



## S2:E7 – Hannah-Ruth Moore | The Joy of Movement

Please note this is an automated transcription with minor editing & may contain errors.

**Beth Stallwood:** Welcome to the Work Joy Jam Podcast. I'm Beth Stallwood, founder of Create Work Joy and your host for this conversation with the fantastic Hannah-Ruth Moore. Now Hannah has got such an exciting story to tell she started off her career. As professional dancer in the west end, I get very excited in this episode talking to her because the West End Theatre is a place that I just absolutely love. Totally. One of my happy places. And one of the things that brings me an enormous amount of joy and recently has gone into the worlds of entrepreneurial-ism. And is that even a word, have I made that up, maybe, and she now runs an online gym business and really interesting to see the transition and how that can bring you some joy and how we don't always have to stay in the same thing that we started off in.

[00:01:30] So I really enjoyed this conversation with Hannah-Ruth, I hope you do too. Okay. And I'm going to pop on at the end and just give you a few bits of thoughts and summaries from what I thought about the conversation. Enjoy.

[00:01:47] Hello, welcome to the Work Joy Jam this week. I'm so excited to be joined by Hannah-Ruth Moore. Hannah-Ruth is going to talk to us all about her career and her business and her roots into being an entrepreneur. And I'm really excited to be part of this conversation. So rather than me introducing Hannah-Ruth, I'm going to hand over to you.

[00:02:11] Hannah, tell us a bit more about you and a bit more about your story so far.

[00:02:16] **Hannah-Ruth Moore:** [00:02:16] Hi Beth. Thank you for having me, and good introduction is always a pressure when you have to introduce yourself because you think, okay. Right? Who am I? What am I doing? I come from a professional dancing background. So I've been dancing since the age of three, in tap, jazz, ballet, contemporary, and sports.

[00:02:39] So both I did hand in hand for a long time, I always felt most comfortable. I always say on, you know, in the, in the PE sports hall or in the, in the dance studio. That's where I said I thrived. And so it naturally, I just progressed into pursuing it as a professional career, and it's, I know it's a, it is a great industry, but it's a lot of, say it peaks and lows?

[00:03:08] And, uh, I. I know again, I gained an agent, I did the various things and I ended up landing a Michael Jackson show about two years after graduating from the Liverpool Institute for performing arts in Liverpool, which was great. I enjoyed my time there and it was a great experience, you know,

traveling around the world and performing and just seeing how people respond like one thing is music and dancing. Everyone speaks the same language when it comes to music and dance, if that makes sense, that unites people. So that was brilliant. And then on the West End stage, which was, you know, one of my, my dreams or tick my goals to tick off. And then as time went on, I naturally progressed into wanting to share what dance has done for me, because I always say that dance was something that helped me grow, like growing confidence and self esteem, so, and I really saw what had done for me for my mental, for my mental wellbeing. So, and my brother who was content with a professional sports background was in the United States of America. You know, they're on a scholarship, again, in a similar industries, when we started just join forces, we were say it was, uh, we were like, you know, it's, they are great careers. However, you have to have thick skin. And it brought us a lot of, I suppose, the dance and sport was also a great healer for us. It helped us to express ourselves to how to present ourselves, how to, uh, how to, what's the word, how to just another extension of ourselves. That's the best way to explain it, unless let's start a business where we can relate that to other people and so ye, we start up a business, it's called Sayaw and we use it to help people's mental, physical wellbeing. So that, that is the, that's, where my journey is, has kind of gone through to today.

[00:05:09] **Beth Stallwood:** [00:05:09] It's such a amazing story. And you are on my list of people who are fulfilled. One of my dreams that I haven't felt, which is performing on the West End stage.

[00:05:20] Totally get the music and dance and sports are those things that really, really unite people together. And often people ask me the question, do you speak another language? And I say, well, I can speak the language of music. Cause that's the only other language I'm actually a little bit fluent in everything else I'm a bit rubbish. So I love it. And your story is so interesting. Kind of doing it naturally going into it and then really wow achieving your dreams and understanding those things, traveling, , performing and talk to me a little bit more, cause I love what you're talking about here about dance or sports or whatever it is in that world being that extension of yourself and how it's so good for your mental health. I'm sure people can really relate to things like that. Being amazing for your physical health because you have to be in like peak physical condition to perform on the West End stage, right. Is not an easynphysical job to do so a little bit more about that extension and the mental health side of it. I'd be fascinated to hear more.

[00:06:20] **Hannah-Ruth Moore:** [00:06:20] So like you said, it's like obvious, you know, when you're in those industries, in that career, you're, you know, that the physical benefits will come automatically. You know, that's not something you have to really, you know, you have to work at it. However, it just comes with the territory.

