practice some positive intentional affirmations to further support your craving management. Repeat silently to yourself: "I am in control of my cravings. I choose health and vitality. Each craving I overcome makes me stronger." Feel the power of these affirmations as you say them.

Incorporating Techniques into Daily Life

Consistency is key when it comes to strengthening your brain's ability to manage cravings. Incorporate these techniques into your daily routine:

Start your day with a short mindfulness meditation session. Use visualisation techniques whenever you feel a craving coming on. Practice the 5-4-3-2-1 Grounding Exercise during moments of high stress. Reflect on your triggers and apply cognitive restructuring to manage them.

Benefits of Strengthening Self-Regulation

By regularly practising these techniques, you can expect several benefits:

- **Enhanced impulse control:** Improved ability to resist temptations.
- **Better emotional regulation:** Reduced stress and anxiety.





- **Healthier habits:** Long-term commitment to healthy choices.
- **Increased mental clarity:** Better focus and decision-making.

Conclusion

The brain's self-regulation system, while complex, is highly adaptable. Through Neuro Synergy Coaching and techniques like Visualisation, mindfulness meditation, cognitive behavioural strategies, and grounding exercises, you can train your brain to manage cravings effectively. Integrating these practices into your daily life not only fosters healthier habits but also enhances your overall mental and emotional well-being, paving the way for a more fulfilling and balanced life.

The Role of Metabolism in Sustainable Fat Loss

Beyond rewiring the brain, metabolic health plays a critical role in long-term success. Many clients come to Synaptic Fit Fusion Pros after years of crash dieting and over-exercising, leaving their metabolism sluggish and inefficient.

"When you drastically cut calories, your body enters survival mode, conserving energy and holding onto fat," explains Coach Zita. "We teach our clients how to fuel their bodies in a way that reignites fat burning—through balanced nutrition, strength training, and movement that fits into their schedule."

This approach restores hormonal balance and improves insulin sensitivity.

Clients increase their resting metabolic rate, transforming their bodies into fat-burning engines by focusing on muscle-building activities.

Why Strength Matters

In addition to metabolic activation, resistance training plays a central role. Beyond aesthetics, strength training supports:

- Bone health
- Fat regulation
- Metabolic stability
- Long-term energy balance

"Many of our clients are surprised to learn how interconnected their body systems are," says Zita. "Building muscle isn't just about looking leaner; it improves glucose regulation, reduces inflammation, and protects against age-related declines in health."

A System Designed for Real-Life

The key to success with Synaptic Fit Fusion Pros lies in its holistic yet adaptable structure. Busy professionals don't have the luxury of spending hours a day on health routines or following complex diets that restrict entire food groups.

That's why we blend neuroscience, nutrition, and optimised movement into practical, sustainable strategies.

"We want our clients to feel empowered and capable—not overwhelmed by rigid rules," says Terry. "It's not about being perfect. It's about small, consistent actions that compound over time."

By focusing on long-term habit formation, we help clients achieve a leaner body, improved resilience, sustained energy, and emotional well-being.

For busy professionals looking to take back control of their health, Synaptic Fit Fusion Pros offers a new way forward. Our Rejuvenise 360 Holistic Healthy Living® Transformational Coaching System delivers results far beyond the scale. It's a system designed for real life—built to empower, educate, and inspire.

"You don't have to settle for exhaustion, frustration, and declining health," says Zita. "There is a better way—and we're here to help you find it."

Meet the Minds Behind the Method

We bring years of experience and personal transformation stories to our practice:

Coach Terry battled obesity and emotional eating. Through neuropsychology, he discovered that lasting fat loss isn't just about calories or workouts—it's about rewiring how your mind perceives challenges and setbacks.

Coach Zita has dedicated her career to understanding emotional resilience, exercise, and nutrition. Together, we have crafted a life-changing solution that integrates psychology, metabolism science, and physical training.

Ready to Transform Your Health?

Take the first step today! Schedule a free consultation and discover how Synaptic Fit Fusion Pros can help you break free from cycles of stress, fatigue, and weight struggles.



The importance of communication and connection in relationships

We place a lot of emphasis on communication in relationships. And while it's undeniable that effective communication plays a vital role in a healthy relationship, communication without connection will not result in a fulfilling relationship.

This means that when relationships falter, the reason is actually a disconnect between the parties, and this disconnection leads to poor communication. Connection goes beyond verbal exchanges. It's the feeling of being seen, heard, and valued by another person. It's the unspoken bond that reassures you that someone understands and accepts you for who you are.

This connection is what creates harmony in relationships. When people feel disconnected, misunderstandings multiply, resentment builds, and communication breaks down.

True connection begins with listening—when we listen deeply, we validate the other person's experience. We communicate, without words, that their thoughts and feelings matter. This validation fosters connection even in moments of disagreement or tension.

We are gifted with two ears and one mouth. This suggests that listening should take precedence over speaking, a reminder that understanding another person is more important than simply being understood.

Disconnection often begins subtly. It might start as a missed opportunity to share a meaningful moment or failing to notice a loved one's distress. Over time, these small cracks can widen into chasms, leading to a sense of isolation in the relationship. The irony is that when disconnection occurs, many people attempt to repair it through more communication—talking louder, explaining more, or demanding answers. But these efforts often fail because the root cause isn't words; it's the loss of emotional alignment.

To restore harmony, focus on re-establishing connection first. Here's how:

Be present

Connection thrives in presence. Put away distractions like phones or screens and give your full attention to the person in front of you. Eye contact, open body language, and undivided focus signal that you are fully there.

Listen without an agenda.

When someone speaks, resist the urge to formulate your response while they're talking. Instead, listen to understand. Ask yourself: What is this person feeling? What are they trying to express beyond their words?

