

Viola Hutchinson: Hi Fran. How are you?

Fran Watson: I am well. Thank you for spending time with me to talk about this today.

Viola Hutchinson: Thank you for coming. This is Fran Watson and I'm Viola Hutchinson. So we're here today because I've been a client of Fran's for a number of years. And she really helped me with her work, through her work. And I just want to share the word and maybe have others understand what exactly Fran can help with because I feel that a lot of women out there could use Fran's work.

Viola Hutchinson: And so that's it. Just talking about Fran's work.

Fran Watson: Well a lot of the women who work with me are usually people who have a really strong desire to make a change in their life, either around their work -- they want to make a bigger impact with their work, they want to make more money, or they're actually really wanting to meet someone like a mate, a romantic partner or they're getting over one and they're learning how to trust again. I also meet people who are struggle with health challenges, but all these women are wanting to make a big change in their lives because something's just not quite working.

Fran Watson: They've been on the spiritual path for a while, but there's still this low grade depression or this place where they just aren't feeling seen and heard, they're not making those connections they really want to make; they're not asking for what it is they want, and they're struggling against the same kinds of things over and over, even though they've tried everything. And so it's that place where they've tried everything and I realize, "Oh, there's probably just one or two little simple things," and it's usually related to the body.

Fran Watson: The body is left out of the equation. We've been living our lives in this culture from the neck up or the chest up, but we've left out the whole rest of the body. And it leaves us kind of stuck in old habits, in old things that we just don't know that we're stuck with. Some simple body-based practices can really make a huge difference. And, to be with other women, practicing and seeing each other in new and positive ways can turn the bus around quite quickly and we laugh a lot while we're at it.

Viola Hutchinson: Yeah. We're having fun for sure.

Fran Watson: Yeah.

Viola Hutchinson: I can say from my experience, the fact that I love the most about the practices that you teach is that I can do it anywhere.

Fran Watson: Yeah.

Viola Hutchinson: And people don't know. So I don't need a quiet space to meditate or it's just anywhere and it's quick. And it's very effective.

Fran Watson: Yup.

Viola Hutchinson: Just a quick example from what comes to my mind. A couple years ago I had a very stressful meeting scheduled with one of my clients, I own my own business, and I was stressed out, I didn't know how it's going to unfold. I was stressing for days and days and driving down Deerfoot Trail and I realize, "Okay. Stop stressing. And just use one of the practices that I learned," It takes just a couple of minutes or even less, seconds, and forget about the strategies and head chatter.

Viola Hutchinson: So I did this,( I could do this while driving so it's not an issue) and by the time I got to the client, I was very relaxed and confident and when I started talking to him, things came out of my mouth, great ideas relating to the business and I was wondering to myself, "Who said that? Where'd that come from?" I thought, "Oh, this is awesome." And the client was happy, I was happy, and I just wanted to share that.

Fran Watson: It's magical stuff.

Viola Hutchinson: Yeah.

Fran Watson: And it's so simple. That's the thing that I just love. You don't have to be psychic or be able to twist yourself into a pretzel.

Viola Hutchinson: No, no.

Fran Watson: To do any of these things.

Viola Hutchinson: And you don't have to remember all the mantras or anything like that.

Fran Watson: No.

Viola Hutchinson: It's just ... it's awesome.

Fran Watson: Yeah. It's practical spirituality to develop your personal presence. So that when you walk into a room you really feel like you've made a difference with you and your energy, your presence, and confidence is the real outcome. Confidence and really rearranging your relationship with fear and self-consciousness. I think that it really stops a lot of women for doing the things they really want to do in life because they just are stuck in this self-consciousness.

Fran Watson: It's crippling and we can change it so quickly with a few simple practices.

Viola Hutchinson: Awesome. Thank you so much. And hope this was helpful. And if you want to reach Fran, you are in the right spot at [franandcompany.com](http://franandcompany.com).

Fran Watson: That's right. Reach out and talk to me. We'll come up with some fun ways to play together.

Viola Hutchinson: Okay. Bye-bye.

Fran Watson: Bye.