

Jo Collins, with
her husband, Miles



'Is this *really it* for my life?'

THE TESTER: Jo Collins, 33, a marketing executive, from Surbiton, Surrey

'I always thought I'd have achieved more by the time I hit my thirties,' says Jo. 'When I think about my life so far, I feel disappointed. I imagined I'd have risen through the ranks at work by now. And although I'm doing perfectly adequately, I don't feel I'm tapping my full potential. My mortgage and marriage mean that jetting off to far-flung destinations to do the aid work I always dreamed of is out of the question, too. My husband, Miles, 34, doesn't share my wanderlust, and I wouldn't want to leave him for months at a time. The future doesn't seem to hold the things I'm most passionate about, so I feel in aspirational limbo. Compared with the achievements of university friends, I feel left behind – one's a head teacher, a couple are senior managers, and one's a TV producer. I should be happy with my life, grateful for my good job and happy marriage, but I can't help wondering, "Is this it?" I feel stifled by routine and chores.'

THE COACH: *Thirtysomething Crisis*
Coaching with Jo Orgill

'Most of my clients have been in a job for several years, achieved what they set out to achieve, but are now wondering whether this is the life they actually want,' says Orgill. 'Your thirties is an age of questions and transition, when you want to know how to get the life you feel you deserve.'

WHAT HAPPENED: 'The coach spent the first one-hour telephone session asking me stacks of questions,' says Jo. 'I found it easier opening up to a faceless

person, rather than to a friend. I admitted I don't feel as confident in my career as I'd like, so Jo set me homework that included listing the criteria my dream job would have – where it would be, the ideal wage, and so on. I was also asked to imagine a day in my ideal life, but I haven't had time to do this yet.

My second session focused on assumptions. Jo explained that we all have underlying beliefs, many of which are unfounded. When I told her that I felt left behind on a professional level, Jo made me see that the years I took out volunteering in my twenties in Hungary, Belize and Africa ate into my career. It's not that I'm incapable of progressing, just that I stepped out to pursue a passion – and that in itself is an achievement. I told Jo I now feel trapped by a lack of travel, so she suggested looking into two-week volunteer placements, instead of our usual European holiday. I was tasked with being grateful for the good things I have in my life, so I came up with the idea of regularly writing a list of all the positives.'

THE VERDICT: 'There's something very cathartic about voicing your fears and worries aloud, and I found life coaching incredibly useful. Jo helped me realise that my days of adventure needn't be over and that I've achieved just as much as my friends, simply in a different way,' says Jo. 'She didn't tell me what to do but, through talking it over with her, I found my own solutions.'

TO BOOK: joorgill.com. A 60-day package costs £150 (includes initial consultation, three telephone coaching sessions and unlimited email support). ☛

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