



This month, we help mum-to-be Esme Ferguson, 28, cope with the changes that being pregnant has brought and give her the confidence to get back to work...

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## the life coach



**Marianne Craig specialises in helping people who are at a crossroads in their life and career. For more information, visit [www.coachlifeandcareer.com](http://www.coachlifeandcareer.com).**

**Marianne says** 'Esme gave up work when she went travelling. Although she teaches swimming part-time, she's keen to find full-time work while she's still pregnant, so she doesn't leave it too long between jobs.'

'Previously, Esme promoted sport in deprived areas. She was clearly very good at her job and would love to go back to it, but potential employers have been reluctant to take on a pregnant woman, and these rejections have knocked her self-esteem and made it harder for her to summon up the confidence to apply for other positions.'

'During our discussions, Esme realised that the main obstacle preventing her from contacting possible employers was herself. She's experiencing the limiting beliefs that so many of us hold. These are the unquestioned but incorrect assumptions that we have about our own capabilities. To counter these, Esme should focus on her strengths and past accomplishments – perhaps listing them in a journal. Also, if she paints a picture in her mind of what she'd love to do in the future, she can return to this to halt any debilitating thoughts.'

'When I realised that bringing in an income isn't a key factor, I suggested Esme look into volunteer work before she has the baby. She was concerned about the message she'd give if she offered to work for free, so we discussed the best way of presenting her offers. She could call former contacts to let them know that she's pregnant, then explain she has some time before the birth to help out. It's important that she pushes herself to be proactive. Picking up the phone and networking will boost her self-belief.'



### TWO WEEKS LATER...

#### The verdict

'I was sceptical about life coaching, but Marianne has made me focus on what I want right now, which is to build a future career rather than earn money, so I'm looking into voluntary opportunities.'

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