



THE PODCAST

S1: E13 Lucy Gallagher The Joyful Side Hustle

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Beth Stallwood: Welcome to the Work Joy Jam podcast. In this episode, we talked to Lisa Gallagher and Lucy is a millennial who has her fingers in many different pies. And hasn't taken the traditional nine to five type career route. And we have a really interesting conversation about, you know, finding what it is that you really want to do going with it, seeing what it can bring you by following some of the things that you're passionate about in your life. One thing that I really like about Lucy is a comment that she said is that you become a better and happier person for those people around you. If you give time to do the things that you love as well.

So giving yourself time, otherwise what we end up doing is we push our passions, nowhere in the pecking order. And essentially we become less fulfilled as people. I really hope you enjoy this podcast.

Hello. Welcome to the Work Joy Jam today. We have the fantastic Lucy Gallagher with us and she can introduce herself better than I can. So I'm going to hand over to Lucy. Tell us a bit about you Lucy, your background, and how you got to where you are today.

Lucy Gallagher: [00:01:44] Okay. Hello everybody. So, gosh, where do I begin? So, so my background and education is in occupational psychology.

So I studied psychology at Leeds mastered in occupational at City University London. And I worked for a couple of years in psychometrics as a consultant. So helping people, helping businesses, recruit and develop people through personality and ability testing. I then decided at that point that the consultant life wasn't for me, those long hours, lots of traveling, lots of stress at work, but there were bits in it that I really loved, like, like training for example but because of that, it meant that I actually shifted to an internal learning and development manager role and I felt that it was really more suited to my passions so meanwhile doing that, alongside everything else. So when I finished my masters, I actually heard about an opportunity to run my own business and network marketing with a company called Arvon through my lecturer. So it was all about helping people and mentoring people with a health and wellness brand. And I'd been really into my health and fitness already. and I loved, I loved everything about the brand, the ethics, et cetera and the opportunity to create my own business. To create more work-life balance and flexibility. Freedom's a big value of mine. So I absolutely loved that and jumped in. So I worked them both alongside each other. So alongside my consultancy role, and now I work more flexibly part-time in learning and development. And well, my business around that, and I think it's really allowed me to achieve more time freedom by utilizing

online business, but it's also given me the best community and past the growth and, and hope for the future.

Like when I'm doing work and sharing it and teaching it, I, I always feel happy and free. So it's really allowed me to kind of enjoy my day job more as well. Plus, you know, that flexibility kind of helps so it allowed me to kind of explore the passions. So fitness is a big thing for mines in particularly pole fitness which I now teach as an instructor because I like it.

I enjoy it. And it's fun. So, so why not? Yeah, so I, I guess I'm a typical millennial that has, fingers in lots of different pies.

Beth Stallwood: Great. And thank you so much for telling us your story and how you got to kind of the working life that you've really creative and cultivated for yourself versus a traditional way of thinking about, you know, a work as a full-time permanent thing.

And it's one thing, and you focus on that. It's so interesting thinking about how an opportunity there that you, you had a conversation with somebody in it and it created a whole different option for you and a whole different world.

Lucy Gallagher: [00:04:37] Yeah. It's funny. I always talk about that. It's like the sliding doors moment when one that kind of changed the course of your life forever.

And then, yeah, that's how I feel with everything. And it's, it's a weird one because I met my lecturer who is now a very good friend of mine at the time I lecture. I almost went to a different university. And I remember being so upset that I wasn't gonna go to that university. I went there and didn't actually quite like it, so I was really upset.

] And then I thought, okay, well, I'll go with this university. And thank God I did because then, you know, I met someone that had that conversation and, yeah, it completely changed the course of my, my life to be fair.

Beth Stallwood: Amazing. And just thinking back to that, you know, probably where you thought you might be, you, you did the degree in the masters, in that psychological world, and then into the psychometric profiling world.

And in that consultancy world may have been where you thought you would end up, but you, you thought actually at that time, the role itself wasn't exactly right for you and how you wanted to live your life. Yeah.

