

## **What motivates you – a series of interviews with Studio Cirq client AS**

Please introduce yourself:

**I am a 35 year old (female) Corporate Strategy Director & Company Secretary for an ASX-listed financial services company. My working week is LONG (circa 65 - 70 hours per week) and I travel regularly to Sydney. Keeping fit and healthy is about good time management, and I am a 'master' of that! Very few things get in the way of my pilates / yoga classes!**

When did you start doing classes?

**I first started practicing yoga about 12 years ago when I was living in Monaco. At this time I was seriously into triathlon and marathon racing and I decided that I needed to complement these disciplines with something more calm and caring on the body and mind, and so yoga was the obvious solution. With my compulsive and obsessive nature in tow, I commenced ashtanga yoga (3 – 4 times per week)- probably the most physical form of yoga.....it suited me to a tee!**

**I was first introduced to pilates when I moved back to Australia about 6 years ago, almost by accident. I was looking for a yoga studio and came across Studio Cirq which offered both disciplines. I tried a couple of classes and voila, I was hooked!**

Did you come to classes regularly right from the start?

**Yes, I was one of those immediate 'converts' to both yoga and pilates and attended classes at least 3 times per week from the beginning.**

How often do you do a class? How do you plan your work day to incorporate a class?

**I aim to attend a class (pilates or yoga) everyday. My lunch break is dedicated to exercise, not eating! Taking a class or going for a run, provides me with a clear separation between my morning and afternoon work day. If I've had a chaotic morning, a good pilates or yoga class puts it all back into perspective and in most instances takes away the prejudice of it being 'a bad day'!**

How do you deal with last minute emergencies, a phone call or conversation that results in missing a class?

**I am quite ruthless in this regard. I have a permanent place-marker in my diary to block out the time for my daily class and I generally don't take phone calls about 15mins out from the time the class is due to start – this saves me having to end a conversation abruptly! This approach is successful most of the time.... On those occasions where there really is a call I cannot end or a meeting I cannot avoid, then I look at the class schedule and try to go in the evening or I go out for a run around the Tan. 'Never be defeated' is my motto!**

Do you have any advice for someone who struggles to get out of work on time?

**Make the commitment to yourself first – you are probably your biggest hurdle. A regular exercise regime requires personal commitment and self-discipline, things we all struggle with! Here are a few tips that may assist in getting or keeping you on track:**

- 1. Set one goal**
- 2. Find inspiration**
- 3. Get excited**
- 4. Start small and get bigger**
- 5. Stick with it!**
- 6. Think about the benefits, not the difficulties.**
- 7. Replace negative thoughts with positive ones.**
- 8. And breathe!**