



EP 044: The Power of Self-Compassion on a Fertility Journey with Alice Rose

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome.

It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome back to the Fertile Mindset Podcast! Today I am really excited to be sharing a conversation with you that I had with the lovely Alice Rose. You may know Alice from Instagram where she has an account which she started after having IVF herself, to support and inspire the fertility community, she's also led some brilliant campaigns to advise and educate others on how they can best support people facing fertility issues. Over time Alice has developed her support offerings and has also recently qualified as a transformational coach to be able to offer even more support. I was thrilled when Alice agreed to join me on the podcast, and we had a wonderful conversation about the mindset piece and emotional side of the fertility experience. I hope you enjoy listening.

Sarah: Hello, Alice. Welcome to my podcast. It's so lovely to have you here.

Alice: Hi, Sarah. Yes. I'm so glad that we've managed this because we had to cancel last week, didn't we because my Wi-Fi was not interested in helping us record.

Sarah: I know, I know, but we weren't going to let it beat us. You know, we're here, we made it, which is amazing, and I've been really, really hoping for this conversation for a long time, actually, even before I had my podcast because I've been watching you, kind of, develop and transform, I would say, on Instagram and your own story and how you got to be in this place of fertility and mindset support. And yeah, perhaps we could start there really with, because there may be listeners here who haven't met you yet. So, it'd be really interesting to hear a little bit about your story, and how you got into this mindset work.

Alice: Yeah, thank you. So, I guess my fertility story was, I've been sharing it a little bit recently actually, but we got married, I married my husband Simon about nine, not about, I've just had my wedding anniversary, so almost exactly nine years ago and we started trying to have a baby, like quite soon after that. And I went straight to the GP because I'd never had a regular period ever. And I just thought, I don't think that's normal, even though I, well I knew it wasn't normal, but I had no other information really, so I just went to say, you know, I'd like to have a baby now, please, but I don't seem to have periods like other women seem to have periods. And actually, she was really good 'cause she sent me for a scan straight

away. And then when I had that scan, they found a fibroid, which is a uterine growth for anyone who hasn't heard of one, which I hadn't when I was first told that I had one. And this, kind of, sent me immediately into a bit of a panic because they said, oh, well, of course, it can cause problems conceiving. And I was like, what, what? Huh? Pardon? What do you mean? Not thinking that that was going to be the diagnosis. I thought, oh, they'll probably tell me I've got PCOS. Which they also said that it looked like I did. So I was, kind of, quite quickly, well, really, you know, month one really, sent straight into investigations and in a way that, that was a great thing 'cause we didn't really waste any, any time I suppose. But it did mean that it was quite intense, you know, straight away when we started to think about trying to bring home a baby. So anyway, long, long story short, what happened, in the end, was that I did have that fibroid removed. I had an operation. And then after that, I had six failed rounds of Clomid, the ovulation drug. Then I had four failed rounds of injectable ovulation. So that's the Gonadotropins. I can never quite pronounce that, sometimes I just think of them as dolphins. I don't know why, but it just, I said this on another podcast recently, I was like, I had the dolphins. But that was essentially, and I don't actually hear many people talking about this, but I mean, that's sort of half of an IVF round, really, because you have to do all the injections. It's all the scans, you're in hospital. It's really, I found just as emotionally, in fact, for me, it was actually more emotionally difficult at that point.

Then it ended up being all of those failed and it was during those 10 rounds of treatment that I really went on this sort of transformative journey, I suppose. And I think, you know, before I started to look into mindset work, I was absolutely rock bottom, I think probably around the, oh, I don't know, third or fourth, you know, after the operation, after three or four rounds of failed Clomid I was sort of trying to manage everything.

I'd completely radically changed my lifestyle and diet on the advice of a consultant that I saw to manage the PCOS. So, I was doing all of that. I was, you know, throwing myself into it as, as we all do, and trying to Google and read everything and. And I just, yeah, I did. I did that thing. I lost myself, completely lost myself. My confidence was just absolutely rock bottom. And I think it's important to also add in that, you know, other parts of my life, like had not gone to plan either, you know, I was not doing well in my career. I wasn't doing well, in the kind of any way really. And then of course, going through the fertility stuff, just, kind of, felt like a, just blow after blow after blow and there was never any let up in any way. It just felt like that relentless hamster wheel, that we, you know, know that we know so well.

