

# Dream Jobs

This month at Velvet we have dug deep to find the 100  
those doing the job they have always dr



## **SARAH O'NEILL**

Sarah is the in-house Personal Trainer for stars like James Corden, Jamie Redknapp and John Bishop on Sky 1's A League of Their Own. She has her own PT business, is reading for a degree in Nutrition and wants to launch her own nutrition in schools programme.

### ***Have you always known you wanted to be a personal trainer?***

I have always loved fitness, but I had never thought about becoming a full time Personal Trainer. It was only when I started doing a part time nutrition course, as well as running fitness classes, that I realised my city job was getting in the way of my true passion – fitness.

### ***Was it hard becoming your own boss and leaving a successful career?***

It was certainly nerve wracking, leaving the safety net of a full time wage, but sometimes you have to take a bit of a risk and that made it even more exciting. In being your own boss, you need to be very self-motivated and disciplined. It is easy to miss the social side of office life, but the pros far outweigh the cons.

### ***What advice would you give to someone wanting to start their own business?***

The main thing to remember is that when you are your own boss you really need to practice self-discipline; work hard but remember to make time for yourself too.



Be as resourceful as possible – draw upon any contacts or relationships you have established previously, explore as many different avenues as possible and open all the new doors you can.

And finally, plan! Once I'd established what I wanted to achieve, I spent nine months planning how I would successfully make the move and it paid off! If you need to retrain, have a look at training providers which offer flexible courses that can be fitted around your current job.

### ***What's been your proudest achievement so far?***

Since qualifying, I secured a role as in-house Personal Trainer on Sky 1's A League of Their Own. Seeing myself on television for the first time was bizarre, but it made me very proud.

### ***What are your future ambitions?***

I am in the process of launching two new bootcamp projects – one in Marbella and one for 'brides to be', both of which I am very excited about. I am fitting these around my third year University studies, so the next few months are going to be pretty busy!

SARAH HAS COMPLETED LIFETIME'S DIPLOMA IN PERSONAL TRAINING. FOR MORE INFORMATION, PLEASE VISIT [WWW.LIFETIMEHECOUK](http://WWW.LIFETIMEHECOUK) OR CALL 0870 120 1209.