Laura Poole – Taking charge of your freelance life

The SfEP conference is not your normal conference. Very few people wear suits, everyone is agreeable and there are no clusters of age 50-something men standing around competing over who has the biggest antlers (or maybe I missed that bit).

Another attendee, John Esperian, described the conference as, “A collection of friends, interested in the same things and happy to help each other.” This being the case, Laura Poole is that rare friend, generous with her knowledge and riotously funny with it. If you’re at risk of doubting yourself, she’ll be the first to squeal that you have exactly what it takes to be successful and to show you how. Laura’s topics included: achieving life balance, dealing with underworked and overworked times, working from home when you have kids, working and caring for elderly relatives, and how to cope if your partner also works from home.

My lasting impressions are: keep yourself well and sane, look after yourself physically, get all the monitors you need (enough to make you feel you could launch a rocket ship), always be planning ahead, make people aware that you’re available, and if you need a nap, have a nap. The nub of Laura’s session was to make freelancing work for us; in the midst of prioritising tasks make sure you prioritise yourself.

Laura’s session was sponsored by Cult Pens and her book, *Juggling on a High Wire: The Art of Work-Life Balance When You're Self-Employed,* is published by More Cowbell Books.

About the blogger: Chris edits, proofreads and rewrites, for organisations, academics and indie authors. She also spends lots of time playing rhyming games with Rowan (6) and Alex (3). Buzzing with all she learned at the SfEP conference, she believes being called a ‘word geek’, by pals, is a compliment. www.spotlighteditorial.com