So, it got to the point where I just thought I can't, I just cannot carry on like this. This is not sustainable. I cannot do this anymore. So, I started to just look into other ways to help myself. And I started to get actually really interested in that. What on earth am I doing there in my head? And, you know, it's probably also important to say I also had some support from a wonderful fertility counsellor. So, she was an NHS counsellor actually. And that was amazing. So, I had that, I also was seeing some alternative therapists and I have wonderful support from them. So, I saw an acupuncturist and a reflexologist who were both. I just felt such a relief when I saw them because they understood this world. And not that many people in my life did. In fact, nobody did really. And it was before Instagram, it was before communities like their success. Did it really, there really wasn't anything around and I just felt so lonely and isolated.

So while I was, kind of, doing all that sort of stuff, I then also picked up this book that had been on my shelf for probably two years. A friend had given it to me, and she said, I think you're going to love this. And I had gone, oh, thanks, and put it on my shelf and never picked up. And then it was that thing where I thought, I looked at it one day and I was like, okay, I think maybe now's the time. And it was *The Artist's Way* by Julia Cameron.

Sarah: Oh, I keep hearing about this book and it's not one I've read yet though. It's one of those recommendations one day.

Alice: Yeah, exactly.

Sarah: I'd be interested to hear how that related to the fertility journey then.

Alice: Oh, wow. Sarah, let me tell you. It was absolutely life-changing for me.

And it was the catalyst for just everything that changed in my life. And as I said, I was still going through all these rounds, still, had no idea how my journey would end, still felt all of those things that we feel in the middle of the fertility journey. But I started going, I basically went on this journey. This like quite radical, like in a self-exploration thing. And this, this book is that it's a course, it's a 12-week, self-paced course that you do. And it just was the most exciting thing for me, because I've done quite a lot of reading already. I knew quite a lot about, kind of, spirituality. I'd read Eckhart Tolle's Power of Now, I'd done quite a lot of other reading around, you know, things like manifestation and stuff, which I'd, kind of, thrown myself into, but then I was really losing heart with it all 'cause I just thought this isn't working, you know. Like it doesn't matter how much I wished for this, it's not magically appearing. So, I was like, no, this isn't doing it either. When it was. When I really, really went internal and started looking at my belief systems and like what I thought about myself, and really getting into that, that things started to shift, you know, really quite radically. And I changed. And I actually felt this, kind of, new wave of total, oh, I don't even know how to describe it, but it was like, my confidence started to come and, come back. I started to just do little things, which would push me outside of my comfort zone. Things happened in my career, which I never would have. This was when I was working. I worked with my dad for a long time in a production company. And I started, sort of, having quite a lot of success with some ideas that I had, and winning some really good commissions with some of the places that we were at, the BBC stuff, and then we won an award.

And there was just all this, kind of, stuff. And it all, honestly it did come from this self inner work that I was doing, and the effect that it had on how I felt with fertility was really interesting because of what I found was, I switched from, kind of, really fighting against everything that was happening to me and trying to control the entire NHS and, you know, really, kind of, raging about what was happening, to this, kind of, acceptance with the fact that it was going on.

And it didn't mean that, of course, I was still a human being. I was still grieving when rounds of treatment didn't work, I still really wanted a baby, but I had found this freedom because I wasn't raging against the reality of my day-to-day existence. So it was, it was that, which was just completely transformative.

Sarah: It sounds to me as well. I was really interested, going right back to the start, what you said there about how quite quickly you went to seek out support because you knew your cycles had never been regular. And that's something I did as well, actually, but I'd already been in the fertility world. So I, kind of, had a few clues, but it sounded like you were, you know, the action taker, you know, someone who does get things done. Am I right, saying that?

Alice: O, yeah, total control freak though.... Absolute complete control freak, which I had never really, I was like, no, no, I'm totally chill and relaxed, you know, I'm a creative. I actually trained to be an actor and I was, I was, kind of, you know, in that world, Oh, no, I'm a Bohemian. I just go, no, that's complete, absolute rubbish. I was a total control freak.