[00:06:36] However, the mental side, it was something that I only realized later on, when I was growing up like most, you know, young people, you. You sometimes can be a bit shy or, you know, and you find a hobby, where you're able that you, that you find comfort in and that you're in that be yourself or for some reason that confidence that you're looking for, that, that I know that light, that you're looking for you find it in that whatever that hobby may be. And I think I found that I just, I enjoy, I just enjoy being active. I enjoy moving. It helps, I found over the years, it helps me to, to lower that lower my stress levels. It helps to, some days like in my work day, you know, working, working from home, just being able to move for that five or 10, 15 minutes just helps. I just find that it's like a, it's like a breath of fresh air. And so then as I was going through my career, realizing that

actually as well, mentally this really does help me, but not in the more, not in the routine, way more in the, in the let go way that the, just the, you know, put on a song and move into it.

I just, just dance and not worrying about, you know, the moves weren't being perfect. I had to add a learn almost freestyle again, and learn like technique because I had developed a technique, ballet tap, jazz, contemporary, which I love those styles. If I put on music, sometimes you need an audition and they say, you know, freestyle, it's like okay.

[00:08:12] It's like, show me who you are. Not what, not the technique that ballet comes with, with a technique that contemporary comes in with the tricks that you can do. And it's like, okay, you know, and that's something that I've had to learn over the years. So, it's a very. If this is making sense, it's just, it really helps you to open up and learn about like how you move and how you're feeling is a great way to, you know, to do that.

[00:08:41] **Beth Stallwood:** [00:08:41] It's amazing. And yeah, I love that idea that it's, and I think sometimes people think you have to be, and I know I used to think this you'd have to be really good at something to enjoy it, but actually what you're saying there is, it's not about all the technique. It's not about the routine. It's not about the kind of that, the formality of the learning of the actual kind of dancing scale, it's about using dance as a way of being who you are and freeing yourself and giving yourself the opportunity.

[00:09:08] I personally am a massive fan of dancing around the kitchen, like an absolute lunatic there is something that I totally agree with that. Something really freeing about that. There's something very fun and joyful about that. Just five minutes of a great tune on and see where you can go and you don't have to be brilliant at it. And also just kind of reflecting. I had the conversation with some great friends who used to do drama things with the other night on a zoom chat. And we were saying how much we miss tap dancing. And none of us have tap danced in years, but the idea of how wonderful it feels to do some of those dancing things.

[00:09:42] I really, really can relate to that. And here's a question for you as someone who's been like at the top of your game, you've been on the West End stage, you've toured, you've done like amazing things in dance. I'm really interested in people who take their hobbies and make them their careers. And I imagine there's like an amazing amount of joy within that, but also tell me about the stuff that maybe is quite hard when you make your hobby, your career.

[00:10:14] **Hannah-Ruth Moore:** [00:10:14] That is a very good question. So, as I was saying to you, when I started out for, from a young age, going to my local dance school, you know, how many times a week, six times a week and dancing that was, you know, it was my hobby. I enjoy doing it. I mean, I took exams yearly exams. However, it was very different when I decided it was I'm going to pursue this. I'm going to try this as my career. I want this to be something that I can. I can enjoy, but also earn money from, I can earn a living from an, you know, be stable from so, that when I made the decision and then, uh, first went to a different school for performing arts.

[00:10:53] That was my first kind of, school training, uh, or second kind of school training. It was, that was, ] I loved it, but it was at okay. Other people who share the same passionately, but being, it was very intense. You know, your interview in a year, it was. Right. This is, you know, it's a competitive industry. It's a, it's a very competitive industry and it's, you have to be ready.

when it's your, when it's your time to shine and then again, go into moving to Liverpool, I'm going to Liverpool School for performing arts, which is Paul McCartney's, Institute for music, dance acting. I mean, again was three years that I loved it. However, the level again, when went up, it was the bar was raised them.

So when you love something, yes, hobby is great. But then when it comes, becomes your, your career, uh, the stakes are higher. And I would say the joy is not always there. I'm going to be honest. I, I often had to continue to remind myself that, you know, that was the one, although I'm doing this as a career I have to constantly remind myself that because you're around so many people and so many different people that look different to you or similar to you and your, you know, it's constant comparison. And I, I definitely had to, I definitely had to, what's the word, build up resilience, build up confidence and self esteem and, and continue working these things. It's not, it's not, uh, a destination, it's a process. And even to today, I, you know, I'm still doing that. So it, it was, it was tough going to many, six auditions a week. Sometimes, I think, you know how there's six auditions, you get through one and then that one gets to the end.

[00:12:42] And then, you know, you just miss out, you know, and you spent three, four hours in the audition or two days across two days or three days. And you know, you're, you're pouring like, you know, when you're doing something artistic, you are putting you, can't not put your heart it just is impossible, do you know what I mean?

So emotionally, I would say it was at times draining. So it was important to, with checking with myself speaking to my family members and friends and just, you know, wish looking in that my mental health was intact and, and taking that time for myself.