Show empathy

Empathy is the ability to feel what another person feels. When you listen with empathy, you reflect their emotions back to them, saying things like, "That sounds really challenging" or "I can see why you'd feel that way." This simple act deepens the connection.

Validate their experience

You don't have to agree with someone to validate them. Acknowledging their feelings with phrases like "I hear you" or "That makes sense" shows that you respect their perspective.

Reaffirm your bond

Disconnection often stems from feeling unseen or unimportant. Simple gestures like saying "I appreciate you" or "I'm here for you" can rebuild trust and restore connection.

And what about the role of communication in connection? While connection is deeper than communication, words still matter. The key is to align your communication with the emotional bond you're trying to nurture. Speak with kindness, clarity, and authenticity.

Here are some ways to communicate that reinforce connection:

Ask open-ended questions: Encourage meaningful conversations by asking questions that invite reflection, such as, "What's been on your mind lately?"

Use "I" statements: Express your feelings without placing blame, e.g., "I felt hurt when..."

Be mindful of tone: Sometimes, how you say something is more important than what you say. A gentle tone fosters warmth and understanding.

When we focus on connection, communication transforms into something deeper: communion. This is the shared experience of understanding, trust, and love that transcends words.

Communion allows you to sit in silence with someone and still feel completely in sync. It lets you navigate conflicts with grace because the bond between you is stronger than any disagreement. This level of connection is what makes relationships resilient and fulfilling.

Final thoughts...

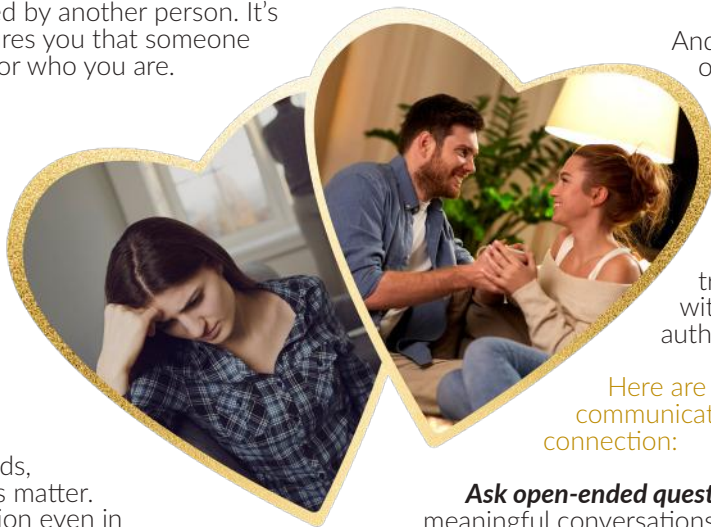
In relationships, it's not just about what you say but how deeply you connect. Communication is a tool, but connection is the foundation for building relationships that not only endure but thrive.

Whatever the relationship, whether it is personal or professional, these elements are the core to maintaining long-lasting and fulfilling relationships at home or in the workplace.

By Celia Conrad

Celia Conrad, Your Relationship Guru, is a former family lawyer, a relationship expert and well-being advisor specialising in loss and life-changing events. She supports individuals navigating divorce, break-ups, grief, and other life transitions, and helps employers assist affected employees facing these challenges in the workplace.

www.yourrelationshipguru.com



Embracing Neurodiversity and Sexual Energy in Relationships

In a world that values individuality, exploring neurodiversity alongside sexual energy is transformative. Understanding how neurodiverse people experience and express sexual energy can deepen connections and inspire more inclusive, meaningful relationships. Embracing both opens the door to authentic intimacy and encourages honouring uniqueness in connection.

At its essence, sexual energy is about passion, self-expression, and life force—it shapes how we relate to ourselves, our partners, and the world. When nurtured, it enhances intimacy and strengthens bonds. Neurodiverse individuals, including those with autism, ADHD, and dyslexia, may express sexual energy in ways that differ from typical expectations. Recognizing these expressions enriches relationship dynamics, fostering understanding and genuine connection.

Sexual Energy and Neurodiversity

For neurodiverse people, sensory experiences, communication styles, and social interactions often differ from neurotypical expectations, presenting opportunities and challenges in intimate relationships. Sexual energy, which relies heavily on sensory and communicative experiences, may be expressed differently.

For example, those on the autism spectrum might have heightened sensitivity to touch or sound, which could make traditional expressions of physical intimacy uncomfortable. They may find connection through intellectual or emotional bonding rather than physical contact. Likewise, people with ADHD might experience sexual energy with greater intensity or spontaneity, finding joy in novelty and excitement. Recognizing and honouring these diverse expressions can enrich relationships, allowing each partner to feel seen and respected.

Communication and Consent

Communication is crucial in any relationship but takes on special importance when embracing neurodiversity. Open and non-judgmental communication about needs, boundaries, and desires fosters an environment where sexual energy can thrive in a safe, affirming way. For neurodiverse individuals, discussing sensory preferences, comfort levels, and emotional needs allows both partners to understand how to support each other best.

Consent, too, is essential and may require a more explicit, ongoing conversation. Rather than assuming comfort, partners can adopt “consent as a conversation,” where consent is an evolving dialogue. This approach allows each person to explore what feels enjoyable and safe. For neurodiverse individuals, maintaining a sense of control and clarity in intimate interactions reduces anxiety and encourages a positive experience with sexual energy.

Letting Go of Shame and Judgment

Neurodiverse individuals often face societal misunderstanding, which can lead to shame or rejection in relationships. This baggage can inhibit the full expression of sexual energy. However, when a relationship acknowledges and embraces neurodiversity, partners can create a safe space free from judgment and shame.

This acceptance also means allowing

spectrum might be uncomfortable with certain physical expressions, like eye contact, but feel deeply connected through shared activities or verbal affirmations. Respecting these expressions without trying to “normalize” them leads to mutual respect and deeper intimacy.

