



Woman of Substance

Kym Coon proves motivation and happiness stem from a healthy dose of self belief.

Story + Photography Tenille Bleechmore

I just have to show you this. I said I would never be one of those mothers, but look at this,” Kym says while rustling a small metal badge out of its plastic wrapper. She holds up a class captain badge that her five-year-old son was awarded on his second day of kindergarten, her smile saying it all.

Kym Coon is a Yoga teacher, a Raki healer, a motivational speaker and entrepreneur but, most of all, she is a proud mum. She lives in Dubbo with her husband Paul and their two children, Tobey, 5, and Sienna, 3.

Stepping into Kym’s house one can’t help but feel inspired. It is uncluttered and open with an aura of peace and harmony. The walls are painted a calm cream and in the lounge room sits a wooden book case. Among the wedding photos and pictures of her children, the shelves are devoted to Yoga manuals and other books relating to relaxation and motivation, one aptly titled *Believe in Yourself*, a motto Kym lives by.

Kym grabs a bottle of water and sits on a piece of blue carpet in the centre of the lounge room. In her black tights she crosses her legs, unintentionally showing off her flexibility and asks, “Do you mind if I sit on the floor? I’m a floor person.” Kym first discovered Yoga 12 years ago in England when she was handed a Yoga pamphlet at a train station, “I thought to myself, ‘Gee those people always look so chilled out and calm. What’s going on there that I should really know about?’” She went along to Yoga that night and was overwhelmed by its power; “It was everything,” she says. “I felt my soul and my spirit were so enriched and full during and after a class. It was like I really needed that each week.”

Since then, Kym has incorporated Yoga into nearly every aspect of her life. She teaches Yoga six times a week, two with special needs classes, and has recently self-produced her own Yoga DVD, ‘Yoga with Kym’. She glows as she talks about the DVD’s success and the recent offer to sell it nationally, “I did that DVD because Yoga, healing and positive thinking are my passion. I thought, ‘Well I’m out here in Dubbo, how else can I touch other people? How can I evolve again from a Yoga teacher as I learn how to produce something?’”

As every mother knows, children’s needs always come first so when Tobey says he’s hungry, Kym jumps up to make him a sandwich. While toasting a cheese sandwich she offers some important advice for other entrepreneurs. “First of all, believe in yourself. Find a good mentor, somebody who’s been there, done that or can offer great advice and wisdom. Be patient with yourself and see the obstacles as challenges. I believe that the brick walls are there for a reason: to see how much we want it. You can either jump over it, or you can blow it up if you need to, but they are there for a reason.”

Kym has an amazing outlook on life and confidence that

comes from within. She has always embraced challenges in a bid to personally evolve. She closes her eyes, reflecting on her time spent overseas travelling by herself; “I travelled alone so I found out more about myself, I was growing all the time through different experiences and that was healthy for my spirit, healthy for my soul. I have wonderful memories to look back on and it changed my life.”

Other events have happened in Kym’s life that has helped her understand the importance of living life to the full. Kym’s mother suffered a cerebral haemorrhage 15 years ago and wasn’t expected to live. Amazingly, she survived, teaching her daughter a valuable life lesson. Kym speaks softly and slowly, “The fragility of life. It can be taken away so quickly and let’s not procrastinate about our lives. I think it’s made me more motivated to achieve the things I want to achieve. I don’t want to become a ‘what if, shoulda, coulda, woulda’ kind of person. I’m a doer. I go get it and I embrace life.”

Kym was a doer when her nephew endured a cruel pool accident last year. Three-year-old Julian was disembowelled by a pool skimmer box, prompting Kym to start a campaign to raise money for Julian and awareness of the dangers of some pool filters. Kym organised ‘A day in the Park for Julian’ where local people got together to raise money and awareness. “As horrific as the accident was, the more people that talk about it, the more we’ll get the message out there.”

She also arranged a walk to Wellington and a monster auction. All together she rose close to \$40,000 for Julian. In a tone full of appreciation and respect Kym says, “That really

taught me many new things about life: that people love and care, and how people come together. It gave me strength; it gave us hope, support and love. It’s a miracle, and I do

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believe in miracles... He is now home with his family.”

Always with another goal in mind, Kym is currently undertaking creative writing classes so she can produce her own book about inspirational stories. Her long term goal for the future involves opening her own retreat centre where people can learn to meditate and breathe correctly, eat properly, and look after themselves emotionally, mentally and spiritually.

Kym devotes a lot of her time to helping others and spreading her positive outlook on life. Her achievements so far demonstrate that anyone, anywhere, can achieve their dreams by believing in themselves and never giving up. But, at the end of the day she is a mother, and her biggest goal is to be an inspiration to her children. “I would just like them to see that you can believe in your dreams, to follow your heart, to expand yourself, to grow and to create a positive and wonderful life.” ❖