I.N.S.P.I.R.E.

Magazine

For the women who rise, lead, and shine

Issue 006

5 SMART MONEY MOVES EVERY ENTREPRENEUR NEEDS

ESSENTIAL OILS TO UNLOCK YOUR INNER TRANSFORMATION

WHEN SUCCESS ARRIVES BEFORE YOU ARE READY TO HOLD IT

WHEN YOUR INNER VOICE IS LOUD

FROM NEAR DEATH TO A SOLD OUT ECO-SYSTEM



ALICIA WADE

When the Work Becomes the Way

A Story of Gratitude, Practice, and Building Something That Holds People

ILLUMINATE | NUTURE | SHINE | PURPOSE | INSPIRE | RISE | EMPOWER

A World-First in Day Cream Innovation

POWERED BY A GROUNDBREAKING BIOACTIVE, UNLOCKED FOR THE FIRST TIME FROM AUSTRALIA'S NATIVE FLORA

Rich in natural antioxidants and nutrients

Lightweight, fast-absorbing texture

Supports overall skin resilience and health



ROCCOCO
NATIVE

AU.ROCCOCO.COM

NATURALLY BEAUTIFUL | NATIVELY AUSTRALIAN | BOTANICAL SKINCARE

“Beauty begins the moment you decide to be yourself

- COCO CHANEL



editor's letter









February carries a different energy.

The noise of New Year fades, and what remains is something far more honest — where we truly are, not where we thought we'd be.

If this is the month where doubt has crept back in...
If progress feels slower than expected...
Let this be your reminder:
You are not behind.
You are not failing.
You are not too late.

Growth rarely arrives in grand, dramatic moments. More often, it unfolds quietly — in courage, in persistence, in the simple decision to keep showing up.

Inside this issue, you'll find stories of evolution, resilience, and brave visibility. Not perfection. Not certainty. But willingness.

Willingness to trust the process.
Willingness to honour the journey.
Willingness to be seen, heard, and valued.

As you turn these pages, may you feel inspired — and gently reminded that your story, your voice, and your presence matter more than you realise.

Christine xo

Christine Innes
Editor-in-Chief

I.N.S.P.I.R.E.

At I.N.S.P.I.R.E. Magazine, we shine a light on changemakers, storytellers, and visionaries—illuminating the path for others to rise, lead, and make an impact.

Editor-in-chief	**Christine Innes**
Creative Director	**Christine Innes**
Digital Content Manager	**Mary Suycano**
Contributing Writers	**Kris Kirshaw**
	Danielle Ridley
	Marie Ferguson
	Sean Ferguson
	Hue Kedge
	Christine Innes
	Larissa Beattie
	Kay Hamilton
Contributing Photographer	**Van Van Stratten**
Marketing & Partnership	**Christine Innes**
Advertising & Sponsorship	**Christine Innes**

EDITORIAL OFFICE

Inspire Media Pty Ltd | Australia & Global
inspiremagazine@thecorporateescapists.com

I.N.S.P.I.R.E. Magazine is published by Inspire Media Pty Ltd—empowering changemakers, storytellers, and visionary brands across the globe.

© 2026 Inspire Media Pty Ltd. All rights reserved. No part of this publication may be reproduced without permission.

ACN 166 60588965

I.N.S.P.I.R.E. Magazine is published 6 times a year by Inspire Media Pty Ltd. Reproduction in whole or part is prohibited without permission from I.N.S.P.I.R.E. Magazine. Copyright belongs to I.N.S.P.I.R.E. Magazine. Liability howsoever as a result of use or reliance upon advice, representation, statement, opinion, or conclusion expressed in I.N.S.P.I.R.E. Magazine is expressly disclaimed by the publisher and all persons involved in the preparation of this publication. The opinions and views contained in this publication are not necessarily the views of the publisher. Any dispute or complaint regarding advertisements must be made within 7 days of publication. Inclusion of any copy must not be taken as any endorsement by the Publisher. Views expressed by contributors are personal views and they are not necessarily endorsed by the Publisher.

Table of Contents

04 **Editors Letter**
An invitation to share your story to be seen, heard and gain visibility

07 **Alicia Wade**
When the work becomes the way - Gratitude is your superpower

14 **5 Smart Money Moves**
The checklist every entrepreneur needs to read

16 **Christine Innes**
Finding your tribe - how your vibe attracts your tribe and how your tribe can affect your vibe

20 **Lace Flowers**
The moment everything changed - from near death to a sold-out global eco-system

25 **Sutton McCroney**
Finding the room I was meant to build

26 **Lisa Ohtaras**
Healing YOU

28 **Sonia Temblay**
When success arrives before you are ready for it.

