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SPEAKERS

Victoria Salomon, Suzanne Murdock

Suzanne Murdock 00:00
Hi. I'm Suzanne Murdock and Welcome to Series Two of Powering Productivity. Each episode I explore the energy that connections, expertise and being in your best flexible working environments can bring to not just your business, but to your home life. So let's get started. Welcome, I'm your Suzanne Murdock. Today I'm with lovely Victoria Salomon, founder of Ixchel Therapies. As a pain and movement specialist Victoria works with people with various underlying health challenges, worries and stresses both in the home and in the workplace. She has a very unique approach and toolkit to help you function and gradually move from a state I guess of paralysis, or burnout into optimum consistent productivity, be it in the workplace, the home or personal life. And using her own life experiences of recovering from pain and trauma, she's created the Ixchel system to help you enjoy the freedom of an energised and happy life. So this month, we're really looking at humanity in the workplace. It's very topical, and I guess can affect so many of us with similar challenges and struggles a lot of us face but from different perspectives. So whatever your business journey or role, these can show up in different guises, be it emotional, lack of motivation, physical stress. So it's important to realise that, although we do have these underlying challenges, there are coping strategies and solutions and workplace models in place that can really go a long way to helping solve some of those. And I think we really need to be a bit more open to exploring and being there for each other. So Victoria, how are you?

Victoria Salomon 01:41
I'm good. Thank you, Suzanne, and I'm thrilled to be here with you. Thank you for having me.

Suzanne Murdock 01:48
Tell us a little bit about your story to date, Victoria, how you got to where you are now.

Victoria Salomon 01:52
It's a very long story, I suppose. Because the nature of what I do relates to my whole lifetime, you know, health and wellbeing doesn't start at a particular time, you know, who we are almost begins when we're in the womb after conception. But I, I basically had a very challenging upbringing, I was around a lot of suicide, a lot of mental health problems. And, and by the time I was in my mid teens, I was very ill myself. And I didn't have any understanding that you know, when you're living in a disordered kind of environment, energetically, it literally disorders, your body, you know, you are, you are under stress the whole time, only it's normal to you. So it was normal to me. So by the time I was 18, I had a nervous breakdown. By the time I was 20, I had a physical breakdown, at which point it was discovered that I have something called celiac disease. So that was basically where my digestive system had an auto immune disease kind of, you know, become a big problem. And I was totally malnourished because I couldn't absorb anything. So back in the back in 1990, I learned what gluten was, I know now everyone knows what it is. But back then no one knew what it was. So I haven't been eating gluten for about 32 years now. And it did change my life. And who would have thought that something you eat could change the way you think, the way you feel, your energy levels, you know, but for me, it had destroyed my education. Those years when I was ill, I dropped out, I couldn't study so I couldn't concentrate. I couldn't communicate with people. I couldn't care for myself properly. So all of these things that actually we need in the workplace today. I was, I remember one doctor said to me once, 'Victoria, You've been to the University of life', you know, when I was saying I didn't get to go to university when all my friends did, you know. So it was a very, very early education, of how health can destroy many, many areas of our lives, which then affects us psychologically, emotionally impacts our relationships. And unfortunately, what I did all those years ago to try and cope with how I felt both in terms of my own health and that the mental health and issues around me, I turned to drugs because I had nowhere to go to process what I was feeling and what I was experiencing was so bad and it's classic, you know. I discovered a lot later in life, that's what you do. If you don't have the correct support around you, you will find a way to self medicate, whatever that may be. And I did, I was a classic example of that. And of course, that led me into a lot more problems. Because when you're, when you're addicted to something, not only is it suppressing the things you don't want to feel it's suppressing your creativity, your productivity, your capacity to function well in many areas. And then my father committed suicide, it was the final suicide when I was 25. And that floored me, to be honest, Suzanne, it absolutely floored me because I had a father then and both his parents all take their own lives. And so the calling for me was, how do you take care of yourself? You know, how do you keep yourself well enough to function? And I suppose, you know, that was half a lifetime ago. And all the years since then have been my journey of

discovery, which has included 12 Step fellowships, to get over addiction, but more importantly, an education in different therapeutic processes. So rather than medicalizing whatever was going on inside me, looking at the different systems of the body, and how different systems need different types of attention, to allow you to self regulate and be the best you can be in any environment, whether it's your personal life, your working life, whatever it is, as a mother,

Suzanne Murdock 06:47
That's what I found, I find so fascinating is that it really does affect every aspect of your life. And you have to have so many people don't even have the awareness of the underlying challenges

Victoria Salomon 06:58
Yeah, absolutely.