[00:13:19] **Beth Stallwood:** [00:13:19] It's really interesting, isn't it? Because I always think a lot of what we see about other people in their careers. Like we said with you, we could see you on stage, whether that be on tour in the west end. Thank you. Wow. Look, you've made, you've made it or you're at the peak of your career and isn't it incredible how talented you are and what we don't see in that success of other people is the hard graft and the hard yards and the hard work and the kind of giving and the not getting it and going through that whole process before you even get to that moment, we just see the end results. And, you know, I can totally appreciate how hard some of that stuff must be because you're right. If you were doing the artistic stuff, you can't, you can't do it half-heartedly you have to really give of yourself. And I can imagine that kind of doing auditions going through that process. I imagine you've experienced some rejection through that time and that can be really tough on your mental health. Right?

[00:14:21] **Hannah-Ruth Moore:** [00:14:21] Definitely and I think one thing I had to learn is that you, you have to learn it.

[00:14:25] You can not take the rejection personally. That I'm not gonna sit here and pretend and say, oh yeah. You know, once, you know, once I, I, I figured that out, it was fine. No, that it's a process. No one rejection isn't a nice thing, but it's not personal. It's just not personal. And I, I, I would say, when you're going into those type of industries, it's important to know yourself.

[00:14:48] And what does that mean? You just know, you know, who you are, your values, where you come from. And also when you're auditioning for a job, I had to also learn is that you're also

auditioning the job just like] when you go to job interview and you need it, you thought, okay, do you know what I quite like this role, and I think this could be for me, but if it's kind of, I realize that it's not maybe some of that the road that you want to go down or it's, you know, it's. What's the word is in the same field of what you've been studying for years. You'd probably be like, do you know what? This is probably not best for me.

[00:15:19] I had to learn to also audition the job myself. And that's not enough. It's just, you've got to know what works for you. You know, I'm not, I, I'm not a prima ballerina. So, you know, as much as you want a dance job, I had to quickly learn that I can't audition for any and anything. Cause it's just not, you know, that's just not like that's just not that's not my calling, but that's okay. Like, that's not, it's good to know what you like, what you enjoy, what you're good at and of course you can improve on things and learn and gain new skills, dark genres along the way. But yeah, the rejection was is you had to turn. See it from a different point of view, you know, some you win some, you lose some and sometimes it's that simple, but those, those are very teachable moments that I have.

[00:16:06] Like, I wouldn't be who I am today. I feel that, you know, I've built up a lot of resilience, which at times you felt like I wondered why this, but I looked back and I think, gosh, you know, It's helped me as an entrepreneur and a business. It's helped me when I teach, you know, young people and speaking to them about their, their goals and their dreams.

[00:16:26] Just, you know, that resilience is something that you're going to build along the way. And that's good. That's okay. Those, those rejections that build you up and yeah, we'll make you who you are.

[00:16:38] **Beth Stallwood:** [00:16:38] I love that perspective on it. And I love what you said that you said, you know, it's not like you're okay with rejection.

[00:16:45] It's just that you've learned a process of being able to do it. It's not like one day you go. Yeah, I'm just fine with it because that's not the way our brains work. And I always say, love this concept of you're auditioning them as much as they are auditioning you. And there's so much translation that over into the corporate world or the walls or different types of work, where often we might sit there and think, oh, this interview, I've got to do a really good job because I've got to be impressed with, with me.

[00:17:10] And I'm like, Hmm, actually I need to be impressed with who I'm going to work for as well and what they're looking for and how, how we can work together and really taking that attitude that it is finding both of those sides and that partnership. Is it going to work for you? And also this idea of like being resilient to, and being okay with that and understanding that it is part of the processes.

[00:17:32] And it's part of what, you know, that, that old phrase, which I know is totally overused, but I'm going to say it now. What doesn't kill you makes you a bit stronger as it, it leads you in different directions and potentially the right direction..

[00:17:45] **Hannah-Ruth Moore:** [00:17:45] Definitely ,no, I agree that saying is funny, my mentor was saying this to me a couple of weeks ago, and you know that sometimes you can hear something one day and it's loud, but you know, she said it's like, it can be a bit cheesy hurt before, but then

there's some days you hear [00:18:00] a simple quote that you've had many times that it's like, you know what?

[00:18:03] Yeah, that's true. So sometimes it is just that simple, if that makes sense, not harsh, but just. It hasn't, you know, you've bounced back. So he's going to make you stronger. It has to because do you know what I mean? You've, you've survived it it's so yeah, I agree with you. I just think there's a lot of time to think. Well, I'm still here and I'm still going. I'm still getting up and I'm still going through this audition, I'm still in the industry. I'm still go for it. So it's made me stronger. So yeah.

[00:18:37] **Beth Stallwood:** [00:18:37] And, and you know, whether you're working in the artistic world or whether you're working in a corporate job, or whether you're working at a, a local firm, there's all of these things exist in every walk of working life.

[00:18:49] Right. There is always competition. There's always rejection. There are different levels, but there is always these things that we have to do. And I think what's really interesting here is, you know, you talk about when [00:19:00] you were at the Brit school and when you talk about, going sort of the Liverpool Institute, of Performing Arts, which I didn't get into, by the way I did apply.

