

for ways to switch out of the corporate world, but would fall back into the same work and the same measures of success.

<pictures of travel – Sth America, India , somewhere else hiking >

I was all in my head and not connected to my body. I didn't love or trust my body, and thrashed it with partying and long hours of work. It responded by being constantly tired. When my husband and I returned to New Zealand to start a family after three years in London, I struggled to conceive, with a miscarriage and three years of trying before my daughter was born through IVF. My body was trying to tell me to slow down, reduce my stress, nourish it with wholefoods, and restore it with soulful movement, but I kept ignoring it in the chase for external validation. I was constantly searching for the next job that was going to help me be happier, **so much so that**, I changed organisations three times in **five** years.

Looking back, there were nuggets of truth trying to peep out at me. Leadership courses and experiences followed, which supported me to reconnect with my values and my true nature. Threads appeared where I kept coming back to a love of dancing, the enjoyment of mentoring and coaching others, a passion for the outdoors and a desire for leadership that honours the feminine as well as the masculine. Threads that are being weaved into my work now. Trying to constantly find the next step up the ladder often muddled this. I found it so difficult to connect with my intuition, and truly see myself and my strengths.

The transition to motherhood, plus my husband nearly dying in front of me from a cardiac arrest just a few months after my daughter was born, shook me to the core. As we navigated his recovery, I wondered **why I was waiting** to live the life I truly wanted. My work that I had excelled in, but didn't fulfil me, no longer seemed so important.

<picture of Olivia as a baby; Picture of Dave and I, picture of me dancing?>

“Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.”

– Howard Thurman>

I circled my family in love and **focused** on them, rather than going back to work at the end of my maternity leave. I invested in a coach who connected me to my soul's gifts. Slowly, I reconnected to my body, and all its changes from motherhood. I started to respect and honour my body's beauty and wisdom. I spent more time outside, and more time playing and exploring what I enjoyed. I nourished deeper connections with other women, **in** whose presence **I lit** up. I discovered Qoya and the power of movement to come home to ourselves. I started my journey of coming home to me.

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Commented [SH5]: Changed wording slightly for better flow. Can add 'when back in NZ', or 'on returning to NZ' if you wish.

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Commented [SH6]: This paragraph was slightly confusing? I've added a few clauses (followed, appeared) to try to clarify what you were meaning, but just check it reads as you meant it? Potentially, 'nuggets of truth' needs changed, that might be throwing the rest of the paragraph out. Possibly something like 'signs...of discontent' instead?

Commented [SH7]: Changed wording slightly, just a suggestion

Deleted: what I was waiting for,

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