Suzanne Murdock 06:59
inside them. And obviously, then the ripple effects of how it's affecting different aspects of their life. How did you then come to design, scope, the Ixchel therapy programme?

Victoria Salomon 07:11
So there's Ixchel therapy. So basically, I first trained as in holistic therapies in the late 90s. It was very much a journey of trying to heal myself at the time. You know, I went and learned things like reflexology, aromatherapy, massage. But I didn't practice. I did my case studies. But I didn't practice because I felt incredibly inauthentic because I was still struggling with addiction, to be quite honest with you. And I'm a great believer that if one feels toxic, it's not correct to put your hands or your energy on someone else in a healing capacity. So even though I trained, I didn't practice and then I had both my children. And that was my low point, if I'm honest, when I had two children, and I was still struggling with addiction. So I at that point, got help for the addiction, got off that. And then a couple of years after I set up my clinic, it actually just happened. I remember I was on Vistaprint - Do you remember Vistaprint? And I just suddenly put in This Little Piggy Reflexology and made these business cards called This Little Piggy Reflexology. They were free and they landed in my home. And then a friend walked in and said, Oh, I want some reflexology. Who's this? And I was like, well, actually, I am a reflexologist. And she was like, I never knew that, you know, because I hadn't, I hadn't spoken about it. And very quickly, the right space to work from kind of manifested and it was just, it just all flowed in my local community. My clinic was right opposite the Primary School of my daughter, it was just like the world were meant to be. This is, this is where you're meant to be right now. And clients came and what I began to notice was I would get really good results with people. Like intuitively I could work with people, but I didn't know why I was getting those results, because the training that I'd had for holistic

therapies was great, but it was actually pretty shallow. Yeah, in terms of understanding the body. It gave me some tools to use to get results but it didn't explain why I got the results. So then I went off and I did a degree in clinical massage. And within that I learnt the body. I learnt how muscles are designed to move I learned different techniques I learned how to understand what listening to the body is. And I also began to learn and well to understand how trauma gets stuck in the body. And so that all started coming into my clinic, I then finished the degree. And then I became really fascinated at people's capacity to create their own pain. Like we know if you don't eat well. Or if you do this, you might create a health challenge. But it's like when people create their own pain, and yet they're walking around in this body, and they have no sense whatsoever, when they get a pain condition, that it's got anything to do with anything that they're doing. It's quite fascinating, whether it's a shoulder problem or a back problem. So they come along, I could release the pain and then they'd go and put it right back in their body. So then I I also trained, I had trained as a systematic Kinesiologist, actually, which enabled me to understand how nutrition worked in the body. Different muscles in the body relate to needing different nutrients. So I'd done that. And then I went and trained as a gait analyst. Basically, biomechanics. Yeah, the way we move is called biomechanics. And our gait is the way we walk. So for example, if you go to an osteopath or a chiropractor, they will assess you when you're standing still, possibly when you're sitting down and when you bend over, but actually within every footstep we take there are, according to my teacher, Gary Ward, there are six different postures that our body is designed to access. Yeah, with the process of taking one footstep. Now what's this got to do with your health? Well, whether it's from an injury, or from an emotional experience, like grief, or anger, or anything, where you've learned to almost contract and hold your body, when you contract, you are actually collapsing and putting a lot of pressure on organs in your body. Yeah, it's fascinating.