Lucy Gallagher: Yeah. I think we are in like, in this, in this world with so many kind of societal norms and what we should and shouldn't do, and I think up until that point, I just followed what society wanted me to do, or, you know, I went to, went to a good uni. I kind of got a master's. I got a really good job that so many people would have kind of killed for, to be fair. I'm coming out of a master's I traveled four hours a day for that consultancy role.

And that was just my normal office without any extra kind of traveling involved and, and actually I realized that I was just kind of doing what other people might asse for me to do or what might make my parents happy or, you know, society. And so I've always been someone that doesn't follow. So, I, you know, I don't know why that is, but, you know, I just thought when I was, when I was given the

opportunity and I looked into it, it was more, I never, ever imagined at the time I would go up or like I say, I'm never going to do this and I'm going to do something different.

I just thought, why not? I, if, if I can do them both. And, and then I just ever since have just followed my heart and actually there. That, that world and that kind of nine to five day in day out, just wasn't really something that lit my fire and my soul on fire. So decided to just follow the things that made me happy, which has kind of led me to where I am now really

Beth Stallwood: Amazing. And thinking about the idea of following, what makes you happy is such good advice for people is actually that you can. Make an income happen and you can find a way of carving out a career that works for you in different ways. And you can make some different choices to the ones that you know, you don't always have to follow the determined path. The previous, the well-trodden path, the kind of the yellow brick road, where are you going to it? There, you can create your own world here if you choose to do so.

Lucy Gallagher: Yeah, totally. to, and I think people are scared to do that, or they don't know where to start. You know, one of the things people often say to me is, you know, like I don't enjoy what I do or, or, or I don't know what my purpose is or my passion is.

And, and I always say to people, what do you enjoy doing? Like what makes time go fast when you're doing it? You know? So if that's. Singing dancing, organizing, meditating, whatever it might be like we can all practice and cultivate that kind of work joy, by just doing more of the things that we, we love in and around our work.

[00:08:24] So, you know, I know someone likes teaching and they work in a, in an office job as an administrator. Could you set up a hobby club and teach something that you like or do it in your spare time? And, you know, just, just following the things that you enjoy and then allowing it to see where it goes. But I think since we feel pressurized to kind of know what we want to do and, and pressure, but you know, at home and all sorts of different things that, that stop us kind of living out our truth.

[00:08:53] But yeah, I just always say to people just, just follow what, what of, what you love and see where it

Beth Stallwood: Yeah and sometimes we need to give ourselves a bit of permission to do that. Whether it's inside of work or outside of work and to say, actually, it's okay if I spend some time on this thing, this hobby, this, this action, this, you know, as you say, is it singing? Is it dancing? Is it meditating? Is it, you know, stroking a dog, whatever it is. Give yourself permission to follow some of that and to spend some more time doing it. And that can be really hard, especially when, you know, at the moment we've all got jobs and working, lots of people are working from home.

Lots of people are still in, in places working there's, you know, childcare issues and, you know, global pandemics habit have a tendency to make things slightly more difficult. And, how we do things yet. Putting yourself on that list and saying, actually I'm important to you and how can I carve out? Even if it is 10 minutes to do something that I actually really enjoy that that gives me some work.

Lucy Gallagher: Totally. I agree. I was actually listening to something in the day on an audio that was talking about, you know, we need to be selfish in, you know, in doing what we want to do and what

we love about that self care thing of looking after ourselves. And by doing that, then we allow ourselves to be the light in the world.

So if you're someone who, I don't know if there's a people pleaser and things, or when I've got kids and I've got partner and I've got so many other people that I've got to please, and I can't. Just do that for me. Well, actually you become a better person and a happier person for those people around you.

If you give yourself the time to do the things that you love as well, cause otherwise we're just pushing, you know, our passions, lower to the pecking order and, and it's not essentially not fulfilling our soul. So I just love that. So true. Be more selfish so that you can ultimately be more of a light in the world.

