

# METAMORPHOSIS: EMBRACING CHANGE

by Kelly Allison

**T**he birth of my second child was the most pivotal moment in my personal development journey.

Following a challenging pregnancy, my daughter experienced several minor health issues and at eight weeks old, she was hospitalised with whooping cough. Neither of us was sleeping and I felt like I lost control over every aspect of my life; drained mentally, emotionally, and physically.

I couldn't make her better and had nothing left to give to myself or my other child. It was an exceptionally humbling experience, forcing me to take stock of my life. My entire view of the world and what was important to me changed, it was the catalyst for me leaving my corporate career and studying kinesiology. The hardest time of my life became the most amazing gift, pushing me towards my passion and purpose.

Embracing change is exactly what leads to unexpected opportunities, yet it's often why we resist it. Our brains crave the familiar and tend to choose what we know over what could be better for us because the familiar is predictable and safe.

Sometimes we choose to let go and sometimes it is forced on us, either way it can be hard. Here are some steps to help you through the process.

1. Identify What You're Holding on to: What exactly you are struggling to let go of. Is it the situation itself, or the emotions tied to it?

2. Focus on Your Emotions: Instead of dwelling on what happened, drill down to how the situation is making you feel.

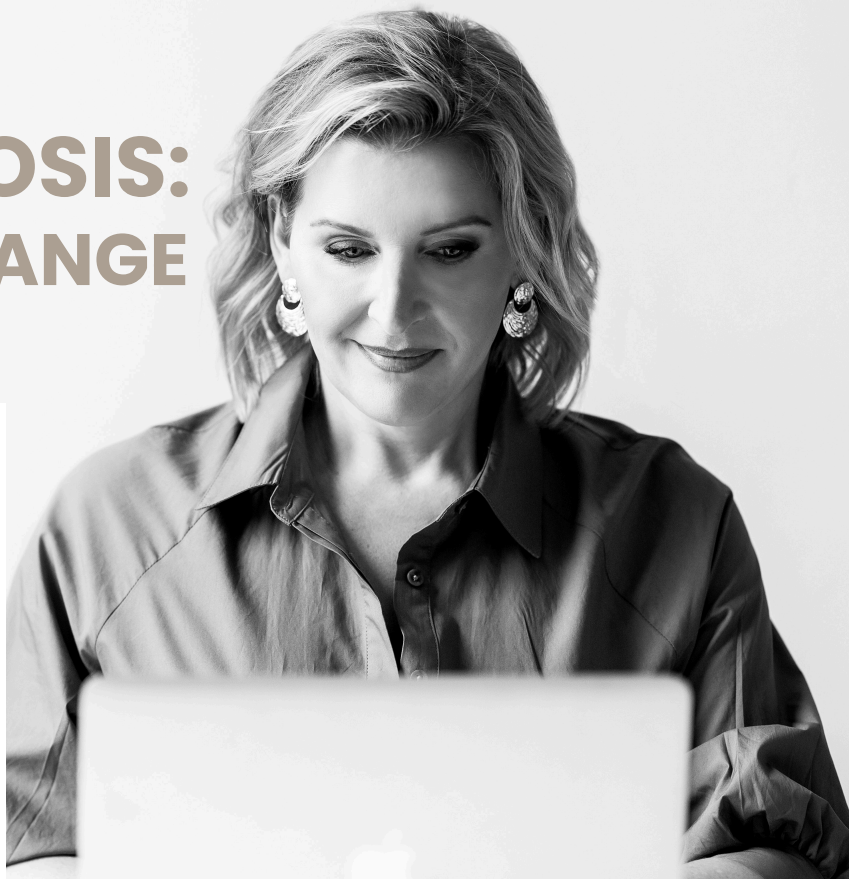
identifying the underlying emotions, such as hurt, anger, or sadness, can be key to moving forward.

3. Understand how it is impacting you: Recognise how these emotions are affecting you. This helps shift your focus from the specifics of the issue to your own well-being.

4. Accept Your Feelings: Allow yourself to feel your emotions without judgment. Acceptance is a crucial step in the healing process.

5. Focus on What You Can Control: Ultimately, you are the only person you can control. Concentrate on your reactions, your feelings, and your growth.

I have a wonderful client, whom I'll call Chloe, I started working with in her mid-30s. She had a very unstable upbringing as an only child in a single-parent, immigrant household with a mother who suffered from mental health issues. They moved frequently, and Chloe was often left alone, taking on the role of a parent to her mother rather than the other way around.



By her mid-30s, despite outward success, Chloe was experiencing significant emotional turmoil and finding life very challenging. Fast forward four years, after regular sessions with me and a lot of hard work on her part, she has completely transformed her life.

Chloe moved from the fashion world and its accompanying lifestyle to become a successful kinesiologist and counsellor. She has fully embraced a holistic lifestyle and now supports other women on their healing journeys.



**Kelly Allison**

Kelly Allison wears many hats. Not only is she a successful kinesiologist, holistic counsellor, and medical intuitive, but she also manages her thriving practice from The Holistic Hub in Middle Park, Victoria. Additionally, Kelly shares her wisdom and knowledge with the next generation of kinesiologists by teaching professional kinesiology practice.



Seeing someone turn their life around like this and find their purpose is such a fulfilling part of my job.

Our capacity to heal is in direct correlation to our ability to sit in the discomfort of our emotions.

This is why self-reflection is not only crucial for growth and resilience it is almost essential. In these moments, we often need to take the emphasis off others and ask ourselves *“why am I feeling this way and what is it showing me?”*

Be curious, getting to know yourself and what drives your behaviour will help you make better decisions in the future and assist you when things don't go your way.