Suzanne Murdock 12:12
It sounds so simple. But it is because I've been through this process with you, Victoria. And I guess it's given me a real awareness of what you're, what you're talking about now. So now, for example, I'm not analysing everyone that walks past me or in the workplace or anything, but you can tell. And certain people do walk as if they're holding themselves or they hurt part of their body hurts. And you can tell that they just need to release that. So and part of that, for me comes back to you know, being there, being aware in the workplace and having those open conversations, and even the sort the signposting for solutions and help as well.

Victoria Salomon 12:48
Yeah, yeah. And the workplace. I mean, my history is I, I haven't officially worked for anyone else since I was 25. And I think I had a very traumatic ending to work, I worked in the City. I mean, I actually was Dennis Thatcher's PA for a while, and then I, which is bizarre. And then I worked in the city, but I wasn't happy. It really was, I felt like I was in the rat race, I was

stopped working in a particular way, because I hadn't been able to go to university. So it was still the legacy. And the relationships I had with people. And with that environment, were ones that didn't make me particularly happy. And if you are feeling like that a lot of the time in your workplace, then that is having an impact on every cell in your body, which is fascinating.

Suzanne Murdock 13:46
And you mentioned to me there the other day respecting others in the workplace, and you'd heard 75% of people leave their jobs because of bad relationships with people that they work with?

Victoria Salomon 13:59
Absolutely, a really lovely gentleman, Steve Charlton, who comes and talk talks at this co working space that I'm based at. He got that figure out in his presentation. And I was like, wow, because that was my experience, you know, and that's huge.

Suzanne Murdock 14:19
Right? And that's, I have to say, that's why I left my job in the city. Yeah, fantastic job. It was really hard to get in there. I loved it up to a certain point and then this just happened. And you feel stuck. Actually, that work. I did feel paralysed. Yeah. Mentally, physically, emotionally.

Victoria Salomon 14:35
Yeah. And when you're, when you've got that paralysis feeling, if we look at the nervous system, which is something that I really like to teach people about, you know, a great model is called the Polyvagal theory and it divides your nervous system into three areas. And you you have this area kind of based in your gut called your dorsal vagal. And when you feel threatened, or under attack, you're either going to go into fight or flight, or if it's relentless, and you become tired, or you do feel completely trapped, like you can't, you can't run away from it, you can't fight it, you then go into this sense of paralysis. It's like, what can I do? But guess what? It's also, it's not just what's going on in in your relationship, that starts to happen in the organs, literally, it shuts down energy to part of your body or rest and digest, which means that you're then not actually your body isn't functioning, you're in this state of high alert, rather than energy production. Yeah, this is where you know, the knock on effect, Suzanne, on people's health.

Suzanne Murdock 15:45
And it's huge. And it can be it can be the way you speak to people, behavioural outputs, the way that you know, the way you communicate with people can have so many different

varieties of outputs negative. How do you have that awareness of what's happening to you? And where do you find the help?

Victoria Salomon 16:08
Well, I think this is the big thing, isn't it? The help is out there. It's funny. I had someone just here this morning, reach out to me, you know, saying, I'm, I'm feeling like this, it made me think of you, can I come and see you because I don't know what to do? You know, she's left being in a particular situation. And yeah, you know, she's in that state. And it's like, yeah, people don't know what to do. So what you need to do, ultimately, is, I believe, from my own experience, start to get the tools to self regulate. And what does that mean? Well, self regulate, if you think you have these different nervous systems. So you've got if we look at the polyvagal theory, and I can give you a slide that can illustrate it, you've got one area of your nervous system that when under threat will just immobilise you, you've got this other area, which is based in your spinal column, which is about mobilisation. Yeah, so that's your fight or flight. And then you've got this other area, which is kind of based in your upper body, and your heart area, which is about safety and connection. So the first key thing is to try and regulate yourself, to creating something that feels safe for yourself. And obviously, you've done my Get into your Body process. And that takes it to a real extreme of I believe, from my own experience. If we can connect with one sensation of safety, even in our own body. That is the beginning.

Suzanne Murdock 17:53
Yeah, because it's almost like a coping strategy and management strategy that you can keep coming back to. If you know those trigger points. And I'm sorry to interrupt. But for me, it was opening up to other people as well. So that they also know what's happening. They know the trigger points, if you feel comfortable, they know the trigger points. And if you don't see them someone else well, and they'll just you know, you know, I just saw that or you just said that, do you think?

