

# Making your heart sing

## Life coach can help you rediscover suppressed passion

As modern women, we do want it all. But at what cost? What do we sacrifice in order to be “super woman?” How happy are we going through the motions of trying to be a super-hero?

Women are slowly starting to resist the “rat-race” pace and are looking at where they are in their life and where they thought they would be. You know, before everything else happened. More women are remembering who they really are and how they wanted their life to be. They are starting to take their dreams off the shelf, dusting them off and getting into action.

This is how my story began six years ago. My marriage had ended after 21 years. I was a single parent, I was unhappy and unfulfilled in my job, and my self-esteem was shattered. I had gone from being a very successful professional manager, responsible for millions of dollars in sales across Western Canada, to this! It didn't fit. What happened?

It took awhile to adjust to the situation that I had created (I confess, I did play the blame game for a period of time), but once adjusted, I knew I needed a plan to start focusing on myself because my heart was just not singing anymore. I realized that I had been simply going through the motions, not experiencing a lot of joy, happiness or purpose. I just didn't know how to get back on track or even where to start. I had seen a therapist at one point in my life, but I knew that this was not the kind of help that I needed. I didn't need to look into my past and analyze or heal. I simply needed to forge ahead.

My tenacious side would not let me give up in my quest for “what did I want?” and “how I was going to get it?” Then one day, I heard it — Life Coach, a person who helps you get clear on what you really want (or don't want) in your life; a person who honours and supports each per-

son and their unique purpose, goals and life direction; a person who helps to integrate all of the different things that a person loves to do into living a fulfilling life and career.

Before long, I was working with a wonderful coach who literally changed my life. She gently nudged me into taking a good look at myself from the inside out, guiding me to dig deep to re-discover lost passions and dreams. For this, I am eternally grateful to her and to the coaching process.

Since I was a teenager, I wanted to be a therapist, helping clients in a cozy home office. After putting this dream on the shelf for 25 years while life happened, my coach helped me to re-discover this passion and to put a plan into affect to make it happen. The process took three years, but I am now living the life I love. I do help clients in my cozy home office, but instead of helping by going back into their lives, I help them get un-stuck and

achieve new insights which move them into living the life they love with fun, passion and purpose.

Many women have a vague sense of purpose, which costs them dearly and results in reduced motivation, passion, fulfilment and, ultimately, results. For a growing number of women, (regardless of what stage in life they are in), having it all means tapping into their intrinsic passion and purpose. It means making their heart sing. Is your heart singing?

WWW



INREALITY, IT'S ALL ABOUT FINDING THE J-SPOT

CLOTHING THAT MAKES YOU FEEL GOOD.

761 OSBORNE SOUTH AT JUBILEE  
OPEN 7 DAYS A WEEK  
475-5326  
jspotclothing.com

J+SPOT CLOTHING COMPANY