Sarah: It's this journey that shows, doesn't it, what we say, what our true beliefs are on the way we're really operating under the surface. And you also said something that really stood out like, well, I decided I wanted a baby and you know, I want it right now and you just presume that will happen, and it makes sense that you kind of threw yourself into it. Like you say, you got the test results and things, which obviously gave you a lot of information. It showed you which direction to go in, and then lots of treatment. And it's not surprising that

that took over is it? It's quite hard, Isn't it? To go so full-on into fertility investigations and results and treatments without it taking over our whole life, isn't it, you know? That's a tricky balance.

Alice: Absolutely. It was, it was so. There was no balance for me Sarah, it was. The balance was not a word that, kind of, came into my psyche, at that point, it was absolute, you know, morning, till night. I would lie awake at night, thinking about it and going so deep into this, kind of, hypothetical imagined feature that I wouldn't sleep because I'd have these like really detailed daydreams about, oh, well, what if I wake up in the morning and oh, wait a minute was that the pregnancy, you know, symptom that I just felt. And, you know, just going so far down this, kind of, hypothetical future and then of course doing the other way going, oh my God, like what if this never happens? And that awful fear and anxiety that would manifest itself and affect me in so many ways the next day. And affects so many choices I was making.

And then, and then it's that, kind of, desperate control you're trying to get. And then we went through these cancelled appointments as well. There was, this was before, long before COVID of course, but there was something that happened within the fertility clinic that I was referred to in the NHS where they had one nurse was off long-term so I had about five appointments in a row that were, that were cancelled and that was actually the most, probably one of the most difficult things. It's just all these, kind of, like gearing up for your appointment for all that time, you know, waiting months and then a week before, No, sorry. That's not happening, this is your new date. And you just think, what?

And I remember saying to a friend of mine, oh my God, my appointments have been cancelled again and I've got to wait another six weeks. And I remember her just saying, oh, well it's only six weeks. And I was like, no, no, no, no you don't understand. What if that happens again, and then what if I get to that appointment and then what if this happens and what if that happens? And just all I needed really was for someone to go, oh, that must be so hard. Are you okay? You know? And I didn't really have anyone around that was able to hold that space for me, apart from my counsellor and the alternative therapist that I was seeing,

Sarah: So, so good that you sought out those people because you're right, you know. In our immediate circle of friends, family, colleagues, whoever it is that we are confiding in, if they haven't got that experience, you know, like, oh, well, six weeks that'll soon fly by. They don't know how, you know, really, gosh that's a cycle and a half, isn't it, or whatever, you know, it's a, it's a huge amount of time and yeah, it's intolerable. So, I'm really pleased that you had that those people that you could reach out to. And I guess that's what set you on that, that transformation path.

And you said something about beliefs, and that you changed completely as a person, which sounds huge, well It is huge, it doesn't just sound huge. It's huge. And do you feel like you, kind of, got to know yourself a lot better than, like you say, you're operating on one level, you thought of yourself in one way, thought you were quite a chilled, relaxed, kind of, person and it wasn't until, but then we're really tested with something that is so important to us, you know, and there can't be anything when you're wanting to be a mother and you're wanting to have a baby. That is the most important thing. It's the purpose. It's what you're living for. You know, it's what you're focusing on. So, to have that apparently taken away and not sure if and when that would happen. Yeah. It takes some digging down, doesn't it? Into finding out who we really are. Like not just the surface level, day to day operating, it's like what's really going on underneath?

Alice: Oh, my goodness. Absolutely. And it was, but that was what was actually magical and beautiful, If I can be a bit whimsical for a moment, about this journey for me, because it was like getting in touch with this long lost person that had been left behind, like through all of the, kind of, you know, as I said, I trained as an actor and actually, that experience was, you

know, I loved performing and doing all of that from a really young age. It was just what I always just, kind of, naturally did, and I loved it. And then when I, kind of, went to drama school and then tried to do it professionally. And then I actually went through a whole other experience, which I won't bore people with, but I ended up having a really quite serious, like vocal cord issues and I had surgery on my vocal chords and I had to be silent for like three weeks. I couldn't speak at all afterwards to let it heal. And so there was quite a lot of stuff that had happened before I even got to fertility, which had, really quite a big effect on, you know, the thoughts about who I was and what I was good and why, because, you know, I grew up thinking, well, I'm going to be a performer. Clearly like that's what I'm destined to be. And it was so intrinsically linked to my identity. That when that wasn't sort of happening and then when I wasn't, you know, there wasn't really anything else that seemed to be my, you know, defining identity. I was like, well, who the bloody hell am I like, what's going on here?