Beth Stallwood: in the world. Yeah, it's so interesting though. There's this concept of selfish and I know I've said it many times in different situations, but selfish has really negative connotations around the word. And yet something like self care for some people just sounds a little bit too out there. I feel like we need to invent a new word, which is about looking after yourself in a positive way so that we can all feel good about.

Lucy Gallagher: Yeah, it's a, it's a, it's a weird one. Isn't it? I don't, I am. I think, yeah. I just think the world makes it look like, you know, well, you can't be selfish because, you know, you're, you're not taking into consideration other people's feelings, but at the end of the day, it's. She was alive and, you know, you want to be happy living it.

[00:11:36] So I guess there's always my piece of advice to anybody. And I have to remind myself of that as well, to do the things that I want to do. And, and, and to just be, just to be a little bit selfish at times.

Beth Stallwood: So going back to thinking about kind of your working life and your career and how you make it all happen.

[00:12:00] It sounds like you started off having self, having a full-time kind of job and then doing the other part of your world with the health and fitness brand. Thinking about this as a bit of a side hustle to start with, how did it transition from being that I do this on the side to being actually kind of half of your working week.

Lucy Gallagher: Yeah. So it was over, it was over a period of time, for sure. So yeah, I worked both and then it was actually when I left the consultancy world that I decided that because my business was growing and I was enjoying it and loving it more and more, you know, I wanted to do more of it. And so I thought, well, this is a good opportunity now if I'm going to leave the consultancy world and going to a different, slightly different role. Internally then perhaps this is the right time. So I decided to go part time. And I think of course, for a lot of people, you know, that the level of uncertainty that, that then brings is, is difficult. But I just decided, you know, if there's never going to be a right time to do it, there's always going to be a, what if, and actually sometimes we need that little bit of uncertainty, or sometimes we need that, that little bit of a push to make us do something. So, so that's, that's, that's kind of how, and when I decided to do it, so I went part-time and actually. It it's then it's then meant that I've got more time for, for the business and what I really enjoy.

It's actually meant I've really enjoyed my job more because, you know, I've been able to pick up on the elements that I enjoy and it's, you know, because it doesn't kind of take over my life nine to five now. You know, I enjoy it in the time and, and I've got the best of both worlds. I've got that kind of the job and some stability there, but then also the kind of creative side in, in running my own business.

Beth Stallwood: And that's so interesting. And talk to me a little bit more about there. So by having the side hustle become your business and actually more of a, a feature in your life, how did it give you more joy in your day job.

Lucy Gallagher: Well, because I've felt that then I was then happier. It was like that my, my day job didn't feel like, it consumed me and I, and I knew that there was like an end point.

Whereas I think so many people, if we're working nine to five and something that we're not really enjoying. And then we're like living for the two days off that we get a week and we dread on Sundays we're dreading the next day is actually because my work week was in condensed and I was enjoying it on the days that I was working my business.

And to be fair, I still run it even on an evening if I'm still working, but it just, it just allowed me to, to relax and to just kind of, except that those are the days that I'm going to do that work. And I felt happier in myself just generally. Whereas I think if you're not enjoying what you're doing and you're not doing hobbies and things that you enjoy, then you will almost become resentful, thinking nothing nothing's working. Whereas, you know, now I'm like, I quite, I quite enjoy it because I know that in a couple of days, time, or this evening or tomorrow, I'm going to kind of do the things that I love. So it's just, it takes the pressure off, I think. And I don't say that because I'm, so, you know, the business that I run it, I do a lot of kind of personal, personal growth and personal development that I think it, it really shifted my, my mindset of things and allow me to just kind of appreciate, appreciate the little things and, and to find ways that I can do the things I enjoy in my work. So, I think that's really, really helped to be fair, that personal growth.

Beth Stallwood: Yeah, amazing. I'm going to come back to personal growth. I'm going to go back to the Sunday night thing. Cause I think a lot of people get this is I call it the impending doom of a Sunday night.

