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THE BALANCED BLOG



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Bamford & Beyond

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Sometimes it's not a case of taking our foot off the gas completely – more a shift in who's making us accelerate. Many of the women we talk to at the Balance Plan, have left high-flying careers for their own personal passion projects... when the latter turns out to be more time-consuming than the former, what seems to matter most is that autonomy, gratitude, delight and pride are in-built to the day-job. For Sarah McCubbin, the founder of pebble&co (www.pebbleandco.co.uk), a consultancy for luxury brands, it's not the hours she gained back, but the joy in creating something on her own terms, which has proved to be very successful. Here's how she builds the necessary pauses into her working week:

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What was your Plan A (what were you doing before?)

Working at Bamford as Head of Body and Spa, juggling three children under two, a team at work, a very understanding husband and only managing to dream about having a moment to myself. Despite loving what I did and the people around me, it was flattening feeling that everything was compromised and I wasn't really doing anything even nearly well.

What is your Plan B? (what are you doing now?)

Running pebble&co where we make bespoke fragrance and beauty collections for the world's finest brands – big and small. To be honest, very little has changed regarding the demands on me and my time however I now feel that I have at least one hand firmly on the steering wheel (the other is multitasking). Arguably busier and certainly carrying far greater responsibility than before, I feel abundantly more empowered and focused – it is incredibly rewarding taking responsibility for your path in life.

What unfulfilled dream have you recently fulfilled?

To run a half marathon

In an ideal world, how do you begin & end each day?

My ideal start to the day would be with a solitary jog followed by a big raucous family breakfast and finishing off the day enjoying a quiet glass of wine with my divine husband (and the raucous family tucked up in bed and ASLEEP).

In the real world, how do you begin & end each day?

The jog is not yet a daily activity and any breakfasts held with the family are most definitely raucous. These are interspersed with a brisk walk to work and quiet coffee at my desk. Finishing off each day with a glass of wine is not particularly conducive to bouncing out of bed for an early morning jog (hence why it's not happening nearly enough) but evenings tend to be low key dinners with friends and family. I try to finish off each day with a reminder of how fortunate I am.

What one thought or saying helps you most?

I can only make decisions based on where I am today – I've got no idea where tomorrow will take me.

What does contentment equate to, for you?

Feeling happy about who I am and where I am, and knowing that my nearest and dearest are in the same boat.

What is your favourite season, and why?

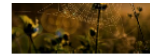
Autumn. I love the colour palette of autumnal leaves and the suggestion of dark brooding skies.

What is your failsafe mood-boosting song?

Bon Jovi gets me every time – I'm not selective!

Share the last thing that made you laugh out loud.

My five year old trying to teach me how to do the splits.



THE FAITHFUL



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