[00:19:06] So I'm, again, very envious of your wonderful talent is you are amongst the other talented people you are there and it must be, I can just imagine myself in that situation and thinking, wow, how much of an imposter syndrome would I have when I was surrounded by such talent in all different ways. That must have been like a really interesting experience.

[00:19:32] **Hannah-Ruth Moore:** [00:19:32] It was actually a little secret for you and, little plug a recent blog that I've just written, which is on our website, which is sayaw.co.uk, I wrote about my, my, I call it my journey from confidence to faith. And I actually, when I auditioned for the difficult industry for performing arts, let's call it liver, you know, short there. I didn't get in straight away, so I was put into reserves. And so there was a good few months in the summer where I [00:20:00] was like, okay, right. There's other schools I can get into. However, this was the one I wanted to go to, to keep, you know, long story short. Three days before enrollment, I got a phone call and they were like, Hey, Hannah. We're going to offer your place. Can you move up? And I was, I will never forget that day because I was in, I was with my grandma and I don't think she, like, she knew what I what I was doing, or maybe, but she didn't really know if what I was doing. If that makes sense. She didn't really know the ins and outs of the career that I was pursuing. And I found out I was just so happy and she just grabbed me and hugged me and she was so happy. Like I'm remembering, like, she's so happy. Like, but she doesn't even really know what, that, that joy that I'm like. I can't explain it. She was sharing the joy with me, but she had no idea so joyful, but I remember that moment and I was like, I, yeah, I just packed up my stuff in three days, moved up, found that you find a flat, you know, last minute and that was it and three years started from there training and I never looked back really.

[00:21:11] **Beth Stallwood:** [00:21:11] I, ye. I am like totally goose bumping right now about the story about that moment of like, not knowing and then being three days before. And it obviously, like if we're thinking about it in the fate fate's kind of way, it was obviously meant to be right.

[00:21:27] You were supposed to be there and. that idea of the shared joy moment is so relevant to everything we talk about in the work joy way of life is the actually enjoy is really catching. And just because she didn't understand maybe the detail of what you were doing or how what it meant for your career or your future, or understanding that the shared joy there must've been just incredible if you're still remembering it now.

[00:21:57] **Hannah-Ruth Moore:** [00:21:57] Yes definitely it will always be a memory. And like you said, so we've, we've worked joy. I just think I was saying to you about bringing back the joy. I don't know about finding it, but bringing it back because we, you experience joy in, you know, why we decided you wanted to be a lawyer or I don't know an entrepreneur or, you know what I mean?

We all find where we come to that point where we're like, you know what, this is what I want to do. And like you said, that point where I was doing as a hobby, and then it was like, okay, reality, this is, this is work. This is a career. Of course it wasn't joyful all the time. In fact, there wasn't sometimes I do see the highs are very good, but the lows were very low as well. But I constantly had to find that joy. I had to find the joy in dance, but that was putting on a song and just restart it when it was going to do that. To that class that I really enjoy that just a week of my soul. The soul reminds me, oh yeah this is why I do it. Or, you know, when I'm teaching a class full of women and they're just dance and enjoy having fun, sweating, and yeah, that's like, that is the biggest reminder. Look at the power of dance or the power of when you have a gift and you're sharing that gift and spreading the joy it's yeah it's one of the best things.

[00:23:15] **Beth Stallwood:** Amazing. There's a few things I want to pick up on there. So I'm going to try and do them and remember all of them as I go through. The first one is this right? So often, we find many people I go through. I talk to you find the essence that you, you find a career you're passionate about. And if you're a lot of people, you know, it's really lucky if you find you're able to have a passion in your career and you get that but over time, I think sometimes some of the shine comes off and you might have found this as well, is that it's very easy to fall out of love with what you do. And I'm just really interested there about you saying, you know, there, there are highs and there always are, and they're always lows and in every job and in every circumstance and every organization with every person, there is no such thing as a hundred percent joy and more so you wouldn't feel the joy as heavily. I don't think if you had it all the time, it's like that moment of joy is amazing. And so sometimes you need the lows to feel the heart. But what happens, and I don't know if you've ever experienced this, but if you have, I'd love to hear more about it. If you start to fall a little bit out of love, or you can't find the passion for what you're doing, have you ever been through that experience?

[00:24:22] **Hannah-Ruth Moore:** [00:24:22] Yes, definitely, and I was talking to a good friend of it the other day. I think. So passion. Yeah. It is a great thing. When you, when you're passionate about something and I'd say I'm passionate about dance, I'm passionate about sport, I do, I do it day in and day out. I've been doing it for a long, very long time now.