Victoria Salomon 18:18
Yeah, and that is the safe and socials. So we are disarmed. We are not designed to live in isolation. We are designed to be connected. So the question is when you're connecting, and we call this co-regulation as well, are we connecting in a way that suits us? Or are we connecting in a way that sends us into alert? And this can be explicit, so it's kind of external, where we connect, or implicit, which is more about our unconscious connections? So are we are able to connect either to things that send us out of self regulation, or into self regulation? And you know, there are simple tools. But obviously, one of the issues is, when we go into a state of stress, high stress, we can lose the capacity to think clearly, we're so disconnected. And then we tend to create when we're not in the state we need to be to get ourselves into the state we need to get ourselves into. So it really is about getting some perspective. And I

believe having tools to remind you yourself and understanding for different parts of the nervous system, the way they kick off and also having some it's getting into your body. I always you know, believe you have to feel it to heal it.

Suzanne Murdock 19:51
Oh, yeah. I mean, you use the analogy there the other day that we're a bit like cars, you know, if you don't make, if you don't maintain your health and well being, yeah, like it's service a car, it's absolutely still functioning.

Victoria Salomon 20:04
Are you going to use this slide? Because I can talk a little bit about that as well.

Suzanne Murdock 20:08
Yeah, yeah, absolutely. Yeah. I'll put that on the website afterwards.

Victoria Salomon 20:12
Okay. So, so when we have this car analogy, I love it because people, people know they need to look after their cars, right? They just know they do. They don't expect their car to keep going. If they don't take care of it and put fuel in it. I mean, they so need to take care of their cars, that it's a legal requirement. Yeah.

Suzanne Murdock 20:38
Yeah, that's a very good point. Yeah. Yeah. Us humans, we don't have that required. Yeah. What are we responsible for in life? Absolutely.

Victoria Salomon 20:47
But your car, you know, you have to get an MOT. Yeah, if the basics aren't in place, it's seen as a potential danger. Threat. Yeah, to all the other people in cars on the road. So what if we looked at ourselves like this, and if we look at the slides, so you know, a car is made up of wheels, you've got the body of the car, yeah, you've got the fuel of the car, you've got the capacity for the car to stay, to have good suspension, you know, when stress kicks in, you know, to be able to cope with it. And then you look at us. So in this slide, first, we've got our genetics, you know, the very cells that create us. So, generally, if you, when someone comes into me, they'll go, oh, well, you know, my mum had this, or my dad had this or, you know, so they're already telling me, they kind of don't expect to get better, because their mother or father had it. So that's kind of like the genetics. That's what we've inherited. And by the way, I don't believe that at all, it's just about reprogramming, you know, each individual's body, yes, there could be a tendency to weakness, but what we do about that is that, it's a whole different matter. So we've also got our posture and our structure. So this is a big one, you know, some people come into me, and they'll say, oh, yeah, I've got this kind

of collapsed back because my mother or father had it. And it's just not good enough to me. Like, that's not a good enough reason, we can do something about that. We've got trauma. Yeah. So if you have experienced things, so if your car's been in a crash, you know, it probably needs some attention. Yeah. But as humans, we have this capacity of, oh, well, it's over now, you know, and we'll just kind of pretend that hasn't even happened, or we'll try and get on as if it hasn't happened. Whereas energetically, we've potentially still got that damage lying low in side us. And then we have these different ways that we process life and personality traits. So we might be someone that's very anxious. Or we may be someone who feels we need to help people all the time. Yeah, you know, or a people pleaser. You know, you're constantly trying to be something for someone else, because very often you're exhausted, and it's more that you wish someone would pick up you. And then you know, we've got other systems, you've got your adrenals, your immune system, your digestion, and it's all more baggage. That's part of the car. Yeah. Yeah. All of these systems need attention. And I believe, especially in the workplace, we become exceptionally mindless to our bodies.