It's like, you're starting to think about getting into work. And for me there are different levels of it. So I'd be interested like the kind of slight uncomfortable excitement about it is, it's the kind of Sunday night feeling. It's quite good. It's like, oh, I've got a week coming up. I'm really excited about it all, but there's a little bit of a little bit nervous.

It can be really good and really exciting and a bit scary. Cause sometimes it can be a bit scary and we're doing big things and there's challenges that come up. But then there's the, the, the due on the Sunday night, which is actually, I call it more of like the gloom, the work of gloom that's coming, that kind of gray mist comes over you and you just feel a bit miserable about it. And for me, the idea of the Sunday night gloom, if it is that bad is a real signal to yourself that you need to start doing something too. Either find more joy in the work you're already doing, find joy in your life, beyond the work itself to, you know, take the pressure off. Don't feel resentful about it, or to even go further and to say, actually, is this the job I need anymore? Is this the right role? Am I in the right career for

me? And really, really dig a bit deeper and understand what it is you're really looking for. Yeah. So there's definitely for me a signal there about if you're feeling like that, there's probably something not quite right.

Lucy Gallagher: Yep. Yep. A hundred, a hundred percent. A hundred percent. And for me, I think that's what made me switch was I was feeling like that at any point, whenever I was going to do my job and actually never felt like that when I was doing another job, but, well, I'm the one that do it. And so I thought actually that's the, that, that became the moment where I said, well, you know what, there's never going to be a right time. But be brave and, and just, and just go for it. And, and, you know, that doesn't mean that you can't, you know, have, have a plan B and there can't be something else, you know, around the corner, but you'll never know unless you go for it. And that kind of not, not wanting to live with any regret is a big thing for me, you know, w you know, that kind of.

[00:18:17] I guess that visualization of, you know, what would you say if you were 80 years old and, you know, on your death bed, what would you, what would you say to, to your younger self or what kind of regrets would you have? And I just couldn't regret, you know, staying in something that I'm not enjoying. yeah, that Sunday night doom and gloom is definitely, definitely a signal, a hundred percent.

Beth Stallwood: It's such a warning signal. And sometimes it's a warning signal that you need to just take a little bit of action. Sometimes it's a warning signal that there's something bigger at play here and you really need to dig into it. And one of the things I'm really reflecting on with what you're saying about kind of where you're at and how you did it, it sounds to me like you managed to find a balance of where your like professional scale and strengths in your day job get used and utilized like amazing man, you get to do the things that you want to work on and that your business really works with your passion and your purpose. So you've probably got all of the things that you know, that the research would say brings you happiness or brings you that kind of feeling of fulfillment, but you're getting them from maybe slightly different places.

Lucy Gallagher: Yeah. A hundred percent. Yeah. I think you put it in a much better way than I did. That's exactly how I feel, that doing the, doing my, my side business, even though it does, it's, it's, there's a skill involved and of course, you know, I can be good at it, but actually it's what gets me by and what pushes me forward is the passion for it and ultimately that will, for me, it will turn into something that's more my main, just my main job, if you like. but yeah, and I think that's why, how, why I say it's allowed me to kind of make me enjoy my other job better because I, it, it allowed me to, I guess just realize, the things that I was good at and things that I weren't good at and, and, and how I could, you know, do a job that was, effective and, and, and, and good at the same time. So, yeah, I totally agree. It's an interesting one for sure. Having that balance is it's hard to find, but once you find it, it's, it's a real blessing.

Beth Stallwood: Yeah. Yeah. And I'm thinking here about your, you were already really interested in kind of the health, wellbeing, fitness world. That was something you already had a passion for and you managed to find a way to create a business around your passion.

Yeah. A lot of people, I talk to find it really hard to understand, to define, to dig into what their real passion is. And I'm just wondering if you've got any thoughts around that and how people can find it,

whether it's related to work or not. And some of the things people might want to do to help themselves determine what some of those things are.

