



### **Feeling passion, energy and fulfillment in your work? Ginny's Story 2**

As I share the rousing conclusion of Ginny's story, I am gazing out the window on green pastures and watching the horses galloping around the outdoor arena with their manes flying in the wind. Such a representation of freedom! The same freedom we desire for ourselves and everyone we come in contact with to be free from self limitations and engage our strengths and purpose to attain higher well-being.

As you may remember from our last blog, Ginny had discovered, after fifteen years, that she was very unhappy in her role as an accountant. She esteemed her bosses and enjoyed her work environment. That alone, made her feel more guilty, trapped and miserable. She talked it out with her husband. She felt his tension and alarm knowing they couldn't run their household without her salary. He found it difficult to understand, and offered no suggestions or advice.

Feeling confused, depressed, and very anxious, Ginny's well-being was very low. It was a chore to perform her work, and she finally opened up to her bosses. They were saddened by the news and asked for some time to process the changes that would occur in the tight knit group they shared with their employees. They were aware that Ginny needed her income. One of the owners had heard Joan Starkowsky from the Sirocco Companies speak about career and purpose at a business breakfast meeting. He telephoned and arranged an appointment for Ginny at Winds of Change Farm. Ginny felt so

relieved that we understood her quandary. Two weeks later, she embarked on a new path called *“Connecting Heart to Work.”*

Ginny worked painstakingly and diligently with her coach for eight months to re-invent herself. She participated in several equine learning sessions on the farm and completed most of her work by phone and video. She gained a plethora of personal knowledge through the four phases of the *“Connecting Heart to Work”* program. Clarity was becoming the norm, as her confusion washed away bit by bit. With her genuine interest and strong intuitive understanding of people and their needs; her sense of urgency and drive; her hard working nature and attention to detail, and love of aesthetics and decorating, Ginny chose the field of interior design, which met her goals, talents, abilities, purpose and more.

Due to Ginny’s good relationship with her bosses and years of excellent work, her job was temporarily changed to Office Manager, managing the office staff and training four new accountants while maintaining her salary. This brought the boost she needed to continue to work out her reinvention without disruption to her family and finances.

Ginny finished with coaching in mid-January, as she started interior design courses online. She secured a new position as designer trainee in a large family owned furniture and design center. Ginny accepted a cut in pay, but she and her husband felt they could manage financially until she was finished training.

Ginny branched out into new territory. Her anxiety level dropped, she began eating and sleeping better as she nurtured herself and grew through her storm. She even mentioned feeling joy on occasion. She transformed her brokenness and confusion by connecting to her heart and purpose and stepped out to freedom!

Be well.

Mary Ellen