



EXCEPTIONAL WOMEN'S COACHING

The Tiara Spotlight

Shining our light on inspiring women around the world.



Marjolein Nagel

Who are you?

I am Marjolein Nagel. After 51 years of age, I am trying to live my life to the fullest. Every day I wish there were more hours in the day.

What are you passionate about?

Being the mother of four big and great boys, growing up to become independent, intelligent and caring young men. I feel grateful to be their mother. Somewhere down the line I've contributed to these beautiful people, but I can't pinpoint one particular reason why or where.

What are you doing in your life right now?

It feels like everything is going so smoothly and easily right now. Today, on a Sunday afternoon, my sons are all at home (except our Traveller, who is in Laos or Vietnam, contacting us every couple of weeks) and we've been playing games, teasing each other and making tea. At work I have managed to create the same role for myself: as a supervisor and stimulator of the personal and professional growth of the members of my team.

What is your strongest calling or strength?

My role as an interim manager for longer term projects fits me perfectly: seeing the big picture, making connections, seeing possibilities for development and growth as necessary ingredients for success. Contributing to the callings of the organization and the people working in it.

How do you recharge your batteries or nourish yourself?

Like I always try to tell my children: don't worry about your "weak spots," but make sure we can enjoy your "top spots" to the fullest. I try to take this advice myself. I also have my love relation with a very playful, loving and caring man. I'm still experimenting for the best balance in my life.

What would you like to acknowledge yourself for?

Somewhere along the course of my life I decided not to compare myself to others, not to aspire to meet someone else's standard for how I should be. Rather, I have chosen to be in places where "I" am appreciated. The real me.

What are you grateful for?

It took me a long time to arrive at this place. What guided me was the awareness of my values and callings (intuitively, not explicitly), especially in noticing the successful people around me.



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What are the most important take-aways you've had a result of participating in Tiara?

I have learned from Tiara that you don't have to choose: everything is possible. Always go for the "yes!" Haha, sometimes I take that too literally and end up filling my agenda with all kinds of activities: Tiara, walking with friends, having a short break with my lover, of course, and family weekends. My year-song was "I'm Every Woman" by Chaka Khan; I've learned that 'being every woman' is not about being hyperactive in your schedule, but in BEING – not doing.

What inspires you?

It's difficult for me to practice, because I can be quite impulsive, but I've been inspired by those around me – as well as my year-song "I'm Every Woman" – to be more sensible. Life is not always positive and optimistic. I have experienced quite a lot of sorrow and sadness for my oldest son, who has been ill for almost a year, for all the loneliness in my past relationships, and for the sadness of others' around me. My biggest discovery this year (how childish) is that life is not a fairy tale, with a climax where everybody lives happily ever after. I kept on striving for this: to live happily ever after. But no: these climaxes are here, everyday, but we forget them with sadness and sorrow. The art of living is to balance the seconds of sadness with moments of love, care and wisdom.

What's next? What are you committed to?

I see a long and interesting adventure ahead of me, to live the life of "every woman," not in doing – in BEING!! I love experimenting even at this point in my life and I am prepared to do so on a whole other level.