So that was what was actually quite amazing about getting to know myself again and reclaiming that long lost part of me, which was actually, you know, turns out, it was always there, it never went away. It's just that it got buried under these layers of, kind of, rejection or failure or, you know, other stuff that had come along and knocked me back so much.

Sarah: Yeah. And led you to that amazing book, which yeah, you've, you've convinced me now. I'm getting my copy of it, definitely.

Alice: Oh, enjoy! You're welcome.

Sarah: And then yeah, taking you on that journey of looking at your beliefs and looking at how you were operating and what, kind of, support you needed. You said something just then about being, kind of, kind and gentle to yourself, you know, and I think that is so important 'cause we, I think a lot of us through this journey, we just, kind of, seem to be beating ourselves with a stick, you know, with lots of blame, like, why is this happening? What have I done wrong? What have I done wrong this month? This hasn't worked, you know, it's just a constant battle like that. Isn't it?

So if we can turn that around to more compassion and kindness to ourselves, that's huge in itself, Isn't it? Just as a gift to ourselves, let alone what it does for the next steps of our fertility journey. So I know that's what you're very passionate about as well. Isn't it? That, that self-compassion. Yeah, because I think I learned a big lesson is that, you know, self-compassion, isn't soft or, or, you know, sort of lazy way to be is actually such a powerful and strong choice when you're self-compassionate towards yourself because it's, it is actually such an empowering conscious decision when you actually get really clear about what's going on in your mind, isn't it, when you notice those thoughts and when you go, right, is that actually a helpful thought for me right now? Or can I be more self-compassionate? And if I'm more self-compassionate, what effect is that going to have, and then have on my next thought?

And then when I have my next thought how's that gonna affect how I feel? And when I feel like that, how am I then going to behave? You know? So it's understanding, like actually being self-compassionate, has this massively powerful shift for taking much stronger steps. And I guess it's that flip of just going, it's not about going over, It's fine. Just stay in bed and, you know, watch Netflix all day and eat chocolate. Although by all means, do that if that's what you need one day. But it's actually understanding that it's being in flow and intuitive and going, well, what do I need today? How can I be more self-compassionate towards myself? I mean, I literally do it all the time, every single day. Like, even with the work that I'm doing at the moment, I think, oh God, I really should have set that up more, I should have had more emails ready to go, or for people that have signed up to the thing, I'm doing at the moment, and then I'm just like, hang on a minute, how's that helpful? How is that helpful having that thought about what I'm doing right now, it's much more helpful to go, well, you're doing your best actually AI. Like you're really doing your best, given all the other things that have been

going on in your life, all your other commitments, everything that's going on. So give yourself a break and do your best. It's just such a relief, isn't it? When you come into that mindset.

Sarah: Definitely. And yeah, you're right. You know, compassion and being kind to ourselves, isn't a superficial, you know, soft thing to do. It's really empowering, isn't it? It really connects us to feeling so much stronger and more resilient and, and just keeping that momentum going as well, which I think a lot of people are very aware of aren't they, when they're trying for a baby? It's that they don't want to feel like they're standing still or going backwards, you know, they want to keep moving forward. And I know people will say, you know, I just feel like I need a break. I need to take a break from all of this. I need a few months off, but at the same time, the fertility doctors are talking to them about age and egg reserve and so on, so they don't really want to take a few months off, you know? So it's trying to find that point. Isn't it? Where there is something, what is that superpower that's going to, you know, give you the strength moving forward? And I think, you know, describing about self-compassion there is key, really.

How can we start to practice that then? You know, how, if we're not used to doing that, if we go into default, you know, negative and blaming ourselves, how can we start? I mean, you've gave a lovely example though, with your business and it's, I guess it's in everything that we do it doesn't. With the fertility does it, it can be everyday stuff.