[00:24:46] And I think there's moments I've had to take a step back. I had to take a step back and look at why and go back to my way, go back to why I'm doing it, why I love it also. Also maybe why, what I don't like about it, because we have to also be real about the career that we've chosen, as

you said, There's some things about it that we don't really like, and he can't pretend or hide from it, hide from those things. I had to learn that actually, that there are some things about the dance industry that I didn't particularly like that like all those things about it. However, you know, that's just the way the cookie crumbles, you know what I mean? And I have to just, okay, this is not so great about it.

[00:25:35] Go back to the drawing board. What do I love about it? Okay. How can I. How can I like take this and use it, whether that be again, using it to impact other people or, uh, journaling and writing down that every day or every couple of days writing down, you know, what was, what was great about this day and what was, I think sometimes when I'm teaching young people and I see them make the connection about a certain step, I'm teaching them or a certain routine, then you see it's like okay. That was really great. I love that. I saw that. That they like, they're getting it. Like they're making that connection between, I don't know that they're the upper body and the lower body or standing like dynamics and like the different types of dynamics. You're like, okay. Like this, that is really so basically, and I'm not sure pinpointing, what you enjoy about it and yeah. And, and the things that you don't enjoy about it, you just have to ye. You have to, you have to, I think, accept it. Ye. And decide if that's something you can, you can cope with or move forward with, or if it's something that you can't then, you know, maybe change pivot, you know, we've had to pivot a lot this year, just pivoting.

[00:26:47] **Beth Stallwood:** [00:26:47] It's so interesting. You say that because I talk about those things. It's like work joy, one side of it. And the other side, I call it work gloom, which is the stuff that, you know, you don't like, you don't enjoy it. And there's bits and every industry and every job and every role that people don't like this, you know, even when you get to choose and you're an entrepreneur and you're choosing your own things, there's still stuff within that.

[00:27:09] The is hard and annoying and stuff that you don't like or don't enjoy. And I love what you're talking about there. And it's a big part of our coaching program. When we run the work joy way, it's actually tracking and understanding more and connecting with those things that do bring you joy and understanding that those can be little tiny moments.

[00:27:28] Like, you know, see, you know, you said they're like seeing one of your students get it for the first time or kind of nail a routine or connect something together that's not been there before. And those that are moments are so important to understand. Our brains are really wired for negativity and that we remember the bad stuff more than we remember the moments of good stuff.

[00:27:50] So taking that time to think, to consider, to reflect on what did bring you joy is amazing. So totally love that within your story. The other thing that I'm really interested in, and I think we've obviously touched on it already, but I want to go a bit deeper into. Is this subject of when you have a passion, when you find something joyful, how do you share it with others?

[00:28:12] And the impact that sharing joy can have both on your own joy and on joy for other people. So tell me a little bit more about you and how you share this, and how you have shared and how you're sharing the joy of dance and sport now.

[00:28:27] **Hannah-Ruth Moore:** So perform, I think, sometimes or with when you have a career, when you're on your journey, it's a lot to do with yourself, , which is normal and make sense



because, you know, you can, what's the word it's you, that you've chosen this path and you're, you're on it.

[00:28:49] So, and you're experiencing it but I spent many years performing and dancing and training and it was all about, I'd say, you know, what about me? And there was times up to a point where. I did want to kind of take the [?] of me because you get so much energy. And I say that you remind us of why you do what you do from actually seeing other people do it.

[00:29:21] And I, when you're going into teaching, and running that business with my brother, that's one thing that I realized was when I was teaching classes and you see women or young people enjoying themselves, it was a, it was a big shift. Like, yeah, like this, there's also a joy in taking what you've learned and transferring it to others or helping it to, for others to impact and pull it in their life.

[00:29:51] Actually, whether that be a select dance that I'd meet many women that would say, oh, I used to love dance when I was younger, I used to dance, but, I used to always wonder what that was because many women, like they enjoy dancing and wanted to maybe pursue it as a career. But there was that, you know, the journey changed, and I said, but, I used to think, but you don't have to stop dancing. I actually think that, like, who says it only one way of doing things? I think he said there's only. Okay. Okay. Okay. Become a professional dancer. No, you know, there's many women that are great dancers and great dance teachers. As well there's people who teach dance amazingly.

[00:30:32] And if they can have the opportunity to become qualified as an instructor, teach that and train, you know, train with people, young people, I think, you know, that that's a great thing. So I think it was there that moment of just realizing that I get so much energy from this, and sometimes it's more fulfilling.

[00:30:50] It can be more filling than when you're doing it yourself when you're on that stage. And there's crowds of people clapping like that is amazing. Seeing what it does for someone in just like a very small] way and they can't keep coming back and they come back and they, and they want to learn how to do it.

[00:31:04] And so, yeah, doing that with the my brother and creating these programs where we teach people, but then also there's people that come on board with us and they learn, they we've trained them up and they're learning how to deliver dance or Muay-tai or fitness sessions, and then they can take it with them and do the same.

[00:31:23] It was, it was the natural progression. So building programs doing that and, and now obviously doing it online and yeah.