Lucy Gallagher: Yeah. It kind of comes back to what I was saying about what are you, what do you in. What do you just enjoy doing so that, what do you, when you do something and time goes really quickly and it makes you smile and it could be, it could be something really, really small. You know, it doesn't have to be a huge industry. It could be, you know, painting or something. What is it that you actually quite enjoy or that you find you do quite easily? and, and it could come in many different ways that it might not be in an industry. It could be, oh, in my] work. You know, I'm, I'm really good at kind of, when I have someone in my team mentoring them and teaching them something or, but then, and also when I'm at home with my child, you know, when my child doesn't understand something, at school being able to kind of break it down. And, and so it's, it's, it's, I guess it's understanding what are those things that you quite enjoy doing, in, in, in every part of your life. And that's what I say to people is just to follow those things. And if you get any kind of I always say about following your intuition. So if you're like, oh, I really need to do that. I really, you know, I should just go and do that class or, you know, I'd really love if I could do anything I'd really love to go and do you know that painting course or, you know, then, then go and do that and see, see where that leads, you know, as an example is, fitness has always been something I've, I've done in many different forms. And I discovered, I decided one day I thought I really want to try pole fitness. All right.

Beth Stallwood: And when you say pole fitness it's can I just double check? Do you mean like the pole dancing type of fitness? Is that the kind of, yeah, I want to check. I was thinking about it in the right way. No stripper

Lucy Gallagher: No stripper stripper clubs involved, obviously,

Beth Stallwood: Obviously it was professional

Lucy Gallagher: That's it? Exactly. so aerial fitness pole and the hoop and silks, it's like a circus basically. And it's so strong. I'm going to go and try it. At never at one point, never did. I imagine I would train as an instructor and teach it. but I just went along and took class and really enjoyed it. And so just kind of kept going again, being selfish, decided to just follow something that I actually quite enjoyed. And just, and, and now I teach it on a occasional basis per week because I like it again, it comes back to, I understood that the things that I enjoyed in my work back in consultancy. Was the training side of things in L and D. It was the kind of coaching and, and teaching and educating. So I thought, well, if I love the pole fitness, why don't I teach it?

So sort of thinking, what are the things that I enjoy doing, talking, sitting in silence, meditating, and, and how can I do it? it doesn't mean it has to be just one career. It could be, you know, in your parts, in your in your spare time or at home or in your work, you do those things that, that give you joy.

Beth Stallwood: Yeah. And what you've done with the pole fitness there is you've joined something that you you've, you've joined together. The thing that you enjoy doing as a hobby with the thing that, you know, you enjoy doing in a workspace, which is education teaching training, and you put them together. Does that mean it's like double joy?

Lucy Gallagher: Yeah. Yeah. And it, and it, And then I don't, I don't feel like I do it because, you know, a lot of people say, well, I don't want to turn my passion into a job because then it's like, you know, I have to create money from it and then it becomes stressful. and so 'cause, I just, I like it. It doesn't have to, not suddenly, I don't have a whole studio and I'm doing it. I quit my job and do that. It just brings me joy. you know, outside of it, alongside everything else. So, I do think it helps? Is this a little bit more joy when it's, when it's two things,

Beth Stallwood: When you were in the doubles zone. I'm really interested in about this there's this thing about just because it you'd working in your passion doesn't mean that everything is joyful, right?

So there must be bits of your business that are still a bit annoying, a bit stressful. Some of the things that you might worry about because it's not a hundred percent joy every minute you're working in your business.

Lucy Gallagher: Gosh. Yeah, absolutely. There's always going to be something that you don't, you don't like, and, if you can outsource it then great. If you can't like most, then, you know, you kinda just have to get, you have to get on with it. So yeah, I think if we're under the, I think if someone's under the impression that we're just going to love every moment of our working life. you know, someone might love running a business, but hate the invoicing.