Alice: Oh, totally. And I actually think that's a really important point that you've made. Is that it doesn't it. The thing is that fertility isn't just about your fertility. It's about your whole life. It's about your whole person. It's a holistic journey that you go on. So understanding that it's not separate to anything else that you're really going through is actually part of it. And I think. I'm really interested in self-compassion, I want to go and do like a whole other course on it 'cause I think what I'm really learning is that some people are, I guess, it's more difficult for some people to be self-compassionate towards themselves because, because we will come with different stories with different past trauma, which might not even be fertility-related, or we might come with other baggage, which is going on in our lives, which is it's all so individual. I think though that it does come down to first of all, getting really good at understanding how to be conscious and mindful of our thoughts. Doesn't it? And once we're able to start practising that distance and that separation. Then we're able to start gaining some perspective. And once we get a little bit of perspective, just a tiny bit of distance, and it sounds like it's going to be really hard work and it's actually not, you know, like I think little steps every single day. Even if you sit down for just a minute or two minutes or three minutes on a fairly consistent basis where you go, this is my time to check in with myself. What is coming up for me today? The more that we get used to, kind of, becoming conscious and aware of what's happening in our minds, then the easier it begins to be, to choose a more self-compassionate towards, 'cause we all go to that negative way of thinking, don't we?

And I prefer the word compassionate to positive because I think the word positive just has so many difficult little connotations, which I find that cause even more problems sometimes. I mean, so it's, it's absolutely put, you know, positive, being positive. Great. But also, that it can be complicated. So when we just lean into more gentle and empowering and self-compassionate ideas and thoughts, that in turn ends up just being naturally effortlessly positive without us sort of forcing anything on the top.

Sarah: I love that. Yes. And that's something I often talk about actually, your natural sense of positivity or your natural motivation to, and just tuning in to what you really need and what feels right for you, because there are so many decisions to make aren't there along this journey, you talked about, you know, going from one treatment to another, and I know that had various steps for you, didn't it? Before you, you had your lovely babies. So we need to be really, kind of, clear of mind to make those decisions in a compassionate way as well. You know, and not just force ourselves through things that feel uncomfortable.

I mean, I can't count now that the number of women that come to me after their first IVF cycle, that they wished that they taken it slower, or they'd understood the process a little bit more, or they prepared themselves in mind and body a bit more, but it just felt like they had to keep going, you know, and that was that, kind of, force of motivation and pushing forward. Whereas if there was, yeah, if it was all just based on self-compassion and asking, what do I need here? What am I prepared for? Is there anything else I need before I go into this, you know, huge treatment, it can really change everything can't it.

And I know. I know, we also think similarly about what it can change, and we both maybe get people coming to us saying, look, if I do this mindset work with you, will it help me get pregnant? What are your success rates? Do you help people improve their chances of getting pregnant? I'd love to know how you respond to that, Alice.

Alice: Well, it's funny because I actually don't get that many people talking to me about that, but I think that's 'cause I'm like super clear. I literally, kind of, plaster it everywhere. I'm like, this is not what I do. It's not why I'm here. If that's what you're looking for, then you know, it's not what you're going to find in this, in this space, because I think that it's so important to look at what mindset work actually is about. I think that to be really clear about that from the outset is actually a useful place to start with anyone that you, you know, that might come into your space or that you might be supporting and working with.

It is to, kind of, just be, yeah, really open and clear about the kind of aim of that work to begin with. And the aim is give them back some power in their life and some joy and some spark. And that sounds almost a bit abstract. And so if you're dialling down a bit more, it's like, okay, well, yeah. It's so that you can make really good informed decisions, so that you can decide what you want to do, about friends and family, so that you can be confident about staying true to yourself. If you can't be at a baby shower, or if it's about announcements, you know? It's giving you back the autonomy to live a life that is absolutely yours, fully and wholly, without feeling any guilt or shame or blame or anything at all.

And once that's in place, once you begin to start understanding that that's possible for you, even despite all of the things that are going through, that you're going through. That's when little light bulb moments start to happen. I find Sarah, and I'm sure you do too. It's that it sort of starts this, kind of, ripple effect and it's absolutely magical to witness because you start to see people go, oh, so I don't actually have to do that, or I can actually do this. And, and just, and this is exactly what happened to me. It's like suddenly the world opens up a bit more and it's about so much more than that sort of immediacy of what we're going through. But which is, which is not to undermine how massively important it is and how traumatic it can be. So it's this balance, isn't it, between holding that space for the trauma and the grief that people are going through. And at the same time, gently exploring what it means to look at what our thoughts and minds are doing, which might be compounding that experience instead of helping us?