[00:31:33] **Beth Stallwood:** [00:31:33] And I, I, I think, and I'm reflecting on this and like, I love to dance around the kitchen. I also used to dance a lot. Like I, I did all the go to drama school, do the dancing, the top of the body, all the things that you did.

[00:31:48] I'm you asked that question, like, where does the but come from? And I think there is a lot of things that, ye. Our careers, stop us from doing at some point or our mindset, [00:32:00] stop us from doing so. So many people end up, you know, you do your qualifications, whether that's like

after school or university, whatever it is, and you get into a career and you focus, you need to talk, you just focus so heavily on kind of you and your career, et cetera.

[00:32:14] Almost those things that used to bring us joy, like going to a dance class or going to a sports thing or doing something. When you're a kid you're really encouraged to have hobbies and to kind of spend time and to make the most of those things. And even when I think about now, some of my best groups of friends are from those hobbies that I did, you know, way back when, and then I, you know, on my journey and I'd be interested to hear from our audience, whether it's similar to theirs is that you kind of get into work here.

[00:32:43] And if your work isn't one of those hobbies and you haven't managed to make that transition for many reasons, maybe you don't want to, maybe there's lots of different things they're into it is that they almost kind of fall by the wayside for a while, while you're trying to kind of work through your career.

[00:32:57] And I wonder how great it could be. And I'm going to ask you more details about it because I'm so fascinated about what you're offering now and like totally onboard with it, but I wonder how many kind of have a resurgence at some point in their career at some point in their lives where they go, hang on that thing that bought me loads of joy 20 years ago.

[00:33:16] Why did I stop? Why can't I just try that again and with the attitude now that I don't have to be good at it to enjoy it, I don't have to be in the top class. I don't have to be focusing on it being a career. I can just do it for the joy of it, and how wonderful that an experience that could be. So it's making me really, really think.

[00:33:37] But that's not talking about me anymore. Let's talk more about you. So you are now in business with your brother, so family business, amazing entrepreneurial business, and you are putting out there into the world, dance and sports and fitness and all of those things. Tell us more about that. And especially like you've had to pivot, as we talked about into the online world.

[00:34:02] Where are you focusing? What are you doing with the business? How, how are you kind of serving people with sport and with dance in that digital way?

[00:34:12] **Hannah-Ruth Moore:** Yeah, so we were like, most people are doing things face-to-face then we had to change it up. And I think last year, I can't speak for everyone. But one thing that you're possibly got to do was take a step back and look at up we're doing, reflect.

[00:34:28] And that we definitely had that, that moment, which I'm really glad and pleased that we, we did because. Again, it's, like I said earlier, there's more than one way of doing things and that's like, okay, online. Okay. How do you deliver sport and dance online? And we didn't really think about too much, but we just tested it.

[00:34:48] We did Instagram lives, you know, we did the Zoom thing, like us there was many people that ask you do what we do, instructors, teaching, martial arts with dance and fitness, who they're kind of, their life came to a hold and it's like, okay, well, how do we still want to serve people with, you know, for them to be able to access these things. Why don't we just come together? So we moved online and created this platform on free mind body, it's called the virtual membership and the way we, the best way to describe it is like, uh, a Netflix style, fitness sort of subscription and it's

so people can access more Muay-tai classes, dance classes, yoga, Pilates, strength, and conditioning, live stream from different different instructors, great instructors, uh, all from just their laptop, their phone and they get links to them straight to them. So, and if they miss a class, they can catch up on demand so we just decided, okay, let's, let's create this, this platform where people can access that. And also another thing we wanted people to do was you know, mom, dad, family, by yourself or with your flat mates, that being able to take part in these classes together, uh, you know, a mother, you know, doing a Muay-tai class, like possibly before this year, she possibly wouldn't have gone into that environment. Maybe she might have thought intimidated or she might've not felt that that was, you know, for her. However, now we have moms who can't take part in a Muay-tai class with her daughter, with her son or, uh, you know, where they can do a Pilates class together. That is another moment of joy that I really love seeing is that happening, like the, just the age gap, the barriers have been broken and being able to access those things online.

[00:36:38] So, ye, it's the first day free trial. People can just sign up for free for 30 days and give it a try. And then it's 14.99 after that. And then we just have a Facebook community group where we just talk and share fitness tips and health nutrition tips, and well-being tips and just chat. And that yesterday was pancake day you know, we all showed up. You know, just to just still feel connected. Yeah. But obviously in a virtual way and it's just, yeah, it's been it's been a, uh, a journey that I possibly would never have thought we would have been on. However, yeah, it's brilliant. I just look forward to why evolve into.

[00:37:21] **Beth Stallwood:** [00:37:21] I was going to say, I mean, it is amazing going from, you know, the things you've done in your career so far being on the stage, doing the dance yourself, going through, into teaching live, and then.

[00:37:33] One of the things I just really thinking about here is if you get immense amount of joy, which it sounds like you do from sharing your talent with others and sharing that experience, and the love that you have for dance with other people is when you do it digitally, how many more people you can potentially, work with then you could ever do when you are live in person.

