

'A Day in the Life' of a Wellbeing and Meditation Coach

1	<p>Please give a brief description of what you do & the company you work for?</p> <p>I am a self-employed wellbeing and meditation coach.</p> <p>I facilitate yoga and meditation retreats both in the UK and abroad.</p> <p>I train others in holistic therapies and offer 'one to one' sessions.</p> <p>I have held meditation sessions in London offices.</p> <p>I have worked with children for the last 4 years holding mindfulness day camps partnered with a fantastic charity 'Therapeutic hooves'. I have also held mindfulness and meditation classes in schools to year 6 and the prep school at St Edmunds college Ware.</p>
2	<p>What does your average day entail? Where do you work? (Environment - Office, home, studio etc.) What is your work pattern? (Full time/part time etc.) What are the main activities during your day? (i.e. meetings, emails, practical tasks, visiting clients etc.)</p> <p>I work full time usually from 9am to 10pm with a break from 3:30 to 7pm. I see clients on a 'one to one' basis or hold meditation evenings, self-development classes, training days or workshops.</p> <p>I spend a part of each day replying to emails from people interested in the courses or asking various questions.</p> <p>I also have allocated work time put aside to write courses and meditations.</p> <p>There is a lady who helps me with the admin such as printing and formatting the manuals, writing confirmation letters and preparing certificates.</p> <p>One weekend each month I will facilitate a Reiki course, or hold a meditation training day.</p> <p>My treatments are based at home although I regularly travel out to different venues/studios to run workshops and courses.</p>

3	<p>What skills and qualification are required for your role?</p> <p>I have attained qualifications in meditation training, Reiki Masters/Teachers and quite a few other holistic courses.</p> <p>For my role it is important to have compassion and empathy for people and have a genuine interest in well-being and self-development.</p> <p>Sometimes it can be quite daunting talking in front of lots of people, especially for an entire day, therefore it is important to be passionate about what you do and make sure it always comes from your heart, you also need to know your subject inside out.</p>
4	<p>What do you enjoy most about your job? What are you least favourite aspects of your job?</p> <p>I enjoy my job immensely, I work really hard but I love the work so much it doesn't actually feel like a job.</p> <p>My favourite aspect is helping people find the tools to overcome the challenges in their lives. Teaching meditation is also incredibly rewarding – the last comment I had was from a lady who said if she was offered a million pounds instead of learning to meditate she wouldn't take the money.</p> <p>My least favourite part is listening to some of the difficulties people face in their lives, it is sometimes hard to separate yourself and it can be quite sad.</p>
5	<p>What were your favourite subjects at school? Why? Do these link/relate to the job you do now?</p> <p>Drama, Media studies, English.</p> <p>Possibly Drama for confidence and English giving me the skills to enable me to write the various courses and retreats.</p>
6	<p>How did you get to where you are now? (i.e. academic routes, professional development, career opportunities)</p> <p>I have always been interested in holistic well-being and the power of meditation.</p> <p>I have taken the appropriate courses to train in this field. When you enjoy your subject the learning is incredibly enjoyable.</p> <p>I always continue to develop my skills and training.</p>
7	<p>What advice would you give to our aspiring students who are interested in pursuing a career in your profession?</p> <p>Always come from a place of kindness and compassion and have a real desire to help others.</p> <p>Find courses in meditation, there are many around as there is a massive call for this.</p>

	<p>Meditation is recognised around the world there have been countless studies and the benefits are extensive. Nearly all people wish to develop a peaceful mind.</p> <p>There are big organisations such as 'mindup' and 'mindfulness.org' which follow a certain programme of teaching and when qualified you can visit schools to teach both the teachers and students. Offering children the tools to manage their daily stress and the pressures they are faced with is invaluable and incredibly rewarding.</p> <p>Yoga and meditation retreats are really popular and also very profitable!</p>
8	<p>In your current profession what are the potential development and progression opportunities?</p> <p>I am being approached to speak in front of bigger audiences and hopefully in turn helping more people.</p> <p>Next year I am holding a meditation retreat in Portugal for 38 people, and many day retreats and courses so the work is always expanding.</p> <p>I am looking into eventually writing a book about wellbeing and meditation (well hopefully).</p> <p>With this industry there are always opportunities to grow, expand and develop as so many people are interested in well-being.</p>