You know, there's always going to be something. but I think as long as if, you know, 70, 80% of the time you're doing stuff that brings you joy, then, then great. You know?

Beth Stallwood: Yeah. And, and the idea that you would ever find something, one thing that could give you a hundred percent joy all the time, I think is unrealistic. I don't think there's anybody who feels like that all the time. And also you need some of the low risk to be able to feel the highs. And even if you are kind of not a low, but a neutral place. You can feel the joy more in the moments that it comes. And for me sometimes it's about thinking about what are those small bits of joy? Not it's been amazing. I can count, you know, this, this day has been the best day ever, but maybe that conversation I just had for five minutes just sparked something in me and I loved it. Maybe, actually, maybe I am a person who gets joy out of invoicing. Maybe I'm a person who can feel the joy in making a really beautiful spreadsheet, whatever it is. Sometimes it's the small things, rather than the big things that make a difference.

Lucy Gallagher: Yeah. And so one thing that I like to, to practice actually, I always bookend my day and one of the things that I do in the end of the day is to think, okay, what was the, what were three things that I experienced that gave me joy.

So, it, it could be, you know, working from home at the moment, but going out for, for a nice walk. And I think reminding ourselves of those little things is really important just for our own wellbeing and happiness. Anyway, because as human beings, we constantly, we are, our evolution has made us think about the negatives.

You know, we always, we think, oh, that's, you know, I really don't enjoy doing that. And then we're moody for the rest of the day or something goes wrong at work. And you're like, ah, nothing ever

happens to me in the right way. We're just in that way, you know? And that's all I ever then, but we don't have, you know, tigers running after us.

And, you know, these days. So, our brains are always wanting to keep us in that safe place. I think reminding ourselves of the positives of the good things is a really good, practical thing that we can do each day.

Beth Stallwood: Definitely. And we're so drawn. Aren't we to the dark side sometimes naturally in our brains to the, to the negative, to the things we perceive as failing or doing it wrong or you know, the stuff that annoys you. And then I also think that we also have a bit of a tendency to dramatize everything as well say where it's like one thing it's like, oh, I'll never be able to do it, or I'll never get it right. Or I'll never feel any joy again, versus actually, you know, in the grand scheme of things, a lot of people, and I'm not saying everybody, because some people have very serious jobs where they are life and death situations, and aren't, they amazing that they can handle that and have the resilience and, you know, amazing credit to people who work in that world.

In most cases, in a lot of cases, I should say, not most in a lot of cases. People do not have jobs that are actually life and death situations, but it can feel like it is, it can feel really overwhelming.

Lucy Gallagher: It can, it can, and then not our brains just dramatize it all the time. It's that kind of globalized thinking, you know? Oh, I'm, if you did something wrong, I always do something wrong or I'm a bad person. Is actually, if you can then switch that self-talk to, I, I just, in that moment, I just did something silly or I just did something. I'm not a bad person. I might've done something bad at the time, but I'm not a bad person.

It's that label. And if we can try and make them more specific to a situation rather than global, that can have a really, really good effect or not on our mindset.

Beth Stallwood: Yeah, the, I did a bad thing rather than I'm a bad person. I didn't do well in that conversation versus I'm awful at everything and getting a bit of perspective on our work and our life and how it happens and what we can do about it.

And just, I'm just thinking here, obviously with your, both of your sides of work. Well, you've probably got three sites of work. If we take your newest pole fitness, I am totally once we're allowed to see each other coming to one of your classes, it sounds so much fun. And you said the word it's a bit like being a circus now I'm totally engaged with it.

Thinking about like labels we give ourselves, how do we get out of this? Who are the people in your world that help keep you? and it might be different in different places, in your kind of the day job versus the business, et cetera. Who, how do you get that perspective in and get the right people around you to help and support and keep you in a good place?

Lucy Gallagher: Community, I think is a really big thing. and unfortunately I feel very lucky in, in what I do that I, in my business that I do have a really great community, and people around me, you know, some people aren't fortunate enough to have really negative people at work or really negative people at home.