Mindfulness and Sexual Energy

Mindfulness—focusing on the present moment without judgment—can be especially helpful for neurodiverse individuals exploring sexual energy. Practising mindfulness encourages both partners to slow down, observe each other's needs, and connect at a comfortable pace. Techniques like mindful breathing, gentle touch, or sensory grounding can help each partner feel more at ease, bridging differences in sensory or communication styles.

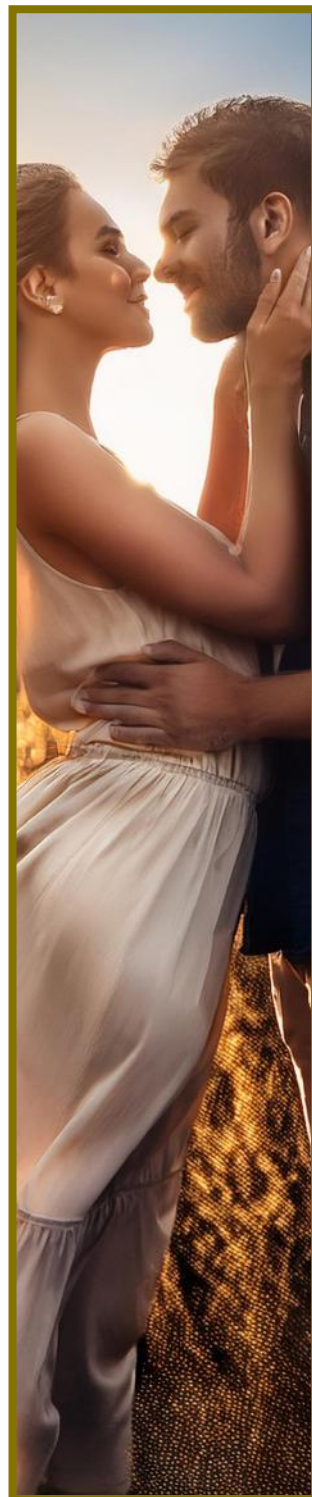
Mindfulness also allows partners to tune into each other's needs, fostering empathy and understanding. For example, a partner with ADHD might benefit from patience as they explore sexual energy without feeling pressured. Meanwhile, a partner on the autism spectrum might find comfort in a gentle, rhythmic touch that respects sensory boundaries. Through mindfulness, partners can experience the ebb and flow of sexual energy in a way that fosters trust and intimacy.

Building a Future of Empathy and Connection

Embracing neurodiversity in relationships is about honouring each person's authentic self. In my coaching sessions, I've seen clients blossom when they celebrate their unique expressions of intimacy. When understood and valued, sexual energy deepens relationships and fosters self-acceptance.

Navigating sexual energy in neurodiverse relationships can be challenging, but the rewards—deeper connection, richer understanding, and new levels of intimacy—are profound. By embracing both neurodiverse expressions and sexual energy, we open doors to more inclusive and empathetic relationships, creating a world where everyone feels safe, celebrated, and empowered on their journey toward connection.

By Lorraine Crookes





Why it's time for companies to prioritize sleep support for working parents

By Samantha Buhrs

Imagine walking into the office, coffee in hand, ready to take on the day. Imagine doing that after just two hours of broken sleep, with your mind clouded by fatigue and your body begging for rest. This is the daily reality for countless working parents, particularly mothers, juggling demanding careers alongside sleepless nights with their little ones.

As a certified pediatric sleep consultant and the founder of Hello Little Sleeper, I work closely with exhausted parents every day. I see firsthand how sleep deprivation affects their mental and physical health, their ability to focus, and their job performance. Despite the growing number of corporate wellness programs, few companies offer sleep support for working parents, and that needs to change.

The Historical Divide: why moms are still carrying the burden

For decades, it's been customary for women to stay home and care for children while men worked. Over time, the world of work has changed. Mothers are now expected to juggle careers, but the caregiving responsibilities have not. Despite working full-time, many moms continue to bear the weight of the household and child-rearing as if they aren't working at all.

Today, mothers are expected to work full-time while still handling the majority of childcare responsibilities. The result? Burnout, exhaustion, and impossible expectations. A 2024 study by the Financial Times found that mothers are significantly less likely to remain employed a decade after their first child. Similarly, a Gallup report revealed that working women experience higher stress levels than men, mainly due to the unequal division of labor at home. Despite their best efforts, many mothers are drowning under the weight of sleepless nights and career demands. Yet, as a society, we continue to watch without providing real support.

Why sleep deprivation is a workplace issue, not just a personal one

Sleep deprivation isn't just a parenting issue; it's a workplace issue with major consequences for businesses. According to the World Health Organization, sleep deprivation costs the global economy \$400 billion annually in lost productivity.

Here's why companies can't afford to ignore it:

- **Reduced Productivity:** Sleep deprivation impairs focus, problem-solving, and decision-making, essential skills for high performance.
- **Increased Burnout and Turnover:** Many parents, especially mothers, leave their jobs because the exhaustion becomes unbearable. Providing sleep support improves employee retention.

- **Diversity & Inclusion Efforts Fall Short:** Companies that want more women in leadership must address real barriers, like chronic sleep deprivation.

What companies can do

The good news? Supporting working parents doesn't require massive structural changes. Here's how businesses can make a real difference:

- Offer sleep consulting as part of employee benefits, just like mental health and fitness programs.
- Normalize discussions around exhaustion to reduce the stigma of burnout.
- Train managers to recognize and support struggling parents.
- Provide flexible work arrangements to accommodate sleepless nights.