[00:37:52] **Hannah-Ruth Moore:** [00:37:52] Exactly. No, it's true. You what's great about this. And what we say is that, you know, this can be accessed all around the world and, you know, we want everyone to go to access this and experience this, because yeah, dance. I don't dance fitness for is not, is for everyone. And I think sometimes, maybe today's world, it can feel like it's for a certain niche of people.

[00:38:17] However, it is for everyone. Like everyone can do it. And you, and you do what you can and, and finding your, finding your hobby again, I honestly believe that free, these people can find out their hobby again, that reignite it 20 years later, like you said, or, and just taking that time for themselves because now we're maybe navigating a new way. We're having to step back and really. You know, take time for ourselves and do things we enjoy. It was five minutes or 15 minutes, whether it's a coloring, like coloring my mom's now going back into coloring and she really enjoys, and I enjoy her seeing her do that. Or, you know, meditating or just you and your cup of tea in the morning, those 15 minutes just by yourself with a cup of tea, if that, you know, if that brings you joy then yeah, I think. We're all learning how to do that again.

[00:39:12] **Beth Stallwood:** [00:39:12] And, and learning how to live in this kind of slightly new, crazy world.

[00:39:18] And I think there's a lot of people that are talking about kind of when things go back to normal and I'm not sure that things will ever go back to normal. I think we'll go forward and maybe a slightly different way, but I'm just thinking here, reflecting it's currently halftime when we're recording this episode.

[00:39:31] And all of those parents out there who have been homeschooling and working and trying to do everything. And I'm just sitting here like smiling at the idea of like a family unit or putting on a dance class or doing some meditation together, or, you know, some of the martial arts things and just. Giving it a try, like having a double in some thing and not having any pressure on yourself to like, be awesome at it, but to just take it and enjoy it and maybe have that family unit doing stuff or having, you know, yourself and some flatmates, or just make that moment for yourself.

[00:40:06] You're talking about, I think it could bring people some real joy and it, it sounds like it's bringing you immense joy and I'm sure, like I say, it's bringing you a immense joy to do it and which I'm sure it says, but I'm sure it's also like really hard work. Build this online platform to build a whole new way of working your business?

[00:40:23] **Hannah-Ruth Moore:** [00:40:23] Definitely. And Beth you just hit the nail on the head, when you speaking about the, just a family, like, even that makes me smile, just because my, my way to sport and dance. Free my dad and my mom introduced it to me. So is it, I used to go right there sounds crazy, but that I used to enjoy going to the park with my dad and running with my dad and bike riding with my dad, or like sounds even crazy butat least we go and do this thing called we lift logs and we sometimes train with logs. I know that sounds crazy, but it's fun. But what my point [00:41:00] was that my introduction sport into it, just moving was for my dad, if that makes sense. So that, that's the, that's the, that's the main key point from this is that, you know, you know, doing something with your mom or with your friends, with your partner, with your children, when they see you doing what, you know, something and vice versa, it's a good memory.

[00:41:23] That's a good memory. I think that's why I possibly why I'm doing what I'm doing today. Because it was good. It was a sweet memory for me doing those things with, with my dad and then also with my brother so it just. It just manifested into, into this today. So I'm not surprised that we want to get all the families in the UK and move, do you know what I mean, and do lots of doing a bit of dance. So, I think I've missed your question, but you said something else.

[00:41:49] **Beth Stallwood:** [00:41:49] I'm just totally enjoying the conversation around, like, taking that memory, something that you had in your childhood that was just so joyful and you've now turned it into a business and something that you loads and loads of joy out of, and something that becomes part of your career.

[00:42:05] And it's, it's so great to hear all of, your story and I, you know, wishing you huge amounts of luck. I think it's going to be a great, great thing that you're getting out there and your energy and your passion for it is so obvious. And it's really lovely to hear that, you know, you've, you've been through things where you've been rejected and you've been through real life stuff about joy and not joy and finding things tough.

[00:42:32] And it's not all roses all the time but yet you can still focus on and find that joy I do have for you a few, uh, quick fire questions. Are you up for me firing some questions at you?

[00:42:45] **Hannah-Ruth Moore:** [00:42:45] I am ready. I'm ready.

[00:42:47] **Beth Stallwood:** [00:42:47] Cool. So my first one is for you personally, what is always guaranteed to bring you a little bit of work joy.

[00:42:58] **Hannah-Ruth Moore:** [00:42:58] Dancing in my bedroom. Randomly, this was going to be,

[00:43:06] **Beth Stallwood:** [00:43:06] Me too. I do it in the kitchen, but ye, you know, random dancing is always good for your soul, right? It's like part of the human condition. We love it. Excellent question too tell us about a book you're currently meeting or a podcast or a Ted talk or something that you would recommend to art.