Suzanne Murdock 23:42
Yeah. Because all we think at the end of the day, is productivity, output, revenue. Yeah. And we don't think we don't take a few steps back and look at 'okay, the revenue isn't coming in. My productivity obviously isn't high enough. Why isn't it? And what are the underlying reasons for that?' Yeah, I mean, I pick you up on a couple of you know, you've got your posture, etc. Workspaces have come a long way. Now, the ergonomics are better from that side of things. We have a lot of people who are trained in Mental Health First Aid, but I think there's still a long way to go for people themselves to feel to be able to open up to have that confidence to talk about their underlying concerns that worries, you know, we can all go around having these real niggling questions about certain things in our job thinking no one else knows the answer. I must be on my own. No one else is going to be worrying about that, staying up at night googling absolutely everything. But you could have someone next door who knows the answer who's worried, found the answer, but because you think it's such a silly, niggly thing, you're not going to talk to them. So I think there has to be a lot more openness around certain areas.

Victoria Salomon 24:54
So there's two things there but I'd like to address, so the first thing is the not sharing what you're experiencing, because you feel like you just need to appear to be okay. I mean, one of the biggest pressures, and I've had this in my own life, is when you feel like you just need to be silent about something that actually for you is huge and is running you. So then you have that sense of disconnect, you know, you're, you're not engaged, whereas actually, you know, I shared something recently, and then other people were able to connect with me and reach out to me, whereas if I hadn't been able to share that, and you've got to feel safe to be able to share things,

Suzanne Murdock 25:37
Yes, the key word there is safe, and comfortable, because until you built those relationships, you're not going to feel comfortable.

Victoria Salomon 25:45
And regulation is, as you know, self regulation starts with safety, you know, you walk into a room. So one of the things I teach about something called neuroception. And so that's basically, you know, when you walk into a room, you immediately get a feeling or a sensation, you're not thinking about it. But it's, it's like, you might walk into an ambient room, and you just immediately feel relaxed, or you walk into a very stark lighting, and you know, you feel it, don't you. So we feel that in the energy with people will feel it, you know, you'll feel it with the person sitting next to you, like, you might be like, Oh, they're sitting there, so you just feel nicer. Or they're sitting there and you feel more on edge, you know,

Suzanne Murdock 26:29
so the environment comes down to the environment that you're in, be it an office or outside in a garden.

Victoria Salomon 26:35
Yeah. And there you go, there we have what impacts our posture. So if you're sitting next to someone, and you're feeling actually really on guard, you might be sitting in a really nice chair for posture, but your muscles could be completely contracted. Yeah, and kind of locked, because you're feeling very on edge. And this has a huge impact on your structure, and the way your body holds itself. Or you could be sitting somewhere and you feel really relaxed, and then everything can flow, the different systems in your body are going to be working. The other thing with posture, which you know, I mean, I'm here in a very large co working space at Plus X. And it's not about the chair, it's about the body that's sitting in the chair, and everyone's got different alignments going on. Everyone's got, you know, some people's pelvis is a posteriorly tilted some are anteriorly tilted. So this all chairs fits in one body. Again, it's not the individual. It's not for the individual. And I suppose in the workplace, we can feel like we're not an individual. We are more of a a product,

Suzanne Murdock 28:03
or a number. Yeah, yeah. No, that's interesting. So we've got these different toolkits of coping mechanisms. And with all this going on, I'm thinking, okay, you've got to be aware of so much, how on earth you're gonna get the work done? And that's fine. But we have these coping strategies. But is it fair to say that we all have blips in the road? Yeah, you know, it's not all going to be hunky dory every day, all year. So what am I trying to say here? So, I

think to me, as long as you have these techniques, these tools in your kit, you can really hone in on them when you need them. Yeah.