How I can help you

I specialize in helping parents improve their child's sleep so they can improve theirs, too. My sleep support services for businesses include:

- **Online Sleep Success Courses** – A self-paced program to help parents establish healthy sleep habits and provide proven tools and techniques to improve their family's sleep.
- **Sleep Workshops** – Interactive employee sessions packed with expert sleep strategies.
- **One-on-one coaching** – Personalized sleep support to address specific challenges.

Investing in sleep support is about more than helping parents; it's about boosting workplace performance, retention, and overall well-being.

If you're a working parent running on empty, especially a mom, please hear this, you are not alone. You don't have to suffer in silence. I see you. I know the exhaustion, the weight of it all, the feeling that no matter how much you give, it's never enough. But it shouldn't be this hard. Change needs to happen. You deserve support. You deserve rest.

And if you're a company, be part of that change. Imagine the impact of a workforce where parents aren't just barely making it through the day but thriving. Supporting working parents isn't just good for business; it's the right thing to do. Let's make it happen.

Well-rested parents don't just make better employees; they make better businesses.

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Mind Detox - Unlock Your Body's Healing Power & Transform Your Life

After discovering Mind Detox, created by Sandy Newbigging, following years of chronic pain from a stroke, my life was transformed. Ten years later, I still use it for myself and my clients. Healing is not just physical - it's about letting go of emotional burdens.

Our thoughts, emotions, and past experiences don't just affect our mental state. They shape our entire well-being. Every unresolved emotion suppressed trauma, or negative belief pattern gets stored in the subconscious mind. Over time, this emotional weight can manifest as chronic illness, fatigue, stress, and persistent life problems. Many people are unknowingly stuck in cycles of self-sabotage, repeating negative patterns in their health, relationships, and careers because of deep-rooted subconscious beliefs. The mind and body are constantly communicating: **when emotional wounds aren't healed, the body will eventually send signals in the form of physical symptoms.**

Pulling Up the Weeds

I like to think of Mind Detox as gardening for the mind. Just as a gardener must pull up weeds to allow flowers and plants to thrive, if we only cut the weeds at the surface, they will keep growing back. **To truly thrive, we must release the root of unhealthy beliefs, suppressed emotions, and subconscious fears that stifle our well-being. By clearing these hidden blocks, we unlock deep healing, restore balance, and reclaim our vitality.**

Mind Detox is a powerful process that works by

Uncovering the Root Cause: Identifying when and why an issue began, often tied to past wounds or limiting beliefs.

Releasing & Reprogramming: Letting go of old patterns and embracing empowering insights for healing.

Restoring Balance: Balancing mind and body to heal chronic conditions and create lasting transformation.

Imagine trying to drive with mud splattered all over your windscreen; you can barely see where you're going. A Mind Detox session is like switching on the wipers and washing fluid, clearing away the grime that's been clouding your perception. It clears out the accumulated mental and emotional clutter, helping you release what no longer serves you so you can see yourself and your future with new-found clarity and freedom, bringing past events to a peaceful conclusion.

The best part? There's no need for hours of therapy or endlessly reliving painful memories. This therapeutic technique is about resolution, not re-traumatisation. It's a gentle yet powerful process that allows the subconscious mind to release what no longer serves you quickly and effectively. I recently had a client who had been struggling with persistent back pain.

As we began the session, it became clear that the pain wasn't just physical: it was tied to an old emotional wound, something their subconscious mind was holding onto for safety. Within 20-30 minutes, the pain vanished. The subconscious mind had simply felt safe enough to let it go. The pain was no longer needed as a form of protection, and once we uncovered the root cause, the body naturally responded by releasing it.

This is the power of Mind Detox: It's not about masking symptoms but uncovering the root cause and allowing deep healing to unfold naturally. For me, this work isn't just about relieving symptoms; it's about empowering people to take charge of their well-being, rewrite their stories, and live without limits. Mind Detox goes beyond physical healing - it also breaks cycles of struggle in all areas of life. Many people experience repeating patterns in relationships, finances, or self-sabotage that seem impossible to escape. These patterns often stem from deep subconscious beliefs formed in early life.

This powerful technique helps

Break negative cycles - Uncovering and clearing the root causes behind repeating struggles.

Heal limiting beliefs - Breaking free from limiting beliefs about self-worth, success, love, and abundance.

Build confidence and clarity—Empower individuals to reconnect with their inner wisdom and make choices in alignment with their true selves.

If you're struggling with chronic health issues or persistent life problems, know that healing is possible. True transformation comes when you address the root cause, not just the symptoms.

Mind Detox freed me from pain, emotional weight, and subconscious blocks, clearing inner clutter to heal deeply and embrace a life of clarity, freedom, and vitality.

By Nikki Hillhouse

Nikki is an experienced Mind Detox Practitioner, Meditation Teacher, Well-being Coach and Retreat facilitator with a vast knowledge of holistic therapies and techniques. She has an extensive background in holistic health. Nikki believes we all have the potential to live our best life, and our Health, Wealth, Relationships and Success comes when we connect and align with who we truly are.

Her mission is to help and empower others to overcome their most challenging obstacles and start living happier, healthier and more fulfilling lives. Nikki is a Stroke- thriver and has reinvented herself as a beacon of health and vitality. Her journey started from the grips of chronic pain to the peaceful shores of Turkey, where she now lives and hosts transformational wellness retreats and a successful coaching business.

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REMEMBERING WHO YOU REALLY ARE IS RECLAIMING YOUR LEADING ROLE

A new look at leadership and how to be your own leader.

Can you imagine yourself being a leader?

Well, you already are. What I'm going to tell you might be shocking. Fasten the seat belt and get ready for the paradigm shift. Here's the change in perspective you were always seeking.

It all started with my spiritual awakening in 2023. I sensed that my reality, as I had perceived it until now, was not as it seemed to be. How could I feel pure love and separation at the same time? I knew there must be something going on behind my human perception and judgement.

