

## Noelene Dwyer – 8 September 2013

Hi everyone, my name is Colleen Roberts and I am the creator and founder of [www.colleenscoachingcorner.com](http://www.colleenscoachingcorner.com).

This afternoon I am blessed to be having another interview with Noelene Dwyer.

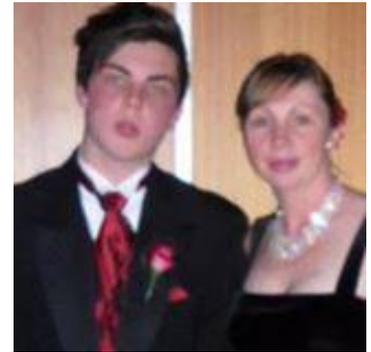
Today this special interview is with:

Name: Noelene Dwyer from Melbourne



Business: Pregnancy Birth and Parenting

Website: [www.pregnancybirthandparenting.com](http://www.pregnancybirthandparenting.com)



Hi Noelene, welcome to the call and how are you today?

Noelene and her son

*Hi Colleen, thanks for inviting me to be interviewed today.*

Please tell me what inspired you to create your business and website or how it came to be?

*Well Colleen my business is focused around pregnancy, birth, new born parenting and beyond. I'm both a midwife and maternal and child health nurse and I still practice in both clinical areas.*

*I have always dreamed of having my own business, so when the opportunity arose to learn spiritual life coach training with the Inspired Spirit Coaching Academy, I just knew that my midwifery skills together with life coaching would make the perfect business for me to own. I love to support inspired women (or even stressed, anxious women) on their magical journey through pregnancy, birth, newborn parenting and beyond. For the ladies that are not really feeling that inspired, we can change that around. And for the already inspired women, together we can take their life to a new level.*

*Presently I am offering just Life Balance Coaching in my business, but from early 2014 I will also be offering Hypnobirthing and Baby Massage Classes.*

*Hypnobirthing – The Mongan Method (founded by Mickey Mongan, a clinical hypnotherapist from the U.S.A.), is all about using the power of self hypnosis, affirmations, visualisations, breathing and deepening exercises to*

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*have an amazing birth experience, which is very similar to the tools we use in spiritual life coaching. Often hypnobirths will be completely drug free and amazing memorable positive experiences.*

*I have trained through Hypnobirthing in the USA and will shortly retrain with Hypnobirthing Australia so that my knowledge is more up to date with an Australian focus.*

*Baby massage is an amazing tool for new parents to have in their toolbox. Some of the benefits of baby massage are:*

- It relaxes and soothes baby – nurturing touch is a naturally rewarding way to relieve stress for both the parent and the baby*
- It deepens bonding – essential one on one time that will enhance intimacy, understanding and ability to nurture*
- Improves communication – increases a parents confidence and sensitivity to baby's cues*
- Contributes to development – stimulates the growth and healthy development of baby's body, mind and spirit*
- Empowers – enhances parents ability to understand their baby's needs*
- Helps baby to sleep better – by releasing stress which builds daily from new experiences. So this means more rest for baby and mum*
- Massage relieves constipation and wind pain by stimulating the gut*

*So the benefits of massage are numerous and we have only touched on a few benefits, there are many more.*

*I will be retraining in baby massage possibly with The Hypnobirthing Institute – USA, so I will be offering baby massage classes after that happens probably from around April 2014. The Hypnobirthing infant massage practitioner trainer, may be coming to Melbourne in March 2014. I am presently having discussions to see if this would be possible. So if there is anyone out there who would love to become a certified infant massage instructor with the Hypnobirthing Institute, just let me know of your expression of interest. The training will be held in Melbourne, Victoria in March 2014.*

*So after having an amazing birth experience and bonding with your beautiful baby then learning the power of baby massage, it's then time to focus on yourself, go beyond the baby focus and design and create your perfect life through my 12 week Inspired To Success coaching program. During our 12 coaching weeks together, we will look at prosperity and success, overcoming your barriers to success, fun and enjoyment, loving relationships, personal*

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*growth, raising your vibration, health and vitality, self esteem, business/job and success, family and friends, making a difference and then reflecting and moving forward.*

*Or mums or mums to be may like coaching first, then hypnobirthing and baby massage, and we can get started on coaching right now , it's very flexible and maybe just one of those training options may lead you on to wanting to do more training with me.*

What made you become involved in your chosen field or choose what you are doing? What is your story behind it?

*I had been working as a nurse for a lot of years and wasn't happy in my chosen career. As I love babies, I decided to upgrade my qualifications to midwifery rather than have a complete career change. And working with mothers and babies is awesome but I still wanted something where I could work for myself. So **Pregnancy, Birth and Parenting** came to be. And I couldn't believe that the domain name was available, I was sure that something so specific would already be taken, I guess it was just meant to be mine.*

Describe your ideal clients, customers or how the information you have learnt can benefit your clients or other people?

