

June 2015

## Wake Up Call



Michelle Thompson

*“No one had ever asked me about myself before. As I told my story for the first time I realized it was not the story that I wanted my life to be. Coming to Love INC was a huge wake up call for me.”*

Michelle Thompson is fiercely independent and had typically worked two or even three jobs to support herself and her two sons. After years of keeping up this pace and mostly working extremely challenging kitchen manager jobs, she wondered if she needed a change. Michelle heard a friend tell a group of women about Love INC and thought the relationship-based programs were exactly what she needed to help her find the best path forward.

Michelle called Love INC and set up an appointment for the initial interview. She says she was not prepared for what happened next. “At first I didn’t want to answer the questions but then I realized that I needed to be open and honest if I really wanted help. Telling my story ended up being life changing. Answering even simple questions like, ‘With whom do you share your residence or to whom would you turn for support?’ caused me to see my situation in a new light.”

Michelle was matched with a coach who helped her set personal priorities, find “better fit” employment and establish healthy boundaries with family and friends. “I began to see my value as a person and that it was okay to take care of myself.”

Michelle made a couple of job changes that reduced her stress and gave her more time to exercise and prepare healthy foods. She is now providing direct service as opposed to supervising others. “My jobs may not be as prestigious as previous ones but I am happy and have all I need. My adult children are learning to be more independent and in the end will be more successful because of my choices to let them stand on their own two feet.”

Michelle says she is at peace and gives Love INC credit for her new found contentment. She is hoping to move into a new phase of sharing with others the wisdom and insight she has gained. “I want to do whatever I can to help others in the way I have been helped.”