When I discovered the Law of Assumption and "got into manifestation", I experienced an eye-opening paradigm shift. Everything that I believed to be true about myself started to crumble.

Here's what I found out:

I can have everything that I want without lifting a finger. I'm the source of everything. My life comes out of me. I experience what I'm conscious of. Manifestation is about self-awareness, not about techniques.

Wow...This truth was shocking and relieving to me at the same time...

Life does not happen outside of me. I'm not IN reality; I AM reality. I look at reality as reality.

Max Planck already said it in his famous quote: **"When you change the way you look at things, the things you look at change."**

I dived deeper into quantum physics and realized that I'm not my body, thoughts, or emotions. I'm awareness and consciousness. I'm the observer of my own beingness. Being conscious of something is my nature. And that something is ME.

Scientist Ph.D. Donald D. Hoffmann calls this ME a conscious agent, a unique point of consciousness that has certain experiences that only I can have.

That means I'm a leader. I take accountability for everything I'm aware of. No one else can see what I see. Without me, nothing exists.

As the center of a closed system, I lead my own quantum field, my own universe and I can only ever experience the content of my own consciousness.

But as part of this greater consciousness - God, source - I'm connected to everyone. A change in me, is a change in all the other beings.

That's why I could still feel the love. Because that's what we all are made of. The separation came from my human self that feels separated, that doubts, worries and fears.

If I don't know myself, then I'm trapped in my own matrix. Though there is nothing outside of me, I can create the experience of being led by an outside matrix.

Hoffmann describes it as playing in the headset, like in a computer game where I have a certain character, but I'm not this character. Nevertheless, I can forget that and then believe all my experiences to be the truth.

But the ultimate, changeless reality behind all of that is consciousness, filled with all the blueprints for limitless experiences. It is independent of the subjective reality I create based on my chosen identity and beliefs. There are infinite versions of ME and others. That's how consciousness gets to know itself through me.

Science and spirituality are growing together. They admit that until now, we have only discovered the headset. Through mathematical calculations, they try to describe what's going on. But what's behind space-time (considered doomed now) will probably remain a secret forever. Because trying to figure that out is like chasing our own tail.

I stopped manifesting and started being my authentic self. I decided that I'm living my dream life now. And my desires are revealing themselves to me more and more...

I'm very grateful for this new perspective on life. Finally, I remembered who I am, and now I feel completely invincible.

Consciously leading myself with love - for me and all the other beings with whom I'm connected - is the biggest shift I've ever made.

If you ask me how you can apply these insights, I would say:

Stop the doing. Become more self-aware. Start being the person you always wanted to be. Live by your own rules and lead yourself with love and curiosity.

By Eva-Maria Prell

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Whispers of the Body

Do you listen or recognise how your body whispers to communicate with you when it is not OK?

A few years ago, if someone would have said this to me, I would have had no clue what they were talking about.

I had been in and out of burnout for many years, suffering from fatigue, anxiety and digestive issues from a diagnosis of Irritable Bowel Syndrome (IBS). I had also been told that my thyroid was not working properly, too.

I was totally stressed out by things going on in my personal life and felt overwhelmed and exhausted. I did not recognise the whispers until I became so exhausted and even more unwell, and even then, I tried to keep going.

My body had carried so much chronic stress for so long that I was forced to stop.

Over the years, I had learnt and heard about gut health and the gut-brain connection but did not really understand what it was. Looking back now, maybe I just was not listening.

When I started listening and really listening to what my body and mind needed, things began to change, and I became an expert of my unique self. I now strive to empower my clients to do the same as I work alongside them and guide them in making the changes that will become sustainable in their lifestyle and help to improve their health and well-being, too.

The gut-brain connection refers to the intricate communication network between our digestive system and brain. This bi-directional link, often called the “gut-brain axis,” plays a crucial role in regulating various aspects of our physical, emotional, and mental well-being. While traditionally seen as two separate systems, research increasingly shows that the gut and brain are deeply intertwined, influencing everything from mood and cognition to immunity and digestion.

At the centre of this relationship is the gut microbiome—a complex community of trillions of microorganisms residing in our digestive tract. These bacteria are essential for our health, aiding digestion, producing essential vitamins, and supporting immune function. Importantly, they also produce neurotransmitters like serotonin, dopamine, and gamma-aminobutyric acid (GABA), which are important for our mental health and help regulate mood, stress levels, and cognitive processes. In fact, around 90% of serotonin, often called the “feel-good” hormone, is produced in the gut, highlighting the vital role the microbiome plays in mental health.

The gut and brain communicate via the vagus nerve, a major conduit for signals passing between the two systems. Through this nerve and other pathways, the gut can send distress signals to the brain, triggering emotional responses like anxiety, sadness, or even depression. This is why gastrointestinal disorders such as IBS or Inflammatory Bowel Disease like Crohn's and colitis are often associated with mental health conditions like anxiety or depression. In these cases, an unhealthy gut can trigger symptoms that affect mood and cognition, illustrating the profound influence the gut has on mental well-being.

Conversely, the brain can influence the gut. Stress, for example, can disrupt the gut microbiome and digestion, leading to issues like bloating, stomach cramps, changes in bowel habits and skin issues like acne, psoriasis, eczema and other rashes. Chronic stress has been shown to alter gut bacteria composition, which can exacerbate digestive disorders. This feedback loop creates a dynamic where both mental health and gut health are interdependent.

Nurturing the gut-brain connection is essential for the holistic well-being of our mental, physical and emotional health. Eating a diet rich in fiber, fermented foods, and probiotics can promote a healthy microbiome, positively affecting both digestion and mood. Hydration is also key for flushing toxins and managing stress through mindfulness and regular exercise, of which I would recommend walking as this has so many benefits, like aiding in digestion and helping to improve mood and energy levels. Adequate sleep can also help maintain gut health and emotional balance.

