



## Hotelier to Fitness Professional - Trace Rogers

As a one time Executive Housekeeper with a well known luxury Hotel chain in Dubai, I decided to leave the industry in search of a more fulfilling career. Although I had all the perks that come with a high powered position, I was consistently on edge. I dreaded answering every phone call, opening every new email I received. My job demanded that I kept my phone on 24/7 and that I could be called at anytime to rush back to work and that if circumstances required, it was expected that I would work 18hr shifts for days on end. All in all this was a thankless job.

The decision to leave the hotel Industry came after climbing Kilimanjaro and the realisation that I could succeed in anything I set my mind to. Before then, I was well aware that I had lost all passion for an industry I had once been passionate about. What was holding me back was my belief in my own limitations. Summiting Kilimanjaro helped me shift my paradigms. It was a truly empowering experience.

I then left my well paid career and spent the whole of 2005 remodelling myself as a Fitness Professional. I now have a consistent base of Personal Training clients, I teach both Body Balance and RPM (Indoor cycling) at various clubs and I also teach children how to swim.

One the many things I love about my new career, is being able to train for and complete new physical challenges. In the last 2 years, I have participated in a few sprint triathlons, completed my first marathon and completed my first 110km cycle race. I never dreamed that I would be able to attempt any of the above before I made my career move.

Since taking this big leap, I feel much younger, fitter and energised. Except for a few minor financial scares (bound to happen when you first start off on your own, but the tables do turn). I very rarely find myself stressed out about anything. Whether I am with a PT client, teaching a class or having coffee with a friend, I am generally happy



and relaxed. Most importantly I own my own time. I decide how I spend every moment of each day. All of this is a far cry from 3 years ago.

I have also come to realise the following:

Firstly, to be successful at anything – you have to love what you are doing.

Secondly, Practice the attitude of gratitude – there is not a single human being, dead or

alive who achieves their dreams on their own.

We all have angels looking out for us. These angels come in various forms - other people, circumstances and those we do not see. Stay open and aware of what you are gifted with. It is amazing what life has to offer.

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