Victoria Salomon 28:38
Yeah. And, you know, at the moment, I'm working with Ukrainians, you know, I'm part of an organisation. And it's not that, this isn't therapy, this is tools to use in times of stress, to try to regulate your body. So, you know, I have a podcast The Positive Power of Pain, which is based on a continuum of, you know, what different levels of stress or pain are telling you. And you would need different tools for different levels of stress, you know, you need a toolkit that is there, waiting and ready to be used depending on whether you're just maintaining your health, or whether as you say, you've got this real, real blip, like overwhelm total overload. So the tools you're going to need to use then are going to be sometimes similar, but applied more rigorously. And also, you know, you may need to it's, it's different tools for different jobs, isn't it? And in terms of the positive power of pain, so that continuum is on a scale of 10. So I believe one to seven, you know, whether it's stress or pain or illness, each level of that One is hardly anything, but it's a tiny rumble to three, you're aware it's there, maybe you need to use a tool to, you know, to do something, whether it's go for a walk, speak to a friend, somebody works in breath, you know, whatever it could be four or five, it's like it's building up, it may be that you're neglecting to use the levels two to three. So it's becoming more because, you know, you might be driven by it, but I've got to do this or, or you know, your kids needing more attention, or whatever it is. And then we get to six, or seven. And these are the interesting numbers, because I believe at this point, you have a choice, you are either going to listen to yourself, and you're not going to dismiss these, these levels of stress or discomfort, and you are going to get the tools out. And they will be a combination of connecting with other people and environments that make you feel safe. And connecting internally with yourself. Again, with creating safety, by the way, if you're at work can be as simple as going and shutting the toilet door. And coming back into your body using things like we do in Get into your Body or other processes, you can bring yourself into a state of safety in 60 seconds, you can Yeah, it doesn't have to be a big deal, but you need to do it. And you want to do it regularly. Because the idea is to keep resetting your nervous system, so that it almost becomes like a habit, even blocking things into your diary reminders into your phone. For sure, you know, if you're sitting down and you're so sedentary, then getting up regularly, you know, through the day, getting out, going and breathing fresh air, you know, sending a text to someone you love, there are different people will have different tools that bring them into a state of rest and digest, which is what we talk about as practitioners you know, you've got fight or flight, life threat, or rest and digest, which is when the body can reset itself. Now, the issue, the big deal is when you move into a 10. Yeah, this is what I describe as trauma. And at this point, your body has gone in to something that is known as cell danger response. And it's literally the cells in your body. Because it's a level of pain, a level of stress, a health challenge, whatever it is, and it can't switch off. So the

problem is for a lot of people, you know, and this is where diseases like fibromyalgia, chronic fatigue and even chronic back pain, chronic shoulder pain, it's that the body has literally lost the capacity to regulate itself when it gets into a place of safety. So if you are at work, and you're really stressed, yeah, but you go home and you can unwind and move yourself into rest and digest, then you're probably still on the scale coming up as far as seven. If you're someone who goes home and you are not able to switch off and your body and you may not be aware of it. By the way, this is where it's really crafty because the body normalises stress. So a great analogy is the frog, who jumps in to boiling water, like Mega stress and just jumps right out again? Yeah, the frog is regulating itself at no stress, it moves itself away from stress. But whereas if this frog is in cold water, and the waters turned up gradually, the frog gets used to it doesn't notice and ends up being boiled alive, doesn't jump out. And we're like this. And so the eight to 10 level is far harder to deal with. And this is where burnout comes in. It's where in the workplace, someone's behaviour, they might not be able to communicate with people. Yeah, or they might be very angry or very, you know, just it's, it's just not conducive to

Suzanne Murdock 34:39
I mean, I have to hold my hands up. I've been in that situation. You know, I've been in that situation. So I have to manage my energy very, very carefully now because I've been in that eight to 10. Yeah, come back down now. But it'd be,you have to be so weary of that burnout and the Yes, balancing your energy levels.

