

## **Episode 1: My story and why I'm starting this podcast**

Hi Guys!

Welcome to the very first episode of *The Resilient Type* podcast! Today I'll be discussing my story and basically why I'm starting this podcast.

I'll be sharing the SparkNotes version of my life, how I went from lost and unemployed to finding my purpose, and where you come into this. By the end of this episode you'll know who I am, why I'm so passionate about personal development and what you'll get from tuning in every week.

If you're listening on the go, why not take a screenshot, share it on Instagram and tag me @empoweredmilleennialgirl so I can send you some love?

### **My background**

OK – Where to begin? Well, I was born in Northern Ireland, and in 2008, just after the Irish property market crashed, I moved to Perth, Western Australia. I completed my Bachelor of Education in 2014 and I worked as a teacher for 3 years.

During this time, I faced a few challenges. Like most graduates these days, I struggled to gain permanent work, so I taught both secondary and primary school and did a mixture of relief and short contract work. It was very emotionally draining and financially insecure, and after 3 years, there really was no indication that I was any closer to gaining permanency in the industry. Sidenote: Around this time, I also got married, so I kind of needed a stable income to save up for a home deposit.

I had dedicated 7 years to the Education sector – 4 years studying and volunteering in schools and 3 years working as a teacher – so you could say I was a little cheesed off by the whole thing! I was burnt out and disillusioned... so I decided to make a career change.

### **From lost and unemployed to gaining complete clarity**

Was this the best move? Well, maybe not how I went about it! I didn't have a plan. I literally just stopped applying for teaching jobs once my contract expired and downgraded my teaching registration.

On my Instagram, I made a video with some advice for potential career-changers, so if you're interested in learning from my mistakes, go check that out @empoweredmilleennialgirl.

I thought it would be easy to get a new job and that I'd work out what I wanted to do next pretty quickly. So I applied for retail and admin positions just hoping to be able to have some money coming in. Unfortunately, the feedback I was getting was that I either didn't have enough experience, that I was overqualified, and/or they didn't really believe that I would

stay in the role long-term. I suppose the last point was true, but I think it was more that they thought I was just going to leave if a teaching job came up. Even nearly 2 years later, I had to convince an employer of this... multiple times!

2018 was honestly one of my darkest times. I was feeling really lost, worthless, and to be honest, quite hopeless. I didn't think I would ever work out what my next career would be. I just felt like I was in a hamster wheel that I'd never get out of. You could say I was experiencing a quarter-life crisis.

When I was trying to figure out what I wanted to do, I came across 'The Life Plan' by Shannah Kennedy. It's basically a mixture of personal development and planning, so if you're the kind of person who gets excited by organisation, this might be one to add to your to-read list!

Up until this point, I hadn't really been interested in personal development. I'd done a few psych units at Uni so I'd been interested in psychology, and I'd read a couple of dating self-help books back in the day, but that was it. When I read this book, it was almost like a switch had been flipped for me.

I couldn't get enough of personal development and I had a burning desire to start sharing what I was learning. Maybe it was because I was a teacher, but I've always loved books and writing as well – actually it's kind of funny, but the main reason I chose Teaching over Journalism was because I thought teaching would be more stable! Anyway, since I had some time up my sleeve, I thought I'd give blogging a go!

At first, my blog was completely anonymous. It had a different name and I didn't tell anyone about it. To be honest, I was really scared of being judged or criticised for it, but then I started getting some good feedback and I was enjoying what I was doing, so I bought a blogging course, honed my skills, bought a domain and started learning about marketing. I really do believe that you should move in the direction of what feels right and things will develop from there.

While I was enjoying blogging, I didn't think it was going to be a career for me, so I was still looking for full-time work for nearly a year.

Things started to shift for me in November 2018. Sam Laura Brown hosted a 'Figure Your Life Out' masterclass. I also read '[What Colour is Your Parachute?](#)' by Richard Bolles. Both of these were really helpful, but the real breakthrough happened just after this.

A couple of weeks later, a coach I was following on Instagram was in the process of getting her coaching certification and was looking for one-off clients. By the way, her name is Olivia Kaitlin. If you want to look her up, her handle is @thegrownupguide on Instagram. I took her up on the offer and can I just say, she's an amazing coach!

If reading 'The Life Plan' flipped a switch, getting coaching was like a light bulb blowing up! I discovered things I never knew about myself, I felt heard, supported and I came out of that session with complete clarity. I realised that coaching was what I wanted to do with my life!

## **Where you come in**

And that's where you come in. I truly believe that your mindset is everything! It influences your feelings and actions, and this directly impacts your success. Resilience is a type of mindset, and despite what you might think, it's actually a skill we all have to develop in order to persevere.

I've been through my fair share of challenges, and I know that my mindset is primarily how I got through it. That's why I'm *so* passionate about helping ambitious millennial women like you to uncover the thoughts that are holding you back, and ultimately, helping *you* unlock your potential too. So if you have that nagging feeling that there's more out there for you, that you want to step into a better version of yourself, or if you just want to stop feeling like the world is against you, then this podcast is for you!

I also have a [FREE library](#) of checklists, workbooks and resources that can help you take action, so go sign up at [empoweredmillennialgirl.com](http://empoweredmillennialgirl.com). I know it's going to be a phenomenal help!

Going forward, on this podcast I'll be chatting about goal-setting, shame and vulnerability, confidence, self-sabotage, stress management and so much more!

That's it for today, but I'll be releasing new episodes every Wednesday so I hope you'll join me again then!

Enjoying the podcast? Let's make it official! [Subscribe and leave a review](#) so more people can find the show. It would mean the world to me. And if you want to read today's Show Notes, head over to [empoweredmillennialgirl.com](http://empoweredmillennialgirl.com)! Thanks for tuning in!