# AfHA Ep4 Passion with Kristi Horne

**Narelle:** So, hello and welcome to the Happtivist podcast for Action for Happiness Australia. We want to inspire action for a compassionate and connected society, and to do this we use and share the science of well-being, but in a way that you can connect with, understand and apply immediately. So, in this podcast, we promote individual and collective action. We want to empower you and with your well-being. And I'm going to say that you begin. So, in this podcast, with my individual and collective action, we want to empower you with your well be provide ideas make next. So, who are we? Well, hello, I'm Narelle Lemon. I'm the chair Action for Happiness Australia. I'm also an educator, coach and research. And I am passionate about self-care and translating these into. Help me do. This is the art of the pause. And I explore these three baking, knitting or drawing. And when we're not in lockdown, being in nature, hiking and riding a bike is another way that helps me do this. And with me today is special guest Kristi Horne. Hello.

**Kristi:** Well, hello. And a Bonjour to you Narelle, thank you so much for the invitation to join you on the podcast. It's really so nice to be here. Hello everyone. My name is Kristi Horne and I am an absolute beginner into the world of podcasting and still on a very steep learning curve. But I'm also a colleague of Narelle's from Swinburne University, where my background is in market research, event management and communication, and my interests are in road cycling, tennis, podcasting, oh, and helping my mum remotely with about a billion tech issues. So, I totally need a gold medal or a sash.

**Narelle:** Mega High five. I tell you what, it's been an amazing almost two years, hasn't it?

**Kristi:** Oh yes. So good. And so yeah. Happy to help mum. She, she needs the help there.

**Narelle:** That's awesome. So, in this episode we're talking about passion and Kristi, I think you're like perfect person. When I was thinking about this topic, I was like, Right, who'd want to chat to about passion? And I was like, okay, I'm going to invite Kristi for this episode. This is going to be fun.

**Kristi:** Thank you. Thank you. Thank you.

**Narelle:** So, on LinkedIn the other day, I saw this really great post that made me stop and think and it was by a particular group called Find Your Hive and Thrive. And they were talking about happiness and that that comes before success, not around the other way. Often we think success or become happy. But actually, it's about being happy, being content, and then success comes. And they had this really cool visual that which talks about three P's of happiness. They talked about pleasure, which is having fun, joy and awe in the daily routines. They talked about pride, getting a rewarding sense of accomplishment from the things that you do. And they talked about purpose, using your gifts and talents in the pursuit of a meaningful goal. So, this model of three P's for happiness, pleasure, purpose and pride also had me think, Oh, I want to add in a fourth P, I want to add in passion because passion comes from pleasure, purpose and pride. So, it was a really nice post that got me, got me thinking and I was digging a little bit deeper on passion. And the researcher, Robert Ballard, defines passion as "strong inclination toward a self-defining activity that one likes or even loves, finds important, and in which one invests time and energy on a regular basis". I kind of like that definition.

**Kristi:** Yeah, so do I. And the graphic that show your pop up into Insta or somewhere is really good. But they could definitely add in a fourth P there.

**Narelle:** Hmm. That might be our contribution. We'll share we'll share the LinkedIn post in our in our show notes and maybe even the beginning of a new graphic with the four P's to be kind of cool.

**Kristi:** Excellent. Love it. Yep.

**Narelle:** So, research lets us know that when we're passionate about a meaningful activity or an object or even a person, it can provide joy and meaning to one's life. And it contributes to having a life worth living. So, we really helps us to flourish and be the best that we can be. And indeed, people who have a passion for a given activity typically engage in these activities several hours a week, and they may experience positive affective experiences that facilitate well-being. So, when you're passionate about something, you actually find and make the time to do it. And often.