In summary, the gut-brain connection plays a vital role in our overall health. By taking care of our gut, we can improve not only our digestion but also our mental and emotional well-being, leading to a healthier, more balanced life.

Amanda Whitehead
Holistic Health and Nutrition Coach
www.purposefullynourished.com



Tarot is your guide

My journey with tarot has been one of my life's most enlightening, enriching and interesting aspects. Tarot today is often considered taboo or scary, mainly due to the lack of understanding. However, with an open mind and a willingness to go within, having a tarot reading can be one of the most uplifting and positive things you can do for yourself. Forget the crystal ball on a velvet cloth with the reader draped in a shawl predicting oncoming woes and emotional turmoils; this could not be further from the truth.

Tarot essentially picks up on the blueprint of your destiny and will act as a guide to answer any queries you may have regarding a certain subject. Free will is always stronger; your decision on how you wish to go about a certain issue or area of your life is entirely down to you; this is why it is so important to understand that you always have control; you always are the one making the decisions, and you are the one who can change whatever you want in your life.

Why should you use tarot as your unconventional guide?

Tarot is an ancient tool, with practices going as far back as the early 1430s in Europe. It holds all the key elements we require today to stay in alignment as a spiritual being, such as air (swords), water (cups), fire (wands) and earth (pentacles). They are all linked to various zodiacs, personifying multiple characteristics that can predict oncoming characters coming into our lives and the characteristics we display within ourselves. Each card holds a message, and depending on the spread, the card will let the seeker know what is blocking them, what is likely to be the outcome, and what external influences are at play regarding the situation.

It is important to understand that the tarot is not 'telling you' what is going to happen, and this is the beauty of using it as a tool to guide you. You are not walking into your boss's office and following instructions to be under fire if something is not done. There is no answering back, and there is certainly no judgement. Think of tarot as your spiritual advisor, as if you were to seek a financial advisor for all things money; your spiritual advisor would assist with all things sacred. Its connective ability goes beyond words; it is something to experience. Here is an example of how tarot could be used as your unconventional guide.

I see a woman who has booked in for a reading, and she explains to me that she is worried about her relationship;

she thinks her boyfriend might be losing interest in her, and she is eager to find out if he would stay and what steps she could take in ensuring she keeps him. She shuffles the cards and focuses on her question, and I lay out the spread. The cards have started to guide the questioner (the person having the reading) to the core issue and likely outcome. There are many swords (air) in her reading; this symbolises the mind and how much she is in her head about this situation. The 'past cards' show anxiety and lack of confidence; perhaps she has experienced cheating in the past, and her anxiety regarding this has not been released/ healed.

Her blockage position shows a limiting belief about herself, and the outside influence (situation or person) was showing up to be very fruitful and optimistic. With guidance from the tarot and how I worded various situations I could see, we established she had a subconscious belief system that she felt she needed to work hard to keep a man as not only had she experienced cheating, but her Mother had also experienced the same thing, which she witnessed growing up. It became part of her subconscious programming.

Tarot did not tell this woman she needed to see the bigger picture; it showed her herself and what she needed to work on and reassured her that he (the boyfriend) was not showing up as a concern. The woman in question saw this as a chance to open up her heart and acknowledge her inner child, and she did some amazing inner work, having tarot readings as guidance every 6 months to maybe a year. This is the beauty, the 'how do they know that!' moment, the sacred connection between you and the cards, none of this 'Hocus Pocus' that surrounds the image of a tarot.

My message to everyone is that knowledge is a powerful tool, and if we use it correctly, we can be the amazing version of ourselves we see in our mind's eyes—you are your own solution, and the tarot is your guide. I will explain certain card combinations to assist you with your message. If you read something, it is meant for you; that is the beauty of divine timing.

By Hannah Dawe

Facebook is Ivory Moon Holistics - <https://www.facebook.com/ivorytarot>
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IS SELF-LOVE ALL ABOUT BUBBLE BATHS AND CATCHING FLIGHTS?

Of course not!

We live in a polarised world when it comes to self-love. One side believes that every action should be an act of self-love, while the other believes that self-love leads a person to be a self-centred egoist. The topic has sparked a lot of interest for me over the past years.

I have found it fascinating to understand what people believe self-love to be. When you open any social media app, an array of posts motivates you to love yourself first, be a boss this or that, and catch flights, not feelings that just pour out your screen. It got me thinking, though: Is self-



Take time to get to know yourself and welcome what some would call the shadow side.

love bubble baths and spa days? Because most of what we consume seems to glamorise self-love and focus on the little luxuries that bring us temporary happiness. Those little nuggets of enjoyment are definitely part of the self-love journey, but they are nice to have, not the essentials. It can also be said that a few of those tactics are forms of escapism of true self-love.

True self-love is rooted in introspection. It is far from glamorous. Take time to get to know yourself and welcome what some would call the shadow side. The path to truly loving oneself passes through getting to know said self first. Because how can you love someone you do not even know? This may sound far-fetched, but how can you not know yourself after spending your entire life with you? The fact that we have been with ourselves since day one does not mean we have taken the time to peer through all of our layers, acknowledge them and welcome them. **Why is that?**



Being human means that aside from the facade we showcase to the world, there are pieces of us we are afraid to shine the light on. We are afraid to feel the emotions they will bring up in us - the wounds, the fear, the grief, the anger, the resentment.

If we want to consider those traits of our 'shadow' self, we also need to think of what happens when you shine the light on the shadows - they disappear. The moment we

allow ourselves to sit with the unpleasant emotions and thoughts, they start to transform. They become compassion, a kind inner dialogue, bravery, acceptance and gratitude.

In my practice, the biggest act of self-love is allowing those parts of yourself to see the light of day. Do not fear them; do not be embarrassed of them. Welcome them. Each bit is a part of who we are; it has played a role in walking our path and the way we tell our stories.