And, you know, you can't always. You can't always just kind of move away from it. So for me in my business, I have a community of people that, that do what I do. And so I really urge people to kind of find again, do find something you like and enjoy it and, and, and have a community with it. So finding other people that also love the same thing. So I have that within my business and in pole fitness as well. It's actually a culture and, the surrounding where people lift each other up. and I'm really, really, you know, I believe with the average of the five people you spend the most time with. So spending time with people that are going to lift us up and want us to be happy is really important. So, and I'm also very, very privileged at my work that, you know, I have a manager that is really supportive as well. So, I think if we can find people in our lives, then it might just be one person. It might just be a mentor or someone that we, kind of relate to, just to keep us going because it does make a huge difference.

Beth Stallwood: I love that. I call it kind of find your tribe, the people who build you, lift you, who challenge you, who kind of help you be brave, help you, go into what you need to do versus the mood hoovers. Hey, like suck all the positivity out of you. And in that zone of like, if you're spending how, you know, a good proportion of your time, a good percentage of your time with people who are negative, who are in that mood Hoover zone, who haven't got the perspective that you're looking for. You might need to look at who do you, who else do you need? You know, triba, how do you find people who can lift you up and make you feel good?

Lucy Gallagher: Yeah, yeah, absolutely. Absolutely. you know, I always think, think about someone when they walk into the room and there's kind of. I would say there's three different types of people. There's, there's, there's someone who, brings so much light and positivity into the room. And you notice that they walked into the room cause you feel better as a result. There's someone that walks into the room and, and you actually feel so much worse because their energy is just depletes.

You have all kind of life that's inside you and you don't even notice. the things that they've got so much going on, that you don't, you don't actually notice there, even in the rooms day one, ask yourself, what kind of person are you, what kind of energy you bring into other people? And I think you will attract people around you.

If you're, you know, that, that positive light energy that comes into the room, you'll attract more of those people into your life. For sure. And, and to find those and stick with them.

Beth Stallwood: Yeah, it might be a good thing to do, because you might realize that because maybe your situation or that you haven't paid attention or that you haven't had enough selfish time, you might be being the mood Hoover. There is always the possibility that you are that person,

Lucy Gallagher: We've all been a mood Hoover in our life.

Beth Stallwood: Even the most positive out there, happy people have off days and will end up being moved here it is. And it's probably about recognizing those days and understanding why you've been a mood Hoover. Why is it that I'm there? Do I need to pay myself some attention? Do I need to do something different? Do I need to get a bit creative?

I need to, what is it that will get me out of this slump? Or, you know, is it just that I was having a bad day? Cause that those things still exist. We still all have bad days. There are these things that happen. so how do we make that happen and who we used surrounding yourself with? And if you are in a zone with loads of mood Hoovers, it will be really hard for you to not be a mood hoover too.

Because we all, as humans, like try and match each other, don't we, we try and be part of the

Lucy Gallagher: Yeah, like attracts, like, so you'll, you'll be attracted to it for sure. You know, it w it will completely change your energy. And also it's thinking if you're in a situation where. No, you don't enjoy what you're doing.

And you are the mood Hoover. There might be people around you that really like doing what, you know, you might not like spreadsheets, but some people really do so you don't have energy down as well. You've got to, you've got to think about, think about yourself and then think about how you're coming across and, and yeah, and find situations that bring bring you bring you out of a, of a Hoover state.

Beth Stallwood: Yeah. Yeah. And, and just recognize it in yourself and maybe even have some people around you in your, your, your squad and your, your tribe who say, oh, Beth or Lucy. Why maid, who, why are you moving overing today? Why, why, why are you pissing on my proverbial bonfire?

Usually you're all light and there's nothing there and what's going on so that you can, you can stop and recognize it. Cause sometimes we don't know we're in it.

