

Motivation

by Michelle



Welcome to our inaugural 'inspiring women' column. Each month we'll profile someone with incredible strength, in body, mind and spirit. We hope sharing their stories will inspire and motivate you.

We're thrilled to introduce our first inspirational woman. This 37-year-old is a taekwondo champion, owner of Glow Women's Fitness Online and mother of four. Thought you couldn't do it all? Michelle Hext is proof you can.

Q You've had incredible success in Australia in taekwondo competitions (six-times state and national champion), and were the team trainer for the Victorian Women's Black-belt team before you even turned 30. What drove you to be so successful in taekwondo?

From day one, taekwondo gave me so much. I grew up in a fairly dysfunctional family; rules and order were not the order of the day. Discipline was random and I didn't know what to expect from one day to the next.

Taekwondo gave me structure and taught me self-discipline. It also taught me about integrity. It unlocked who I really was, who I didn't know I could be. I found I was so strong. I fought my very first Black-belt fight after having my Black-belt only six weeks. I won my division against the current National Champ who had been competing for years. I was so focused on my goal, there was no way I was walking away without a gold medal.

Q In addition to personal training, you're a qualified life and business coach.

What makes you want to help people – and what do you get from it?

Coaching for me was a natural extension of what I was already doing. I had always used an approach that was 90 per cent mental. I am constantly looking to unlock what it is for my clients that allows them to tap into their own inner drive and motivation so that I am setting them up for life. Coaching filled the gap when it came to the skills we gain as trainers and the skills we need to really make a difference.

Q How do you run a household (with four children!), operate a business and maintain your sanity?

I've always been good at keeping the balance. I also tend to be a bit selfish and say no a lot! I know what my priorities are and they are my main focus. I also like to keep things simple. When I train hard, get enough rest, eat for energy and have enough time for me, I feel strong and powerful, my focus is clearer and the challenges seem less.

Q What are some of the major challenges you've faced during your career and how did you get through them?

My other company launched at the Crown Palladium early last year and this was a major source of stress. We were trying to fill 500 seats, knowing that we weren't quite ready to launch. I kept focused on coming out the other side and

the skills we had gained along the way. I focused on the fact that the night itself was an unbelievable success, the event managers were blown away that this was our first event – that felt good.

I also kept it in perspective. At the height of the stress I could say to myself 'no one is going to die from this'. When I was able to hold it up to images of losing someone I loved it paled, it didn't even rate on my Richter scale. Sounds a bit morbid doesn't it?

Q What are your top five tips for women taking control of their own lives?

1. Know what your priorities are and set some goals and boundaries around them.
2. Spend some time with yourself daily to reflect on your strengths, to really tap into your power. We all have strength within us but often we are too busy telling ourselves we aren't up for the challenge.
3. Find a coach or mentor who will guide you and support you when you think you can't – and to keep you accountable.
4. Surround yourself with people you aspire to. Don't be intimidated. If you want to be a successful business person then hang around with other successful business people.
5. Challenge yourself everyday. When you challenge yourself and exceed your expectations you feel a sense of accomplishment and pride, you can't help but feel great about yourself and your achievements. *