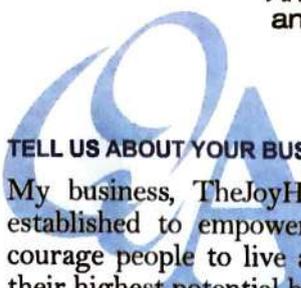


ANGELA JOHNSON

Angela shares with us a little about her business and what it's like to be a mum and a successful business woman.



TELL US ABOUT YOUR BUSINESS

My business, TheJoyHut, was established to empower & encourage people to live a life of their highest potential by assisting them to take charge of their **PHYSICAL, EMOTIONAL, PSYCHOLOGICAL, ENERGETIC & SPIRITUAL** states & wellbeing.

It's simpler really... I believe strongly that the body has the ability to heal itself, and we use the best of the best science and alternative therapies to assist client's to become congruent with what they really want, to breakthrough Conscious and Unconscious barriers to success and heal and balance their life.

Personal Breakthrough Coaching & Counselling is delivered by 1-on-1 face to face, phone &/ or via Skype, or within a group-based workshop scenario. We take a very holistic approach and use NLP (NeuroLinguistic Programming), EFT (Emotional Freedom Technique), Ericksonian Hypnosis, Cognitive Re-Imprinting, Energy Medicine & Intuitive Healing and Health & Lifestyle Consulting tools and therapies.

TheJoyHut specialises in issues relating to self-esteem/self-confidence, relationships/communication strategies, creating goals & discovering passions, health & lifestyle fulfilment (including weight-loss), performance enhancement, behavioural change & imbalance, Women's issues,

motivation, addiction (such as smoking cessation), emotional healing, pain management, fears/phobias, depression, stress & anxiety, and post-traumatic stress

Regular Mindful Mums & Women's Workshops are run teaching mindful parenting & communication, self-care, how to build harmonious relationships and leave the legacy you truly desire. When attending such events, you have the opportunity to strengthen your mind, open your heart, free your soul and ease your body. The difference with TheJoyHut is that we bring the best of the best in science and complimentary therapies to assist you to take charge and 'own' your life. Everything is your responsibility, not yours or anyone else's fault. We must be the ones to direct our focus toward what we want and learn how to get to where we want to be. This is where TheJoyHut can help

Angela's Qualifications: Bachelor of Health Science, Remedial Massage Therapy, Diploma of Spiritual Healing, Master NLP & Hypnosis Practitioner, Performance & Results Coach & Subconscious Reprogramming

HOW DO YOU START YOUR DAY?

Typically, my day starts early to the sounds of my 14month old son. I ask myself what it is that I am grateful for today before my feet hit the floor, get up and after attending to my son, have a glass of lemon water to alkaline



my system, open up the house to let the freshness of the day flow, and stretch/exercise (usually using my son as weights as he loves to join in!). Breakfast is usually shared while feeding my boy, dress both of us, and play, then some domestic work begins. Finally when my boy is going down for his morning nap, my business work day begins! This is usually around 9am.

WHAT HOURS/ DAYS DO YOUR WORK?

Sometimes it feels like I do 24hours as a mum's work is a juggling act. I set an intention of at least doing most of my business work between 9am -6pm, although depending on my son's needs, this varies. I mainly stick to keeping the weekends for catching up with family and friends. I find it extremely important to keep a balanced life as much as possible, even if it takes a little longer to complete projects and asking for some assistance from loved ones.

DO YOU HAVE A DESIGNATED AREA YOU WORK IN YOUR HOUSE?

Since having a baby, it's incredible how he appears to take up a lot of space for such a little thing! So, where we are for now, we have

a shared office and I like to take my work out in the sunshine on lovely days. My son loves to run around while I sit and work at the outdoor setting too!

DO YOU HAVE A ROUTINE YOU STICK TO FOR WORK?

I have a rough routine, however have learnt that I need to be flexible when it comes to being a mum and working at the same time, I have set days that I go to network meetings and I consult in my room at Robina on Wednesday mornings. I made a decision to never do work just before I go to bed, unless it is simply organising what I need for the following day if I am running a workshop or consulting. This is so my mind can prepare itself for quality sleep; otherwise, I would not shutdown!

DO YOU HAVE HELP WITH YOUR KIDS/ BUSINESS OR ARE YOU DOING EVERYTHING ON YOUR OWN?

My partner helps with my child when he gets home from work and my parents have been absolutely fabulous in watching him when I need to focus completely on the tasks for work! Thank you so much for your help! And I would love to take the opportunity here to thank Mums In Business Members and Melissa Groom for being so understanding when I have had to bring my boy to our meetings! He does love seeing you all .

WHAT MOTIVATES YOU TO KEEP GOING?

What I teach others , and my baby. The insights I have gained and that I am still learning, coupled with my natural urge to assist others in their own growth and challenges, motivates me. The fact that I now have a family who looks up to me for guidance I'm asking myself constantly..."are you living in accordance with the

legacy you want to leave?". I find that my values as a mother and a woman have such a profound motivational quality. A mother is the very first person that teaches their children how to 'BE' in this world and that is all the motivation needed!

WHO'S YOUR BIGGEST ROLE MODEL IN BUSINESS?

As far as a 'Mum in Business', I would have to say, Kiwi born-Aussie mum, Terriane Palmer.

Her personal purpose in life is very similar to mine, which is to inspire and motivate people to live up to their true potential and achieve excellence in all areas of their life. She is a mother, wife, business owner (BMS Fusion), International Speaker and Trainer, Image Consultant, Master Coach & Entrepreneur. I have learnt so much from Terriane and have worked with her, so can appreciate, first hand, how passionate she is about helping people get more out of life, love and work. I am inspired by her heart, energy and her ability to grow and balance her personal and professional lives.

WHAT'S SOMETHING EXCITING THAT'S HAPPENED TO YOU IN YOUR BUSINESS?

I have run a MINDFUL MUMS AND WOMEN'S WORKSHOP SERIES for some time now and I am so excited to have a platform to share with others and build relationships with some amazing women! The relationships that you develop with fellow business people, clients, colleagues and to be around those who are like-minded is just so heart-warming. I'm also very excited to have had the opportunity to be featured in various magazines this year! One of my goals is to become an expert author so I am well on my way!

WHAT'S YOUR BIGGEST CHALLENGE OF BEING A MUM IN BUSINESS?

Learning that it's ok to ask for help and take some time out for me! Being a mum is so demanding at times and I feel that it's so important to keep practicing balance in your life, especially as a mother. We all have these different 'hats' that we put on throughout our lives that represent different 'roles' that we play. We are chefs, bankers, mediators, partners, mothers, cleaners, gardeners, managers and teachers (just to name a few). The thing is to always remember to keep in touch with the amazing woman you are underneath each of those hats and even whilst these hats are interchangeable, you are the same heart and beautiful soul at the core. Never be too afraid or proud to ask for help when needed. The consequences of expecting to do it all on your own is much worse than speaking up!

WHAT DID YOU DO FOR WORK BEFORE YOU BECAME A MUM IN BUSINESS?

I was involved in the health industry and worked as a Circuit Trainer in a fitness centre, while studying many modalities to add to my business ideas, which have been floating around in my head for some time. Prior to this I was a Massage Therapist, so the health and wellbeing industry is where much of my passion exists.

BEST TIP FOR OTHER MUMS IN BUSINESS?

Always do what you love, set specific measurable goals, be who you truly are, and build fabulous relationships....then, the rest will follow.

Your website address

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