**Kristi:** That's exactly right. I couldn't agree with that more. Yep.

**Narelle:** It's totally relatable. Totally relatable. I agree. And when I was doing a little bit of digging about this, I just was nodding my head all the way through. I was like, no, we hear the word passion, connect to your why, all these sorts of aspects, but kind of don't really sort of stop and think about what that is and what that that means for us. And particularly when we invest in it and put our energy towards it on a regular basis, you know, passionate activities come to be so self-defining and they kind of represent our central features of our identity. They're a way for us to shine and flourish. So, on this fun topic, Kristi, let's unpack it a little bit more in relation to our lives. So, passion and finding a way, something we hear a lot about. A lot of people throw it out to us. It's a classic one liner in the workplace, or as you're coming through, finishing high school, making decisions about what you're going to do with your career. For example, find your passion. Follow your passion is big comments. And when I had the privilege of listening to your podcast with your niece, which side note- Absolutely gorgeous. I smiled, laughed and giggled all the way through. I just thought, oh, it's gorgeous.

**Kristi:** Thank you, thank you. Thank you. Yes. So much fun. Oh, my God. My niece is just the most gorgeous little girl. So, thank you for listening.

**Narelle:** Oh, a pleasure. Pleasure. I was wondering through the supermarket, giggling.

**Kristi:** Listening to all of it. Oh, she's so bright. She's such a smart little girl. Yeah.

**Narelle:** So, when I was listening to it, you shared a bit of your personal journey in regard to tennis coaching, and I just love that story. And it reminded me a lot about finding your passion, following your passion, and some of those decisions that we need to make. So, I was wondering if you could tell the listeners of the Happtivist podcast a little bit about your story.

**Kristi:** Sure. Thank you. Thanks for listening to the podcast with my niece. She's a little champion and she's taken to it like a duck to water. So proud and noble. I absolutely love the topic passion because it's so personal and it's different for everyone. And to give you a little bit of a background, I have a couple of passions. They are the Tour de France and my annual competition that I run with family and friends. I've been doing it for a really long time, by the way. It's exhausting. Three weeks really like not and daily updates that I do. So that's one of my passions. But you mentioned tennis and yes, it is a passion, actually. It's a long term love of mine which started being a spectator watching my mum play tennis and being taken around to, you know, watch what you play tennis. You know, when I was a little girl and then I started having lessons when I was eight year old, eight years old with my brothers. And this continued all through my teens and into my twenties and into my thirties, although I ditched the brothers early on, although we did play mixed doubles together and trained together, but there was lots of I was playing lots of competition. There was the regular weekend club competitions where we'd travel all around Melbourne and then the Tuesday and Thursday night Inter-Club competitions. And then I was training with the, the then Shell Squad training and it was just I was the only girl, so it was all boys. And then I had a coach and I had one on one coaching with Gary. So, it was fair to say I was pretty committed and dedicated to my tennis on and off the court. By this stage. I was working full time and, but tennis consumed every other part of my life. And I also started coaching little juniors with Gary on a Saturday morning. And then I had the opportunity to head overseas and coach in a summer camp, which was pretty cool. Yeah, in upstate New York, in the Catskill Mountains.

**Narelle:** Gorgeous. What a wonderful opportunity.

**Kristi:** It was fantastic. So, I said to my employer, know, I'm going to head off and that was really cool. So, they gave me three months to leave my full time work. And my coach, Gary said to me, Kristi, when you come back from the US, think about this, but I want to offer you a full time job as tennis coach working with me. So, it was pretty cool, and I was so honoured. So, I went off overseas and did coaching and after three months away playing lots and lots of tennis, I returned home, and I passed on the job with Gaz. But I had an incredible doubles player, Kim, and she took the job and is still coaching with Gary to this very day. Oh wow. Yeah, sort of like a bit of a sliding doors moment. My, everything could have changed for me if I had gone down the tennis coaching route. However, I finished coaching with Gary when I was in my thirties, so it was a really, really long time. But I was so passionate with my tennis. I've had a really long break from tennis and have only just started back again. Narelle. Albeit against the brick wall. But you know what? I always win.