*My ideal clients are women in the childbearing years. They may already be mums, they may be pregnant or just contemplating pregnancy. There is lots of information on my website including: affirmations, goal setting, gratitude journaling, meditation, time management, making a vision board, baby massage, baby sleep, baby zodiacs, astrology, birthstones and birthflowers, blog posts on interesting topics, breastfeeding, hypnobirthing, immunizations, labour and birth, life coaching, midwifery, newborn parenting, post natal, transition to motherhood, pregnancy and universal laws. Wow that's a lot.*

*There are also lots of other sub pages under the main pages. So there really is something for everyone. I invite you to just take a look, you never know what you might find that resonates with you. Please don't take the baby zodiacs too literally, not every baby born under the same zodiac sign will be the same. It really is about having some fun.*

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How long have you been involved or owned your business and what challenges did you face?

*I have had my website since around 2010 but it is still very much a work in progress and is not yet finished. Some pages are still a blank canvas whilst others have masses of information on them. Time is a challenge to get everything done that needs doing as I still work in the paid workforce whilst building my business, and also information technology changes so rapidly, there is always something new on the market, so that's an ongoing challenge for me.*

What was your ultimate goal when you decided to open your business and has that goal changed?

*My ultimate goal was to work from home so I was always available for my children. And yes that goal has changed now, as my children are all older now and they don't depend on me anymore. I still want to work from a home base and be my own boss. I want to make my own rules and not have to answer to anyone. I want to be able to choose when I work, and have some time freedom, that's really important to me. And most important to me is that I offer my clients exceptional service and relevant training that will propel them forward on their journey.*

Would you like to share what community events or charities that you support or sponsor or would like to?

*Yes Colleen, I always support the Olivia Newton-John cancer centre based at the Austin Hospital here in Melbourne, Victoria. I also support Guide Dogs Victoria who do such an amazing job of supporting people who are vision impaired and I also support Edgars Mission, a sanctuary for neglected and abused farm animals. And of course I'm from Melbourne so I always support the Royal Children's Hospital Good Friday Appeal which is a world renowned leader in neonatal and paediatric care, and is located here in Melbourne, Australia. So I would encourage all listeners to donate to charities regularly.*

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And finally what are your achievements or do you have anything that you would like to promote?

*Well Colleen, my website has many pages to take a look at. There are some really cool pages so please take a look.*

*I also have on offer a free report which is available as an instant download just for signing up to be a part of the Pregnancy, Birth and Parenting community. The report is valued at \$17 and is titled – How To Be A Confident New Parent With 30 Hot Insider Tips.*

*I also offer birth plan preparation, which I can email directly to you as well as receiving a paper copy in the mail. Once my hypnobirthing classes start, everyone who signs up for hypnobirthing will receive a complimentary personalised birth plan.*

That now brings us to the end of our interview with Noelene this morning. Noelene can be contacted through her website:

[www.PregnancyBirthAndParenting.com](http://www.PregnancyBirthAndParenting.com)

The screenshot shows the homepage of the website. At the top is a navigation menu with links: HOME, ABOUT, AFFIRMATIONS, BABY MASSAGE, BABY SLEEP, BABY ZODIACS, BLOG, BREASTFEEDING, CLASSES, CONTACT, E BAY, HYPNOBIRTHING, IMMUNISATIONS, LABOUR AND BIRTH, LIFE COACHING, MIDWIFERY, NEWBORN PARENTING, POST-NATAL, PREGNANCY, and UNIVERSAL LAWS. Below the menu is a banner with the site logo (a stylized purple figure) and the text "Pregnancy, Birth & Parenting" in a large font, followed by the tagline "Empowering inspired women on their magical journey through pregnancy, birth, newborn parenting and beyond" in a cursive font. Below the banner, the "HOME" section is visible, starting with "Welcome To The Home Of Pregnancy, Birth And Parenting." and "Inspired Greetings,". There are two columns of text. The left column contains text about feeling confused and overwhelmed during pregnancy and offers life coaching. The right column features a photo of a pregnant woman with a pink sash and a sign that says "HOW TO BE A CONFIDENT NEW PARENT WITH 30 HOT INSIDER TIPS". Below the sign is a form with "Name:" and "Email:" fields, a "SIGN ME UP!" button, and a link that says "We respect your email privacy".

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So until next time, remember you don't have to do things by yourself – hire a life coach – we are in your corner each step of the way.

Thank you so much Noelene. Have a fantastic and wonderful day.

*Thanks Colleen I have really appreciated the opportunity to tell your listeners about my business and the services I offer. Bye for now.*

### Colleen

Prosperity & Self Esteem Life Coach  
[www.colleenscoachingcorner.com](http://www.colleenscoachingcorner.com)



If you would like to be interviewed for your business or passion you can contact me through my website at [www.colleenscoachingcorner.com](http://www.colleenscoachingcorner.com) or email me at [colleen.roberts68@gmail.com](mailto:colleen.roberts68@gmail.com).

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