Sarah: Yeah. And you know, when we're, we feel held in that way, like from ourselves, we feel held and accepted and just having a more, I mean, you could say enjoyable experience, but also just a comfortable experience, you know, on this journey. Then I do think in many ways that, you could say, improve chances of success, whatever that may look like 'cause we never know how someone will finally have their children, you know, what route they'll go down. But if you feel held and supported and strong, and resilient, and I can do this, I can keep going and I can keep my heart, open my eyes open and look at different options, then I feel that's the way, you know, potentially that you could, you could say mindset work, you know, supports actually getting to a successful endpoint rather than feeling like I just can't take any more of this. And I,

Alice: Yeah, it's also about redefining what that successful endpoint is. Isn't it? Because to me, a successful endpoint is feeling full, whole, happy, with whatever is going on in your life, you know, and it's understanding that, I mean, I've spoken to quite a lot of people now in the

childless community for my podcasts, because I'm really interested to speak to those who actually have come to the end of their fertility experience, but that have found a different, kind of, perspective on life and I actually think it's so important to have those conversations because part of what's so difficult about going through fertility is this, kind of, massively overwhelming fear, isn't it? Of, but what if this never works for me? And if you don't even have conversations with people about that, then it can just become even more of this kind of. It's a bit like Voldemort, you know? How you don't say the word Voldemort in Harry Potter.

You just don't even say it because it's so, so awful. But actually, if you just say it, and just bring it into the conversation, it does take away a little bit of the fear and anxiety because it doesn't mean it's going to happen to you. It might do. But it doesn't, it doesn't mean anything. It's just, all it is is just, it's just keeping those conversations and thoughts really open about what does it actually mean to have a successful outcome?

Sarah: Yeah, I agree. And yeah, for the number of women and couples are out there, there are different successful outcomes for all of them, you know, it's so unique. And I think going right back to what you were saying, you know, about what we learn about ourselves and, and I, I've had just a couple of people recently, actually, that have said these very words to me, who have said, you know, I, kind of, in a way they're kind of questioning while they're saying it, but you know, in a way I'm thankful that this has happened because if it hadn't, I wouldn't be in the place I am now, and I'd still be, for example, you know, in a job working all hours and burning myself out, or I still feel disconnected from what my true purpose is in my life. You know, I can just be on autopilot. Whereas this has actually made me pause and learn something about myself. So, and that is a success along the way you could say couldn't be, you know, it's something that's given to you, a gift that's given wouldn't perhaps have had the opportunity to connect with. So, and I, I know that, you know, you support people in many different ways Alice. And I watched your, kind of, blossoming on social media. I think Instagram is the best place to connect with you, isn't it is it?

Alice: It is. Yeah. I, kind of, live on there a little bit, but less so than I was doing right at the start, when I first discovered the community and I was like, oh my God, this is amazing. So excited and I really was on there, like, you know, a lot, but I do, I am on there a lot still. So yeah, @thisisAliceRose is my Instagram handle, and then my website is the same thisisalicerose.com.

Sarah: Wonderful. And what have you developed on there then? Because it did start as a kind of mentor, you know, I'm here, I've been through it with you and I understand, and, and you've developed it into different support. And, and now more recently, transformational coaching as well haven't you?

Alice: I have, yeah. So I qualified this year as a transformational coach, which was really, really exciting for me because I just thought, wow, that's not something I saw coming, you know, I didn't see myself as doing this as a, as a business, as a career, but here we are. But yeah, exactly. So I do offer, I mean, I've got my membership, my life raft membership, which is open three or four times a year, so currently closed, but it will be open again. And I have my course, my six-week mindset, total mindset transformation course, which is reclaim. And that is almost well, I don't know where we are, but yes, it's, it's going to be open now, I believe when this podcast goes out.

Sarah: Yes. We're talking in the future a little bit here, but yeah it will be the 14th of October that we'll be speaking live on this podcast, on Thursday. And at that point reclaim is open for people to join. So yeah, tell us a little bit about that and how they can find out about it.

Alice: Yeah. Thank you. Yeah, so that is my, it's an online course which we did together as a group. So there's a live group, you know, from all over the world and it is, it's pretty amazing.

And I've, there's six modules. It's all pre-recorded videos and it, kind of, takes you through essentially like looking at the process that I found myself going through personally, but then also with all the, you know, the years of experience I've had as a mentor, and also now my training I've, kind of, moulded it now, so that it's a bit more, it's just developed a little bit more and then they get the online non-Facebook group as well. So there's, there's the app where they can connect with other people and yeah, it's, it's a really, it's a really special experience. I love running it and I link it up with the moon cycles. So we begin on the, we have a full moon opening ceremony, and then we close again, six weeks later on a full moon as well.

