



# Deirdre Danahar

Life Coach

BY SUSAN MARQUEZ  
PHOTO BY AARON PHILLIPS

**T**HERE ARE THOSE who have invigorating, fulfilling lives, and those who wish they did.

Life can be overwhelming. Whether it's balancing family, career and personal life or getting on track physically and emotionally, the key to success is having a clear vision of what you want out of life, then having someone to hold you accountable as you learn to make the most of your strengths.

Enter Deirdre Danahar. A life, career and wellness coach based in Jackson, Deirdre helps people connect with what is most meaningful in their lives, so they can take action and use their resources confidently. "It's important for people to

feel into the very marrow of their bones that what they are doing is right for them. I help busy people with complicated lives focus on what matters to them most."

A Massachusetts native, Deirdre made her way south to attend graduate school at Tulane. She stayed 10 years in New Orleans, doing a few different things before taking a job as a project coordinator for a program that also served parts of Mississippi. She began coming to Jackson in 1996 and learned to love the city. When she eventually met the man she married, he took a job as an English professor at Mississippi College and the couple settled in Jackson. "I've enjoyed watching the changes in Jackson over the past few years. This is an interesting point in time to live in Jackson,



and I like interesting things!"

How do you know if you need a coach? Deirdre says when you feel like you've been stuck in neutral for awhile, you may want to consider a coach. Or if you have too many balls in the air, but no real vision of what you really want to do, you may need a coach. "I help people focus on what makes the most significant use of their strengths. It's perfectly OK to say 'no' to something in order to say 'yes' to something that will better serve you or the people you love. We take the time to look at what's working, what isn't, and what choices a person may have."

Deirdre generally works with clients through a series of both face-to-face and phone sessions for three to six months. In the initial session, Deirdre and her client will explore what the real desires of the client are, developing a clearly articulated vision of where the client wants to be in one year. During the subsequent visits, Deirdre helps shape a new way of thinking for the client. "It takes 21 times of doing something for it to become a habit. Consistency and support are important so that you don't get off track. It's important to remember how you want your life to be, both practically and pragmatically. You must constantly think, 'what am I doing that moves me toward that vision?'"

Goals are set for the three-month mark, and so on, so that the client is able to see progress and to stay focused on the goal. "The more deeply connected you are to the purpose and meaning behind your efforts the more clear and powerful your practical actions become. Footsteps will begin to fall into place, even the more difficult ones."

What's really rewarding to Deirdre is when she sees people have the "aha" moments, when they've turned the corner towards the life they want to live. "The real material of our lives is showing up fully, each day, not just tending to what's on our 'to do' list. You move past what I call the 'chicken list.' It's using the skills and know-how we already possess to enhance our lives professionally. Real wealth is spending your time as you wish, without having to worry about the 'shoulds' and 'oughts.' When you do, you better serve the people who are most important to you. The real payoff for me is seeing people succeed in a career they truly love and have maturing relationships, too." ●

For more information about Deirdre and to subscribe to her newsletter, visit [www.inmotioncc.com](http://www.inmotioncc.com).



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