A person can never practice true self-love and care without acknowledging the shadowy side. We need to drop the narrative that we must be perfect to be loved. Being human is messy. Being human is a range of emotions and experiences, some of which are not pretty. That does not mean we deserve less love and care.

We have to step away from the narrative that self-love is all about cute hats, coffees with hearts, flower markets and bubble baths. Going on your self-love journey can feel lonely at times. Healing can be painful. Grief can be overwhelmingly isolating. Anger and rage can be destructive.

However, by letting those emotions come to the surface, acknowledging them, and allowing them to show you which part of your mind, body, or soul needs to be truly looked after, you alchemise yourself.

You will wake up one day, look in the mirror and see the real you. The you, made up of all the pieces together. Each one plays a role in who you truly are, carefully creating the person who stands in front of you. This is the day when you get to love and care for yourself authentically. You recognise the parts that need a little more space, a little more kindness.

By embracing those, you get to know the most important person of all - you. You get to know what helps you look after yourself in a meaningful way.

Now, you can take a bubble bath.

By Deyana Petrova



Reconnect with Nature to Renew Your Mind and Life

Have you ever felt calmer after a walk in the woods or sitting by the sea? That's no coincidence—nature has a way of restoring balance, lifting our spirits, and helping us feel more grounded. Research suggests that connection to nature could reduce stress, improve sleep, boost immunity, sharpen focus, and bring a greater sense of purpose. But beyond personal well-being, reconnecting with the natural world strengthens relationships and deepens our sense of responsibility to care for the planet. Nature isn't just a backdrop to our lives—it's a relationship we belong to. When we engage with it intentionally, we cultivate awareness and a deeper connection to the Earth. As spring brings new life, it's the perfect time to embrace the renewal that nature offers.

Getting started

Discover Your "Why"

Connecting with nature starts with intention. Ask yourself: Why do I seek this connection? Reflect on past moments of peace in nature—a forest walk, a sunrise, or waves on the shore. Identifying what draws you to nature helps make your experience more meaningful.

Choose safe and inviting natural spaces

Where you immerse yourself matters. Seek welcoming places such as parks, forests, or lakesides. Plan ahead—check the weather, dress appropriately, and bring essentials like water and a first-aid kit. Respect and protect the environment by following the "leave no trace" principle.

Make time for nature a priority

Even ten minutes outdoors—whether walking, stargazing, or eating lunch outside—can improve well-being. Small, consistent moments in nature strengthen your bond with the Earth and provide balance.

Disconnect and be present in nature

Unplugging from technology deepens your connection to nature. Make outdoor time tech-free and engage your senses—listen to birdsong, feel the breeze, and breathe in fresh air. Observing without distraction fosters clarity and emotional balance.

Show gratitude and respect for nature.

Nature sustains us, and small acts of care strengthen our relationship with it. Pick up litter, minimize waste, support conservation efforts, and choose eco-friendly habits. Respect wildlife and preserve natural spaces to ensure their beauty remains for future generations.

Spring Seed Sowing Practice

Spring is a season of renewal and growth, reminding us of life's cycles and fresh starts. It is the perfect time to plant both literal and metaphorical seeds for the goals you wish to nurture. Begin by reflecting on the areas of your life where you seek growth. If possible, choose a plant or seed that symbolizes your intention and set a clear, actionable step to support it. Track your progress alongside your plant's growth as a tangible reminder of your commitment.

Physical: Focus on movement and well-being. Choose seeds that symbolize strength and resilience, such as oak or bamboo, and commit to habits that support your health, like regular exercise and balanced nutrition.
Intellectual: Cultivate curiosity and knowledge. Select wildflowers, which represent diverse learning, and set a goal to read, study, or develop a new skill.

Emotional: Foster self-awareness and resilience. Plant a sensitive plant (*Mimosa pudica*) as a symbol of emotional growth, and engage in self-care practices or meaningful connections with others.

Behavioral: Build consistency in daily habits. Choose herbs or vegetables which require regular care, symbolizing a commitment to positive routines such as mindfulness or structured daily practices.

Spiritual: Deepen reflection and inner awareness. Plant lotus or sage as a reminder to dedicate time for meditation, contemplation, or a deeper connection with nature.

Social: Strengthen meaningful relationships. Flowers that attract pollinators, such as bees, symbolize community and connection. Take steps to nurture friendships, plan gatherings, or contribute to social well-being.

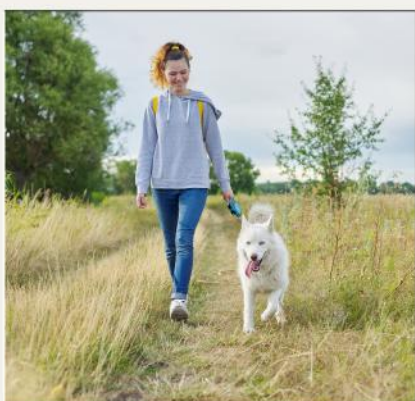
Occupational: Foster adaptability and career growth. Select bamboo or fast-growing vines representing resilience, and define clear steps to advance in your profession or creative projects.

Environmental: Support sustainability and ecological balance. Choose native plants that benefit local ecosystems, and take action to reduce waste, conserve resources, and adopt eco-friendly habits.

Spring is a season of renewal, offering the perfect opportunity to cultivate growth in both nature and life. By setting intentions and nurturing your aspirations, you create space for transformation. Let this season inspire you to reconnect, plant new beginnings, and embrace the possibilities that come with each step forward.

By Karina Jaskova

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Emotional baggage

Kerry embarked on a profound spiritual journey of self-discovery after meeting a journalist named Andy Whist during a bustling modelling shoot in a vibrant city.