**Narelle:** I love it. I love it. And I really like how you talk about that as a sliding door moment, because what stands out for me is your passion for tennis. And it started very, very young. Those around you, family, other people that you sort of the networking grew. And I grew up playing tennis as a as a young lady myself. So, I get the Saturday mornings and the coaching every January. I used to do a coaching clinic with at that stage. I grew up in regional Victoria and we had an American coach, so it was like, oh my goodness.

**Speaker3:** Like.

**Narelle:** Yeah, very fancy. And so, all through late primary school, secondary school, Jan was, you know, tennis coaching time and all that sort of thing. And what I love about your story is that the passion grew, developed over time. But then there's a sliding door moment where the passion looks a bit different and what you're doing feels different, but it's still there.

**Kristi:** Yeah, it was. And it was almost like. I'd spent so much time playing tennis, and then I was given this opportunity to take it to the next level and, but I wasn't prepared to take that. You know, and I think I don't know if I remember at the time kind of weighing it up. You know, I don't know if I'm going to have enough money playing tennis, being a tennis coach or I've got this secure job, which Narelle I stayed at that one job for eight years and really I know like Kim still coaching with Garry and you know, I stayed at my role for a really long time. But yeah, it was kind of sad, but I think I needed to step away from it too, because I was I had such a long time, you know, being in that space. And then also I was secretary of the club, you know, managing all of the doing all the secretarial stuff, fundraising. So, there was a real commitment. And it's been funny because I've stepped away from it for a really long time and let injuries heal. And now I'm back against the wall playing. I called the wall down here at Carnegie, Rafa, so I always beat Rafa. But just a really funny side note. I've started hitting back against the wall and three times in a row. Had three people come up to me and say, Oh, can you help my son? Or Can you have a hit with my son? And yeah, a little. There was an eight year old kid. His name was Slava. He had limited English, but he wanted to hit, you know, hit the ball against the wall. So, it was really funny. So, people gravitate towards people, too. So, I don't know, maybe it's my friendly, happy disposition.

**Narelle:** You've got the energy and you know, we talk about energy, of passion, right? So even though your passion, how you do it is different and has grown and progressed and paused and looks different now. But because it is your passion for me, that story, it stands out because that energy that comes from you and you're like beaming and smiling, which is not great for a podcast. But know, believe me, listeners, as we're doing this, my cheeks hurt because I'm smiling so much, because Kristi is smiling so much and the energy that's coming through, right?

**Kristi:** Yeah. And I think that's when I go to the brick wall and I haven't been for a little while because I've been in covered. But it was I come home and say to my partner and another person has approached me at the brick wall against Rafa court. And, you know, so I coach a little kid. And then another lady came up and said, can you have a hit with my little girl? And then I just started chatting, chatting to little kids. But it seemed a bit strange, but, you know, it was like, you know, it was just good fun and really happy to help. I got the skills to.

**Narelle:** Yeah, that's beautiful. I really love that. And it's a beautiful message that passion can. Once you find it, you'll always find a way for it to be there, even though it can change over time.

**Kristi:** Yeah, that's exactly right. Yeah. So, it just. It just evolves somehow, doesn't it?

**Narelle:** Totally. And I love that tuning into it. So, they say surround yourself with others who are optimistic and that help you be you and help you be the best that you can be. And being around people who inspire you is attractive. And we talked a lot about that in a previous podcast episode for the Happtivist where we want to find out more. We want to be around these people. I feel this with you, Kristi. You know that optimism. I'm, you know, want to hang out with you. I enjoy our conversations and I wonder how we find this as we move through our life. Deep question. Right. But I actually think it's connected to passion as well is these people and that optimism and the hope that comes with that to enable you to find your passions, to do your passions, to be your passion.