Lucy Gallagher: I know. Yeah. Absolutely. Self awareness is the first thing it's understand ourselves best. We're so busy, kind of. Thinking about how others people make us feel well.

Oh, she did this. And he said that, and I feel like this because they made me feel like this.

Beth Stallwood: Right. Yeah. And that's the whole, it's so much easier to blame someone else than to look inside ourselves. Isn't it?

Lucy Gallagher: Yeah, it is. It really is.

Beth Stallwood: Amazing. Thank you, Lucy, for an amazing conversation and for all of your insight and into kind of your world of multiple roles and, not just taking the traditional path has been brilliant.

I have some quick fire questions for you. If you're ready for these, should I go for it? Okay, cool. You ready? Number one for you personally, what's one thing that's always guaranteed to bring you some joy.

Lucy Gallagher: Being around people, happy people for me personally. That's what brings me joy.

Beth Stallwood: Brilliant. Thank you, question two.

What book are you currently reading? Oh,

Lucy Gallagher: I Think Like a Monk by Jay Shetty really, really often book for anyone who's interesting in kind of work and purpose. This is a brilliant one.

Beth Stallwood: Brilliant number three. What is the best or most useful bit of advice that someone has given to you that you always come back to?

Lucy Gallagher: don't try to please other people feed yourself. They always say on an airplane, you've got to put your, put your mask on first. You know, you gotta, you gotta look after yourself. Number one.

Beth Stallwood: Yeah. And that place of, if you don't look after yourself, it's really hard for you to look after other people.

[00:38:37] So if you are someone who likes to look after other people and gets that joy, you need to look after yourself as well. You can't just do the other people. what is one super practical of advice that you could give our listeners that they could go and like simple, easy go and do today, go and do tomorrow.

[00:38:55] Build it as a habit. If they want to, that you think might help them discover or get more work joy.

Lucy Gallagher: I think it goes back to what I was saying about writing, a list. So either in the morning or, or in the evening saying to yourself, what gave me joy today or what were the great things I experienced today?

And you may then start to notice one, it allows your brain to be more positive and not think about the negative, but also you may start to notice some kind of common themes around the things that you really enjoy doing.

Beth Stallwood: And that that might help you understand your purpose, your passion, and to build it from there.

Brilliant. That is fantastic. So before we finish off today, Lucy, where can people find out more about you? What you do, your philosophy, your business, all of that stuff.

Lucy Gallagher: Yeah. So, main kind of platform if you like is Instagram. So you can find me on Instagram @lucyg.livefree, where most of my content is on and you can find my website, et cetera on there too.

Beth Stallwood: [Fabulous. So head to the insta to find everything out. Brilliant Lucy. It's been amazing. Thank you very much for taking part in the Work Joy Jam. You've been fab and I'm definitely going to take some advice, and definitely look you up on insta too. Thank you. Brilliant.

Lucy Gallagher: Thanks for having me.

Beth Stallwood: [00:40:39] Thank you for listening to the Work Joy Jam podcast with our special guest Lucy Gallagher. I think there's so many little bits and nuggets and inspiration that we can take from Lucy. Some of the things that I was thinking about when we finished off was this idea of if you're struggling to find what it is, you're passionate about.

What you love doing is to consider what makes time go fast when you're doing it. And that might give you a hint about how to follow some of those things and see where it leads. So maybe do a bit of reflection in that. And I also know for advice about ending the day, thinking what are the three things that I experienced today that gave me some joy, making sure we focus on those positives and reminding ourselves that those really small, but important things that do you bring us joy in our lives.

I also think there's this idea and the advice that she gave around, don't try to please other people please yourself, and that you have to look after yourself first. And that's something I think we could all do remembering. I know I certainly could. You can follow Lucy, her Insta has changed since we did the quoting a few weeks ago.

And she's now at the Level up with Lucy, we will put that in the information about this episode so that you can click on it and click through to her. Okay. Thank you very much for listening to the work joy jam today, you can follow us @createworkjoy on Instagram, or our website is createworkjoy.com