



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 9

Guest: Fran Willoughby on Mojo, Truth and Remembering Who You Are

Guest: Fran Willoughby, The Mojo Motivator

Host: Hannah Macintyre

Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined by Fran Willoughby, coach, Reiki healer, creative and self-described “Mojo Motivator”.

Fran’s journey is one of remembering rather than reinventing. From musical theatre and dance teaching to coaching, healing and mediumship development, her path weaves creativity, energy and truth into a deeply human conversation about alignment, grief, intuition and courage.

This episode explores what mojo really is, why truth matters, and how trusting yourself can quietly change everything.

Many Lives, One Thread

Fran describes having lived many lives within one lifetime. Her early career in musical theatre shaped her confidence, presence and ability to connect energetically with others. Later roles in corporate work, dance teaching and coaching all carried the same underlying thread: helping people feel better after being with her.

The name Mojo Motivator arrived suddenly, almost fully formed. Fran realised that motivating people, helping them reconnect with their energy and sense of self, had always been at the core of what she did.

Grief and the Call to Support Others

Fran’s move into coaching was catalysed by grief. After losing both her brother-in-law and sister-in-law in the same year, she found herself wanting to support her siblings but lacking the tools to do so.

This led her to explore counselling and grief work, eventually discovering coaching as a way to hold space, ask the right questions and empower people rather than fix them. Coaching felt natural, aligned and familiar.

Supporting others through difficulty was not new to Fran. She simply found language and structure for what she had always done intuitively.

Healing Before She Knew It Had a Name

During the conversation, Fran reflects on moments from her past that only later made sense. At nineteen, while at drama school, she would regularly invite friends into her room for tea, conversation and head massages when they felt low.

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Without knowing what she was doing, she was already holding space, grounding energy and calming nervous systems. Years later, training as a Reiki healer brought recognition rather than surprise.

Healing, it turns out, had always been there.

What Mojo Really Means

Mojo, as Fran now understands it, is not confidence or charisma. It is alignment. It is the quiet, internal sense of peace that arises when your life matches who you truly are. Mojo cannot be bought, forced or borrowed. It is remembered. Fran describes moments when everything feels right, ordinary days that suddenly feel spacious and calm. Those moments, she explains, are when mojo is present. Learning to recognise and return to that feeling is central to her work.

Truth, Expectations and Alignment

A recurring theme in this episode is truth. Fran believes many people feel misaligned not because their lives are wrong, but because expectations have replaced honesty. Unspoken expectations, particularly in relationships, often create dissatisfaction. Through coaching, Fran helps people identify what they actually want, what they no longer want, and where they may be avoiding their own truth. Truth, she explains, is not always comfortable, but it is freeing.

Remembering Who You Were

Both Hannah and Fran reflect on how spiritual growth often loops us back to earlier versions of ourselves. The qualities that mattered at ten often matter again later in life. Creativity, fairness, expression and connection tend to resurface after years of conformity or distraction. Fran notes that ignoring intuition often leads people on long detours, only to return to where they started. Trusting the inner voice earlier can shorten the journey, but even the detours have purpose.

Women, Power and Being Labelled

Fran speaks candidly about being labelled "bossy", "difficult" or "high-maintenance", labels often applied to women who speak clearly and act decisively. Over time, she has reframed these traits as leadership, integrity and drive. Her determination and ability to make things happen are not flaws, but strengths. Owning who she is has been an important part of reclaiming her mojo.

Mediumship and a Lifelong Curiosity

Fran's openness to spirit was nurtured early. Her mother spoke openly about life after death, reincarnation and intuition following the loss of a child before Fran was born. From childhood memories, intuitive knowing and early encounters with mediums, spiritual curiosity was normalised rather than dismissed. Fran grew up believing there was more, and that belief stayed quietly present even when life took other turns.

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Her formal mediumship development began later, following a series of seemingly unrelated events that, in hindsight, were deeply connected. Once she stepped in, the path unfolded quickly and naturally.

Creativity as Preparation

Fran reflects on how her background in performance prepared her perfectly for mediumship. Stage presence, communication, empathy and emotional awareness are all essential skills in spiritual work. What once felt like a career she had lost now makes complete sense as preparation for what she is doing now.

Nothing, she realises, was wasted.

Healing, Energy and Empowerment

Whether through coaching, Reiki, cards or mediumship, Fran's focus remains the same: helping people feel calmer, clearer and more empowered.

Rather than telling people what will happen, she helps them understand their energy, make conscious choices and set intentions. Change, she believes, happens when people are willing to meet life halfway.

Peace, not prediction, is the goal.

Not Knowing What's Next

When asked about the future, Fran is refreshingly honest. She does not know exactly where she is heading, and she is comfortable with that.

The last year alone has shown her how quickly life can expand when she says yes. Limiting herself with rigid plans would only close doors that are not yet visible.

For now, her focus is continued development, integration of all her work, and staying open to what unfolds.

Final Thought

Fran's story is a reminder that mojo is not something we need to create.

It is something we remember when we stop performing, start listening, and allow ourselves to be honest about who we are.