**Kristi:** Yeah. And saying surround yourself with others who are optimistic. Narelle You are absolutely speaking my language here. This just hit me like a hit me like a bullet yesterday or the other day and I just couldn't agree with this comment anymore. I absolutely feel the same. And I'm naturally an optimistic and enthusiastic person and no joke. In fact, I was having this very conversation with my bestie on this topic just this past week, and I don't know about you, but I feel like I shine when I surround myself with optimistic people. Kind of glow. Does that sound weird?

**Narelle:** No, not at all. Not at all.

**Kristi:** Yeah, you.

**Narelle:** Know.

**Kristi:** True. And sometimes it's luck or it's serendipitous. It's fate or coincidence. I don't know. But there seems to be something. I don't really know how to describe it. But somehow. Right. And right now, I've ended up with the right people around me. And last year I struggled, like so many other people, adapting to new ways of working during COVID and the working life. But I really struggled last year in a real. And I didn't have the right people hanging on, enough of the right people around me. And I was a little bit lost and lacking, lacking in everything and in confidence, too, which is not really like me. I'm not overly confident, but I'm confident, particularly with when it comes to my passions. And towards the end of last year at work, there was a really big tectonic shift for me and about to happen within my working area and including lots of changes, lots of uncertainty. And then over the Christmas break, when it sort of when everything kind of had to absorb everything and figure out, oh, this is what's happening, it took me a little while to kind of compute it. I realised things had to change for me and only I could make the change. And the funniest thing was, Narelle, the smallest action has turned into a passion.

**Speaker3:** Right.

**Kristi:** Right. So Oh, my gosh. It's just amazing. Let me tell you about it, guys. I put my hand up to volunteer with the Professional Staff Network at Swinburne University just to help, you know, create content for their newsletter. But what eventuated was a podcast, right? So, with zero knowledge and or experience, this was going to be a podcast with the aim of connecting and reconnecting staff at Swinburne. So, I'm going to try and condense this story because it's kind of long and it's just keeps snowballing. Even today, it's snowballing. A long story short in a row, but I had to learn a new range of skills and software. And then we created our first podcast. We just did it. And since then we have now chatted with some awesome staff at Swinburne University, and recently we've interviewed a Swinburne alumni who is a five time Paralympian just back from the Tokyo Games. And we've also been nominated for a VC award, which is Vice-Chancellor's Award, and most recently presented at two industry conferences on the success of the podcast.

**Speaker3:** Woohoo!

**Narelle:** Amazing!

**Kristi:** So, it's kind of like I found a new passion. Did I fall into it or did I?

**Narelle:** Great question.

**Kristi:** Yeah, I don't know. But it taps into so many of my favourite things chatting to people, sharing stories, sharing kindness, listening to people and you know, making other people feel special because it's what I needed last year and now I'm kind of doing that for other people. So, so now I feel like I'm shining and it's a people in this space. There are like you who are also passionate and incredibly supportive and full of encouragement. So, it's just started off something little and now it's kind of grown. So, because I was passionate about it.

**Narelle:** Yeah, totally. And it's I just love I love your story and having watched this growth as well, like it has just been gorgeous and it's just such a beautiful example of finding another passion, and particularly a passion that can come out of a time that's tough, hard confronting. And I think those listening, I think all of us can really resonate with this, that during the pandemic. We've all had to pause and restart, redo, refresh, renew, recharge and reflect so much because everything has everything has changed for us. And I think no matter where you might be listening from in the degree of lockdown experience. But it's touched everyone.

**Kristi:** Yeah, exactly. And it's funny when you tap into a new type of passion and then you kind of go, Oh, actually, I can do this. I'm actually more at this. And because my confidence took a massive knock and, you know, you doubt yourself, it's like but then when, you know, it's sort of unravelled or, you know, it's like, no, no, you can do this. Yeah.