Victoria Salomon 34:57
And you know, sometimes, life is going to happen. We are all going to have periods of extreme stress. We are all going to have deadlines. We are all going to get ill at some point or another. But the question is, what is our level of resilience? How are we taking care of the car? Yeah, so what, but when that happens, we have the capacity to recover normally. And if you can't recover normally, so you may be someone who's been working for years in a high powered job very successfully. And then what happens is one day, you've got a relationship break down, or someone may have died, or something extreme has happened, and you cannot recover from it. It's like it's floored you and you blame everything on that event. Now, I'm maybe controversial here. But what I would say is some people really easily could keep functioning with that. The difference is whether over a period of time your body has been getting weaker, different systems have been becoming a more and more overloaded. And it's more a case of the straw that breaks the camel's back. So this is why we need to take care, we we need to take care of ourselves in the workplace. You know, employers need to be investing in this because, you know, even today, I was reading some headlines, I don't watch too much of a news, by the way, because that's that puts you into fight or flight or life threat right now. It's not good for your nervous system. You know, if there's one tool, I would suggest, yes, look at the news. But limit the time that you take in information that literally

depletes your sense of safety, because it's not necessarily going to change anything. And a good tool is to really make sure you are limiting how often you are creating alert for you for what you're sensing. You know, you may think you need to sit for hours watching things where other people are suffering. But actually what you need to be doing is regulating your nervous system checking in with how does this actually make me feel? Does it make me feel happy? Does it make me feel bad? If it makes you feel bad, limit it?

Suzanne Murdock 37:37
I like that. That's very simple. You were mentioning employees and I think there is a lot more focus now on underlying conditions and changes in our lifestyle, the likes of menopause in the workplace, rearing children, families, I think there is a lot more awareness of that and help but I think there's still a long way to go.

Victoria Salomon 38:02
Yeah, there is a long way to go, because menopause itself, you know, I hit menopause when I was 42. I had all the weight escalation, I had all of those different bits. And as a practitioner, you need to be able to walk the talk, you know, and actually, I knocked it on the head with it, you know that it all got out of out of hand. But I needed some time, I did need to take time out to investigate. And I mean, menopause is a whole other area. That right, but you know, with the right information, I'm going to be really controversial here, you can knock a lot of menopause symptoms on the head within 21 days.

Suzanne Murdock 38:47
Yeah, I agree to some extent in that. But I do think you need the support

Victoria Salomon 38:51
Precisely, yeah. So you need to know how you need the tools? And how do you know who to trust? How do you know which direction to go to? And I cannot even be given to imagine how I could have navigated the last 10 years of my life. If I had not understood my body, understood the systems of my body, enough to regulate the different systems in my body. And when I see women struggling with menopause, or you know, men struggling with different health challenges, or whatever it is, the struggles are really coming from a lack of understanding of how your body works.

Suzanne Murdock 39:38
So just moving on, how do you offer this support and the awareness training actually in workplaces?

Victoria Salomon 39:46

Yes, it's so my vision is to create a system well, I have created the system where you basically start by understanding the nuts and bolts of your body, okay? Because it's all well and good, relying on a garage to fix your car. But when you are the car, the ultimate thing is to be able to adjust yourself. So I've created a system where again, if we look at the car, you understand you literally learn how your posture and structure is designed to work. So how your bones and joints are designed, and people simply shoving their shoulders back for posture is not good posture. It is putting terrible strain on your shoulders,

Suzanne Murdock 40:39
could you speak to my husband, please?

Victoria Salomon 40:41
Oh, my goodness, good posture starts from the feet. It starts from you know, your feet are the one part of your body that connects with the ground. Yeah, every step you take. And literally the way your foot connects with the ground, the way it's able to support the weight of your body with gravity doing its thing is where we start. So as you know, I've created the Get into your Body course. And there's also a Get into your Body at Work process, part of that. And it's learn your body. And as you discovered Suzanne, you very quickly can tweak and realign it, you know, you understand Oh, that's that's a bit uncomfortable. Oh, so I need to do this.

Suzanne Murdock 41:25
Oh, that it seems so simple. Looking back now having that knowledge, it's just implanted in my head. But at the time, I'm thinking, how on earth can I take all this on board?

Victoria Salomon 41:35
I know. And because it's an experience, you can't think your way into good posture. It's a different brain. Yeah. And it's, it's where safety is, that's the beauty of the Get into your Body, that something quite magical happens as you as you start to feel that engagement and that support within you. It's self regulates your nerves, and it reprograms

Suzanne Murdock 41:58
automatically afterwards, the body is just amazing way. Yeah.

