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WORK LIFE

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A ONE-DAY DIARY
FROM MORNING LATTE TO
LIGHTS OUT

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Jody Shield, Intuitive Therapist

Jody Shield, 35, is an intuitive therapist. She lives in south east London with her partner, Paul, who works in music sponsorship

MY ALARM GOES OFF...

At 8am. I meditate for up to an hour sitting in an armchair in my living room. Meditation calms the mind and energises the body so it helps me to be the best version of myself with clients. Then I'll spend an hour setting up blog posts or having meetings before leaving for my treatment room in Marylebone at 11.30am.

I'M RESPONSIBLE FOR...

Helping people overcome emotions that are negatively impacting on their lives. Many of my clients, who include models and actors as well as stockbrokers and lawyers, are dealing with overwhelming schedules and anxiety, others need to overcome traumas from their pasts, like relationship breakdown. I also run coaching sessions for corporate clients who are looking for alternative ways to handle stress as well as weekly meditation classes at Soho House. My practice is in the same field as cognitive behavioural therapy, mindfulness and energy healing. Unlike



INTUITIVE THERAPY IS IN THE SAME FIELD AS MINDFULNESS AND ENERGY HEALING

traditional talking therapy, I focus mainly on the body, not the mind. During a counselling session I ask clients to be aware of where they're experiencing their emotions – such as, is their anxiety a knot in the stomach? – and then work with them to release those tensions by focusing their attention to that area.

I GOT MY JOB...

After a holiday in South America when I was 30 and working in advertising. I took part in a shamanic ritual called ayahuasca. The experience awakened me to a more spiritual way of life and when I returned to London I started researching different types of energy healing, training with a number of alternative



FOCUSING ON THE AREAS OF THE BODY HER CLIENTS ARE FEELING EMOTION HELPS THEM TO RELEASE TENSION

therapists here, and in Europe. After two years, I left my job and started my own private practice.

MY TYPICAL DAY...

Involves seeing clients, spending up to two hours with each. I might stop them while they're talking and ask them to be aware of what they're feeling, then we'll discuss the memories that have prompted these feelings. I work until 8pm.

MY MOST MEMORABLE WORK MOMENT...

Was when I was invited to give

a talk at Bupa about pioneering healthcare trends. Bupa's head GP spoke before me and the audience comprised their corporate clients such as Goldman Sachs. Energy healing has a long history in native cultures but is not well known here, so I was nervous about how I would be received. Happily the audience was very receptive. It was a positive acknowledgement of alternative therapies.

THE WORST PART OF MY JOB...

Is admin. Running a business involves a lot of emailing, taking bookings or arranging travel.

THE BEST PART OF MY JOB...

Is the feeling that I'm helping others. One of my clients who suffered from deep depression is now training to become a therapist and holding group sessions. It's such an inspiring turnaround.

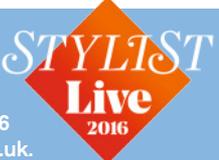
AFTER WORK...

I'll shower to wash the day off, meditate then spend the evening cooking with my boyfriend and reading before bed at 10pm.

JODY HELPS TO HEAL HER CLIENTS' ANXIETIES THROUGH THEIR BODIES

Meet Jody at Stylist Live

See Jody Shield at Stylist Live on Saturday 15 October where she'll be leading a 'How to find the calmer you' workshop. Stylist Live runs from 13-16 October at the Business Design Centre, London. Buy tickets at live.stylist.co.uk.



jodyshield.co.uk