[00:43:27] **Hannah-Ruth Moore:** [00:43:27] , I'm currently reading a book called Brit--ish, by Afua Hirsch it's just on race, identity and belonging I'd highly recommend this, a very good book.

[00:43:43] **Beth Stallwood:** [00:43:43] Thank you. I'll give that a read. I'm gonna, we got, we'll put the book into the notes on the Instagram posts, et cetera, so that people can link through to it.

Next one is for you in your life so far, what's the best or the most useful bit of advice that someone else has given you that you always keep coming back to?

[00:44:06] **Hannah-Ruth Moore:** [00:44:06] Hmm, that's a good question.

[00:44:14] I'm going to say there's only, there's only one you believe or not. There is only one you so, and everyone has a place in this, in this world. So during this time, when you feel that, oh gosh, why should I do this? Or, you know, I don't think I can, like, there's only one you and only you can do what you can do.

I constantly remind myself that I take each day, the last year. I've just my whole, my slow, but he has been just take each day. Just take each day.

[00:44:52] **Beth Stallwood:** [00:44:52] And they're both amazing bits of advice and it's so true. There is only ever one you, and so do the things that you want to do a great stuff there.

And ye, definitely take each day, especially the current world and say for our listeners, what is one really practical, super easy to do, bit of advice that you could give them that you think would help them get a bit of joy in there lives.

[00:45:19] **Hannah-Ruth Moore:** [00:45:19] Take between five to 15 minutes have time for just you. So whether that's in the morning, afternoon, or in the evening, take just 15 minutes for you and to do what you enjoy doing like that, that would be the main thing for me is find, find your joy, find it, or bring it back.

,

[00:45:43] **Beth Stallwood:** [00:45:43] I love that idea of bringing it back. I think that really, really resonates with me and I'm sure it will be. There's lots of people like I'm totally wanting to do some

dance right now. So before we finish off, thank you so much for being part of the Work Joy Jam. Where can our audience find out more about you and about your business?

And I'm sure many of them will want to go on and sign up to doing some dance and some fitness and some things on your site. So tell us a bit more about where they can find out more.

[00:46:13] **Hannah-Ruth Moore:** [00:46:13] Uh, so you can find us at [www.sayaw.co.uk](http://www.sayaw.co.uk). You can check us out on there and check out all the things that we're doing in a virtual membership, but you also can find us on Instagram, on Facebook and YouTube.

That is Sayaw Ltd. So you could just check us out on those platforms.

[00:46:39] **Beth Stallwood:** [00:46:39] take it and we will make sure we link everything together. when we promote this and put this out there, so thank you so much, Hannah-Ruth for joining me for sharing your amazing, incredible story. And I'm so excited to see what's to come for you and the next phase so thank you for being on the Work Joy Jam.

**Hannah-Ruth Moore:** [00:47:00] Thank you so much. And thank you for doing this. I love it.

[00:47:01] **Beth Stallwood:** [00:47:01] Well, an interesting story, Hannah has, and there's so many things that I wanted to pick out and obviously got really excited about, her background and the west end and everything she's doing, but there were a few for me that really stood out. And I think one of the, is this idea that she talks about, like, where do you find the light?

[00:47:30] And if you can't find that light at work, where else are you finding it? Do you invest time in things that you enjoy doing? You know, the idea of the hobbies and I know myself and I know many people. When you get stuck in work and life and family, life and responsibilities and everything that fits into the adulting box. It's sometimes that we really forget what those hobbies are. We forget what lights us up. And I just love the idea of really getting into it and finding your grove in that as well as at work, And I think the other things that really stood out for me was right at the end we was talking and it was just, you know, really taken by it is this idea that we should all remember.

[00:48:15] And it's so obvious that there's only one of us, there's only one of you and that everyone in the world has a place. And it's about taking each day and thinking about that, why, what is it that's driving you finding that space, being yourself and being true to those things. And I really love that advice from Hannah-Ruth. So thank you for being a podcast guest. I wish you massive amounts of success in your new venture of the online gym. We'll put the details in the show notes so that everyone can have a look at what you're up to in terms of work joy. Do you make sure you are following at create work joy on Twitter, on LinkedIn, on Instagram, on Facebook.

And if you want to find out more, you can always sign up to our newsletter. It's only once a month, so we won't bombard you with too much information and you can also head to our website, [createworkjoy.com](http://createworkjoy.com) to find out more about my 16 weeks signature coaching program. If you're interested in digging a bit deeper with me as a coach with some experiments, with a community of other people we're trying to create and cultivate some more joy in their working life. So whatever job you do, wherever you work, whatever industry you're in, wherever you are, whatever stage in your career, it's something that can really help you to discover a bit more about what you can do and the actions you can take in your world. And also you can find out more about our Club WorkJoy

which is a growing and fantastic community of people who want to create more joy in their working life and some things to help you do that. Thanks very much for listening today. I'm Beth Stallwood, the host of the Work Joy Jam, and I hope you enjoy listening to some of our other episodes.

[00:50:08] Thank you.