**Narelle:** And what comes with it is, oh, I want to find out more. Oh, I can do this. Oh hello. Oh, can I want to organise another one and it's you do. I think we both have talked before about, we both found podcasting during, during COVID has both become a passion for both of us. We've got separate, separate projects that have aligned for this episode here. And we've done a couple of other things where we've brought other people together based around podcasting. We've found likeminded people, and that ability to find out more and ask questions and grow the passion as well is something that has really stood out to me that when you find something you really enjoy, you kind of gravitate towards people who are doing it as well. And in some ways I wonder if there's an aspect of that. Your network starts to become a little bit extended in terms of finding people who are going through the similar, similar process at the same time or relatively same time. So, then you can go, Oh, I just discovered this, or, Oh, hey, you know, we nerd it out on microphones last week. Yeah, six months ago. I don't think I ever would be going. Oh, my God. I would get excited about a microphone.

**Kristi:** Yeah, that's exactly right. And speaking to some of my colleagues about this as well is like and sharing knowledge is yesterday I got some, you know, I was I was chatting to an expert and she was like telling me how to do something so simple. So, I had no idea. But it was it's fantastic. I love sharing the knowledge, but also what I love is connecting and reconnecting with people. So that's the purpose of my podcast at Swinburne University. But as a spin off to that, you inspired me after a chat like, hang on a minute, I'm going to start my own podcast, which I did.

**Narelle:** Yeah.

**Kristi:** And oh, it's absolutely ace fun. So, it's not limited.

**Narelle:** No, not at all.

**Kristi:** Yeah. Which I love that.

**Narelle:** So yeah. And you've planted the seed for your 12 year old niece who started out at 11, had her birthday in the middle of it. Hello, episode one and two. And I feel like I know you're your niece now, but, you know, you've passed that on to her as well. And it's you can tell she's loving the medium, loving a new passion herself. She gets to hang out with aunty. She gets to be show her wicked sense of humour and you know, it's just gorgeous.

**Kristi:** And I gave her the option of saying, you know, maybe we could slow down a little bit or, you know, give it a couple of weeks break. And she's like, Oh, no, Auntie Kristi. This is the highlight of my week. Like, Wow, this is great. But she's learning skills, like preparing her scripts and preparing her questions and, you know, interviewing skills and, you know, the art of conversation. So, yeah, we get to connect, and I miss her so much. I just want to hug her. She's so gorgeous. So yeah, it's really important. So, there's lots of upsides from it. Super positive.

**Narelle:** Yeah, totally. And it's that, again, that aspect that comes from a passion that the more you do it, the more you want to do it, the more you pass it on to others, the more the positive energy comes from it, the you know, and the optimism and hope. And I love what you said about sharing the kindness. It's sharing the kindness in the process of doing, you know, podcasting is as a hobby, but it could be, you know, with your tennis, it could be for those listening with anything that you're passionate about and that you do. You keep finding ways to do it to find out more about it. To learn about it. To do. Which is yeah, really, really exciting.

**Kristi:** It is funny because I wasn't sure how the family podcast would be received by family and friends and, but everybody's come back and said, Oh God, this is just great. This is what we need. So, and it's bringing happiness to other parts of the family, which is a real positive.

**Narelle:** Hmm. That gorgeous idea when you said, guess what? I started my own podcast and I listen, I was like, oh, my gosh, we haven't been allowed to see family and they've been living in your physical house itself. So to be able to do that and as a beautiful gift to your family, to hear stories and connect and to make plans, the future and he the giggles, it was just, you know, I felt a part of your family listening to it with this beautiful insight into.

**Kristi:** Oh, god, that's so good. Yeah, I love it. So, it's having the desired impact.

**Narelle:** Yeah. So it my, you know, plant the seed for those who are listening here, maybe you might follow those steps and create your own podcast or a blog or something like that where you can continue connectivity in a different way that brings out the passion and love and kindness for each other.