This encounter marked a pivotal moment for her as if she had been handed a key to unlock the secrets of her true potential. In that instant, she understood the importance of releasing the emotional baggage and toxic influences that had held her back from making positive progress. With newfound determination, she stepped forward, ready to embrace life fully.

As she began this journey, life started to unfold in unexpected ways. Opportunities that once seemed elusive suddenly aligned perfectly, each one presenting itself like a gift waiting for the right moment.

Kerry realized this journey was fundamentally about taking action, recognizing divine timing, and embracing transformational change. She utilized her past experiences and self-help tools to move forward, deepening her understanding of herself and the world around her.

She experienced a rollercoaster of emotions throughout this transformative process, facing both loss and victory. From this, she coined her personal mantra: "If I win, I win; if I lose, I lose—either way, I win because I learn something new about myself." Each experience taught her invaluable lessons, shaping her into a stronger and wiser version of herself.

After enduring these small battles, Kerry became convinced that something remarkable awaited her on the horizon, even if it had not yet materialized in physical form. She could envision possibilities further along her future timeline as long as she desired them.

Kerry recognized that this journey was far from easy; it required immense courage, resilience, and a willingness to confront her deepest fears. It was a process that involved her mind, mainly followed by the body and spirit, aimed at constructing a more authentic self. As she continued along this path, she felt herself evolving closer to her true identity, ready to embrace the endless possibilities that awaited her.

For Kerry, it was all about learning to accept herself. In 2023, she fully stepped into this new chapter of her life as a psychic clairvoyant medium and hypnotherapist.

By Kerry Mayes
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Supporting



Changing careers & overcoming challenges in your mid-thirties through small habits

Making a career shift in your mid-thirties is terrifying. The emotional, financial, and mental instability that comes with stepping away from a long-pursued path can be overwhelming. For years, I dedicated myself to a dream I had since I was a teenager, only to realise that it no longer aligned with the person I had become. This realisation was one of the hardest truths to accept but also the beginning of my transformation.

Small, daily habits became my foundation. Committing to simple routines such as going to bed and waking up at the same time, exercising regularly, eating clean, and quitting alcohol provided me with stability when everything else felt uncertain. More importantly, I embraced a period of isolation to reconnect with myself, allowing me to quiet external noise and truly listen to my inner voice.

Immersing myself in the wellness industry and becoming a mindset coach played a crucial role in my journey.

Through this shift, I found purpose in helping others navigate their challenges, and in doing so, I gained a deeper understanding of my struggles. Facing uncertainty and overcoming depression multiple times required a

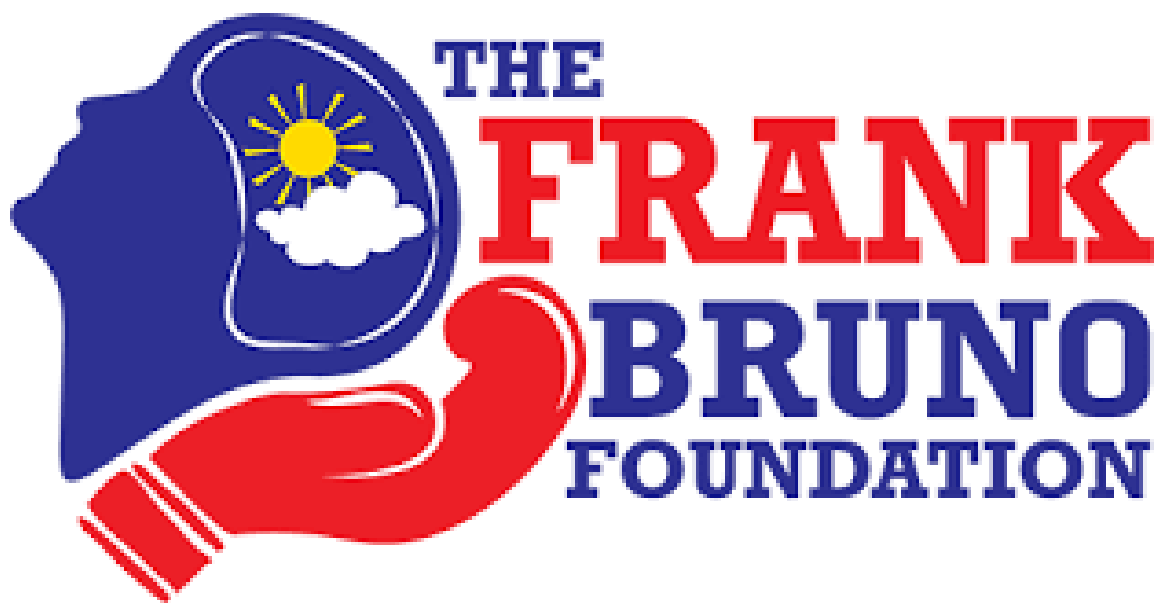
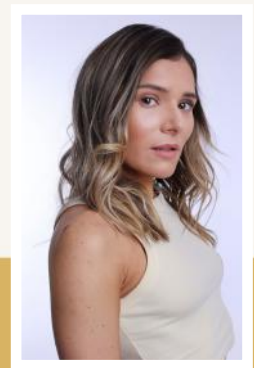
complete mindset shift. I had to break free from imposter syndrome, let go of the pressure to have everything figured out, and fully embrace the unknown.

The hardest part wasn't just changing careers; it was accepting that I had outgrown an old version of myself. Sometimes, we become someone entirely different on the way to a goal. Taking time for self-reflection, respecting my body and mind and prioritising my mental health have been the best decisions I've ever made.

I'm not saying I have it all figured out, but I've come to realise that it was never about the destination. It's always been about the journey. If I could give my younger self one piece of advice, it would be: Don't lose today trying to live for tomorrow.

By Mariana Brandao

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