

HEALTHY FUTURES

LIVE LIFE *Well*

THE
ONLY
MAGAZINE
DEDICATED TO THE
HEALTH COACHING
PROFESSION

**“WHY I LEFT MY CORPORATE
CAREER & RETRAINED AS A
HEALTH COACH”**

**WHAT YOUR NERVOUS SYSTEM
MIGHT BE TRYING TO TELL YOU**

**COULD STRESS BE YOUR
SUPERPOWER?**

**HOW TO MAKE STRESS
A FRIEND NOT FOE**

**THE RAPID WEIGHT
REGAIN THAT
NO ONE TALKS
ABOUT AFTER
WEIGHT LOSS JABS**

**UNEXPECTED
FEEL-GOOD RECIPES**

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“HEALTH, AS I NOW SEE IT, IS NOT ABOUT DOING MORE. IT’S ABOUT WHETHER THE WAY LIFE IS SET UP CAN BE SUSTAINED.”

HCA GRADUATE HEALTH COACH,
NIKI STEPHENSON-AGNES

THE TURNING POINT

WHY I LEFT MY CORPORATE CAREER & RETRAINED AS A HEALTH COACH



For a long time, it worked.

The long hours. The pace. The pressure. A senior role, a busy life, a sense of purpose that came from being capable, dependable, and always available. And then, slowly, it didn't. Then, gradually, it stopped working.

Not because of one defining moment, and not in a way that was obvious at the time. Life simply became harder to keep up with. During the lockdown years, I had major surgery. Then I had Covid, three times. Then eye surgery. Shortly after returning to work - far too early and under continued pressure - I developed shingles. I felt frustrated because I'd never had a day off work before this.

It wasn't dramatic. It was definitive.

A body doing what bodies do when they've had enough: sending a message that can no longer be ignored.

At the same time, life outside of work was becoming more demanding. Like many people in midlife, I felt pulled in several directions at once. Just after lockdown, my father was diagnosed with Alzheimer's and my mother with osteoporosis. There was suddenly much more to manage at home. Work carried on as normal, but everything else became more difficult.

Something had to change.

When I asked for a small reduction in hours - five fewer hours a week, to create some much needed breathing space - and it was declined, it became clear there was no capacity left. No room for the time, the energy, the travelling, or the emotional toll that life now required.

Stepping away wasn't a bold career move. It was an act of necessity. It was an emotional decision, and a practical one.



HCA GRADUATE HEALTH COACH,
NIKI STEPHENSON-AGNES

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At the time, it felt like a huge loss. It felt like a loss because I was already facing a much more significant one. I had zero capacity to fight this. I chose to put my energy into my family.

No one should be forced to choose between their career and their family, yet that was the position I found myself in. But in hindsight, it was a turning point, and that moment marked the point at which things began to change.

What followed was not immediate. Change happened gradually, as I began to think more carefully about what had happened and what needed to be different.

In my mid-50s, I retrained as a certified Health and Wellness Coach. My interest in nutrition, gut health, stress, and hormonal health came from my own experience rather than purely the theory.

I had experienced how profoundly all these systems affect our energy, mood, resilience and clarity, particularly during midlife transitions.

Today, through my business Cambridge Health Coach, I work with individuals and organisations who recognise a similar pattern. People who are capable, conscientious, and successful but increasingly tired. People who are managing but not in a way that feels sustainable. People navigating change.

My work looks at the whole picture: physical health, daily routines, workload, and the accumulated impact of years spent pushing through.

Health, as I now see it, is not about doing more. It's about whether the way life is set up can be sustained. Whether there's enough energy left for life outside of work, and importantly, for your health.

Looking back, my story is really about the realisation that this stage of life is no longer about proving anything. It's about making sensible changes so there's enough energy left for life outside of work and for your health. And about understanding that change, while uncomfortable, is not something to be afraid of.

THINGS I WISH I'D KNOWN IN MY 50'S:

- Being tired all the time doesn't always mean you need more rest. When sleep stops making a difference, it's often a sign that something else needs attention.
- Changes in mood aren't random. Feeling irritable, flat, or more emotional often means you've been stretched for too long.
- Your body keeps the score. When you keep getting ill, your body is trying to tell you something. Broken sleep, gut problems, or brain fog don't just happen by chance.
- How you eat matters day to day. Skipping meals, relying on sugar, or eating on the go will drain your energy over time.
- Boundaries matter. Saying yes to everything eventually means saying no to yourself.
- You don't need to reach breaking point to change direction. Noticing the signs earlier makes change much easier
- Be kind to yourself. Only you can look after you.

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