**Kristi:** Yeah, it's so good.

**Narelle:** So good. So, in this next part of our podcast, we are connecting with a gift for yourself, and we start to think about a quick piece of advice to help us put things into action, and particularly our focus with this episode of Passion. So, the American positive psychology guru Sonja Lyubomirsky, in her book, A Practical Guide to Getting the Life You Want, The How of Happiness Looked at the how and the why strategies worked in relation to our engagement with them. And she identified five critical mechanisms that are really great for us to take action. And they were positive emotion, time, social support, motivation, effort and commitment and habit. So, let's have a look at these in terms of what they might mean for your next steps listeners in regards to passion. So, if I take the first of her tips, positive emotions, you might connect back to what makes you excited. You may even connect back to your inner child. That time before, we had been influenced by others expectations, assumptions and indoctrination. And think about what makes you excited and what brings those positive emotions. What makes you smile, what brings you joy? What allows you to giggle? You know, all those things that you've heard Kristi share today. It has. She's talked about her passions. Point number two is time. So, making passion work for you and putting that into action, you might think about how you can take time to slow down each day and often talk about yourself. So create that time in your diary and amongst other commitments and schedules to really connect into your intentions so you can begin to stop, minimise, avoid those things you have been doing that stop your connecting with your passion and really start to build that. Chance to connect and add it into your daily schedule.

**Narelle:** Number three, social support. And we definitely heard lots of examples about this with Kristi and sharing her insights in this episode. And you might reach out to a mentor or someone you can ask questions with. And as we've mentioned in this podcast episode about emotions and positive emotions and contagious, you also think about those people that you can surround yourself which help you make your passion happen. None before is motivation, effort and commitment. And my tip for this is to listen to your gut or your intuition. And what is it that it's really telling you? So, listening in, if you've got to find your passion, you're figuring it out, or you want to create more time for you to connect to your passion. Just pause a bit and tune into that intuition of yours. What is it telling you of when and how you can do it? And number five, habit is the big one here. And so, making the time to create healthy habits for you where you are able to connect with your passion. So, the big one with habits is remembering every small step or action that we take over time contributes to making change and impact. So, it might not feel like much today that you've dedicated 5 minutes to your passion. But if you keep repeating those five patterns over 5 minutes over a week, that's more time you're investing in your passion. You probably find that you want longer than the 5 minutes because it's energising you and so you are creating that habit where you're finding time to add that in. Okay. So practical tips here, Kristi. I'm going to ask you about your top tips to find or to keep your passion that can help our listeners put it into action.

**Kristi:** Yeah, that's such a great question, Narelle, and it's really different for everyone. But find something that you like, something that you really like, and jump on it, learn more about it, investigate more about it, you know, do some research, whether it's a hobby or a sport like I have or creating the family podcasts with my 12 year old niece. But, you know, my top tip would be just give it a red hot, go get uncomfortable, make your mistakes, own it. The good and the bad. You know what? It doesn't have to be perfect, but there's no reason why you can't be passionate. So, my top tip is to give it a red hot go jump in and go for it. Because do you know what? It could be life changing.

**Narelle:** Oh, I love it.

**Kristi:** Right? You just. Oh, yeah, just never, never know. And I always say that. So just give it a crack.

**Narelle:** Yeah. Beautiful advice. Beautiful top tip. Hashtag. Give it a go. Nice. We've loved connecting with you and sharing insights into passion. And in the show notes, we'll share some links with you to support you with your investigation into passion as well. So, we want to know what you think and what's inspired you and if you've got any questions you'd like us to answer, or perhaps topics you'd like us to investigate as well. So, reach out to us. You can leave a review on Apple and reviews help us be found and they help us help others. And your sharing as well is also an action to help others as well. And if you'd like to leave a comment or ask that question, you can do so via our socials on Instagram, Facebook or LinkedIn as well, so you can find us at www.actionforhappinessaustralia.org And we're on Facebook and LinkedIn as Action for Happiness Australia and on Instagram we are Happtivist. So, we hope you've really enjoyed this episode and we look forward to joining you and being with you another time. Thanks, Kristi.

**Kristi:** Thanks, Narelle.

**Narelle:** Thanks, everybody.