Victoria Salomon 42:02
So rather than suppressing and medication, medicating different sensations, we bring you in to connecting with the source and power. I mean, you know, that might sound a bit strange, but we all have incredible power within us. And when we engage and align ourselves correctly, you know, things just switch on. I was doing a podcast with my teacher the other day, you know, and I was saying, what's what's extraordinary is, people with exercise, for

example, spend so much time trying to strengthen muscles, or trying to get energy or trying to, believe me, if you're trying, it's not working. It's either is or it isn't, you're either switched on or you're not. So you need to learn the switch on buttons. And that's what get into your body does. And then once we've got that kind of stronger container in the body, and if and you by the way, these processes, as you know, they're designed to do in the shopping queue, or when you're boiling the kettle, or you're waiting for the bus, these are not processes that all of them which you need to take hours.

Suzanne Murdock 43:12
Can I just interject now I used one of those processes while standing in a huge queue for a roller coaster.

Victoria Salomon 43:19
Exactly. And it works. For sure. And as teachers have said to me, Victoria, now I stand in class all day and is effortless. Yeah, it's effortless, because I've taught them to to posteriorly tilt their pelvis or to shift their pelvis kind of up and down in frontal plane, you know, I've taught them things which switch them on rather than collapse.

Suzanne Murdock 43:43
We're gonna have to wrap this up soon. But what's next for you? What plans do you have coming up?

Victoria Salomon 43:47
Well, I'm, I've put together the actual system, which, you know, I now want to be taking into workplaces wherever I can. And you know, just to add, so essential nutrition is part of that. And also, obviously, the stress resilience tools. So I want to take, I suppose what I've been doing one to one with clients for years and years, into organisations, but also into charities and victims of trauma. You know, I want to take this system that basically encompasses the tools that are needed to get all the different systems in the body in harmony, and resilience. So we've got the internal resources to deal with the levels of stress that are coming at us, you know, because the more stress there is, the more you need the tools. It's, it's that seesaw. So that's, that's where I'm at now, and as you know, I'm working so hard at putting this together and I'm really excited to share it.

Suzanne Murdock 44:55
Well. I'm excited for us to where people can people find out more about you,

Victoria Salomon 44:58
so you can go to my work website, which is ixcheltherapies.co.uk. And there is a section there, which is about wellbeing in the workplace. And also, you know, if it's for individuals,

then there are programmes for individuals there as well, which obviously over the years is more how I've worked. And also I run, I'm running programmes online. So they you have remote access to all of these practices. And also they are courses which you can, you can use on your own as well. So I've designed the system so that it's very accessible face to face, or you can do it in your own self learning way. Or you can do it as part of on remote groups where so

Suzanne Murdock 45:49
can employers reach out to you directly if they're interested for that?

Victoria Salomon 45:53
Absolutely. And I want them to, you know, because I've created a platform to make this as accessible as possible. And what I've been told is that very often the problem is recognised, but the toolkit is not necessarily there. And I think as you know, what's different with what I do is we are teaching people about their bodies, we are teaching them what's actually causing the issue. So rather than just trying to medicate or kind of soothe symptoms, we're going in and going, Okay, let's work out what's causing this. And let's, let's turn that off, and turn on the good stuff.

Suzanne Murdock 46:35
Thank you so much for your time.

Victoria Salomon 46:37
Thank you for having me.

Suzanne Murdock 46:39
You have been a godsend, certainly, to me, personally, I think enlightening everyone and what we've talked about. So, good luck with everything you're doing in the future. And thank you.

Victoria Salomon 46:47
Thank you, Suzanne, take a care.

Suzanne Murdock 46:53
Thanks for listening. And don't forget that all the episodes and links are on our website, thehubnewry.com. While you're there, you can stay tuned with what we're up to by subscribing to our mailing list, subscribe on YouTube, or wherever you get your podcasts. And thanks again for being here. Powering Productivity is presented by me Suzanne Murdock and produced by Emily Crosby Media