

“Litigation to Leg Presses” :

My journey from disputes solicitor to a Personal Trainer.

What are you passionate about?

That was the question I often asked others who asked me for careers advice – find a role or a job that excites you. Sadly, it took me many years to ask myself the same question and make the change. Since A-Levels I had always wanted to be a solicitor, the idea of helping others and making a difference to their lives was the appeal – together of course with what I thought would be the kudos and respect that being a solicitor would bring and the accompanying healthy salary.

Self appraisal.

After 10 years as a construction dispute lawyer working for all sizes of law firm in London and the provinces - it dawned on me that the restrictions and costs of seeking legal advice meant that for most of my clients, predominantly businesses, I was not improving their lives to the extent I thought I could. Even getting great results for them did not excite them or me. A working life devoted to ‘arguments’ no longer cut it and was not particularly fulfilling. So, I additionally qualified as a marketeer and embarked on career change number two – a marketing manager / business development manager for law firms. More creative and rewarding for sure but promoting legal services was very much a distressed service – not an easy or welcomed purchase!

Outside of work physical pursuits and outlandish challenges became my focus and way of dealing with professional stress and the heart breaking diagnosis of my mum with cancer. Not a natural sportsman I grew to love the buzz that being fit and healthy brings and, even though my professional life was full-on, I found ways to pursue this new found passion.

Epiphany moment

Then the ‘light bulb moment’. A self critic, what was I passionate about? How was I best able to feel fulfilled ? Could I find a role where I could really make a difference to peoples lives in a truly rewarding and meaningful way.

The answer seemed obvious - qualify as a personal trainer and set up my own business – ‘personal best’. I combined my passion for fitness with my desire to improve other peoples lives. What could be more rewarding than helping people to improve their health both physical or mental. Facilitate life style transformation. Building something worthwhile and welcomed and working for and with truly grateful people.

Any regrets?

None at all. All that has gone before has lead me to where I am now. My professional career taught me valuable transferrable skills and allows me to relate to my many professional clients. My marketing knowledge and experience has taught me skills needed to set up a successful business, know what clients want and deliver the best service to my clients.