So, it's got just a little nod towards that side of things, which is definitely a part of the things that I love to explore as well, that, kind of, spiritual aspect, but, but it's yeah, very focused online set work and all the stuff that we've spoken about, but yeah.

Sarah: Beautiful. And your. I just feel like this is the way ahead now, that we need that, we need this kind of support when we're looking at fertility, it isn't just about the physical body and nutrition and you know, all of that kind of thing. We really need to emphasise how important it is for the people that are going through this, you know, not the ones that we're looking to bring in, but the ones that are actually here right now in this present moment who are dealing with all the struggles that fertility issues bring, and it's so important to have a mindset piece as part of your journey. And isn't it wonderful. I mean, it isn't just COVID, it was pre that as well, but you know how so much can be provided and connected with online now. That you know, there's, it's accessible, and it's wonderful to see programs like this, like reclaim and others cropping up. So thank you for being a part of that bigger picture.

And I've been in the fertility community since 2000, let me think, 2004 time, probably. And yet, even then there was no Facebook, there was no, kind of, imagine a world without all that now, but we connected with a internet forum, you know, those kind of, clunky old fashioned forums. And at that time, when I was trying for my first baby, I did connect with a small group of people in a fertility section on this bigger parenting site, and that was amazing. And I actually just went out in London with them last week for dinner. Their eldest children are at university now, and going up to do GCSE. So it's, those kinds of connections are so important, you know? So it's, it's for yourself, It's for learning about yourself, having all these wonderful tools at your fingertips, but then the people that you meet along the way it's quite magical as well Isn't it? And I'm sure you see that in your communities and programs, how people connect with each other?

Alice: Yeah, it's lovely. It's amazing. Oh, that's such a lovely story. I love that you're still in touch with them now. That's amazing.

Sarah: It's such a unique experience to go through isn't it, and when people get it and they understand. It's a friend for life, isn't it? You know, you're just getting each other on that level. So thank you for being a massive part of this movement towards more mindset work, more compassion, and really supported the fertility community. Thank you Alice so much.

Alice: Thank you, Sarah. And for all your amazing work too, it's just amazing. I love everything you do. And it's just wonderful. So thank you very much for having me.

Sarah: You're very welcome. And we'll be speaking again soon because you're going to be coming into my membership, the Fertile Mindset Sanctuary so if any members are listening, which I know you often listen to the podcast, I'll be sending emails out shortly with the date and the time that you can have a lovely live chat with Alice, which will be lovely to continue this conversation.

What tends to happen is they listen to the podcast and lots of questions, kind of, pop up in their head and then we have a chat, yeah. So it'd be lovely to see they're inside the sanctuary and hopefully, this won't be the last time that we chat here either.

Alice: I'm sure it won't be oh, amazing. Oh, well, I really look forward to that, so thank you so much. It's a real honour.

Sarah: I'll pop the link to Instagram and also your reclaim course on the notes for the episode as well, so that people can check out and join up in that and get supported by you. Thank you so much.

Alice: Fabulous, Thank you. Thank you so much.

Thank you for joining me on the podcast today. I hope you found my chat with Alice as interesting and inspiring as I did. The Reclaim course that Alice mentioned and is open now for enrollment and the link for this and other ways to keep in touch with Alice are on the podcast page at <http://fertilemindset.com/episode-044> I look forward to speaking with you again next week!

Thank you for listening to the Fertile Mindset Podcast.

If the topics talked about here sounded like I was speaking directly to you and your thoughts, then I would really love to invite you into the Fertile Mindset Sanctuary.

This is my fertility support membership, where you can free yourself from stress, worry and any emotions that don't feel helpful, so you can then create a naturally supportive mindset, your Fertile Mindset.

In the Sanctuary I'll guide you through using the emotional healing technique I use at Fertile Mindset called EFT, and you'll soon be feeling less stressed and more joyful.

If you're not already in the Sanctuary, do come and join us now, starting with the BUD level of membership, which is completely free of charge.

Go to www.fertilemindset.com/sanctuary to join, and then watch the welcome class, which will give you a fast start into taking back control over the emotional side of your fertility.

I look forward to seeing you there, and at the next episode of the Fertile Mindset Podcast.