32 **Kay Hamiliton**
Essential Oils to activate your Inner Transformation

34 **Sarah King**
My Inner voice was loud.

36 **The Inspire Manifesto**
A declaration for changemakers.






MARRAKECH JARDIN
MIAMI BEACH
AMALFI

Some stories feel like a homecoming.

This is one of them.

Alicia Wade is a woman who has graced our cover more than once — first under The Corporate Escapists, and now again, in this new era of I.N.S.P.I.R.E.

Not because she seeks the spotlight, but because her work consistently creates it for others.

Alicia is a powerhouse in the quietest, most grounded way. Kind. Generous. Deeply committed to people. And, for me, a trusted friend whose integrity I've watched unfold over years of meaningful work. What she has built through The Gratitude Method is not just a business — it is a practice, a philosophy, and a container that holds both practitioners and the people they serve.

This is a story about when work stops being something you do... and becomes the way you walk through the world.

WHEN THE WORK BECOMES THE WAY

A Story of Gratitude, Practice, and Building Something That Holds People

In this issue, we honour Alicia Wade — a guide, practitioner, and visionary who has quietly reshaped the way helping professionals hold their work and themselves. Through decades of walking alongside others, Alicia has transformed lived experience into The Gratitude Method — a practice grounded in humanity, sustainability, and deep care. Her work reminds us that true impact is not built through urgency or noise, but through presence, intention, and systems that support both the giver and the receiver. This is the story of a woman who chose simplicity over burnout... and built something strong enough to hold many.

Words by Alicia Wade
Photos by The Branding Bar
Studio - Charlotte Marshall

There comes a moment for many coaches, counsellors, psychologists and healers when the learning slows and a different question begins to surface.

Not What do I need to study next?

But How do I want to work now?

It often arrives quietly. After the certificates are framed. After the investment in courses, programs, and professional development. After the late nights building systems that were never really explained in training. After the realisation that supporting others has become meaningful, but also heavy.

The work is still loved. The people still matter. But something feels fractured.

This was the space in which The Gratitude Method was born.

Not as a business idea first, but as a response to years of walking alongside people. Individuals navigating grief, growth, burnout, rebuilding. Practitioners who were deeply capable, yet carrying the weight of doing everything alone.

The Long Walk Toward Simplicity

For Alicia Wade, the founder of The Gratitude Method, the journey did not begin with franchising or systems. It began with people.

Her career has spanned education, community services, coaching, training, fitness and business. She has worked in classrooms, community spaces, one to one sessions, group programs and public platforms. Always with the same orientation. Walk with people. Do not rush them. Make the tools usable.

Over time, Alicia noticed a pattern. Gratitude, when practised consistently and grounded in real life, created space. Space to think differently. Space to regulate emotion. Space to choose again.

But she also noticed something else.

The people doing the work were tired.

Highly trained practitioners were spending more time managing technology than connecting. Healers were holding deep emotional space without systems to support them. Coaches were constantly reinvesting in learning while trying to build a business from scratch.

The question became unavoidable.

What if the work could be held by something stronger?

Building a Container, Not a Funnel

The Gratitude Method did not emerge as a course. It grew as a container.

A place where gratitude based practice and positive psychology could live alongside structure. Where evidence and intuition could coexist. Where practitioners did not need to choose between professionalism and humanity.

At its heart, the franchise model is simple. It removes the need to build everything alone.

Practitioners who step into The Gratitude Method gain access to established frameworks including gratitude therapy, positive psychology programs, short courses, textbooks and client resources that are already written, tested, and ready to be lived.

Behind the scenes, systems quietly do their job. A CRM that holds clients. Marketing support that does not require constant posting. Operational tools that allow work to flow rather than pile up.

What remains is the work itself.

The conversations.
The reflection.
The walking alongside.

Where Healers Belong Too

One of the quiet strengths of The Gratitude Method is its openness.

This is not a rigid model designed for only one type of practitioner. Coaches, counsellors, psychologists and healers all find a place here.

For healers in particular, the framework offers something grounding. A structure that supports intuitive and holistic work without flattening it. Language that bridges experience and professionalism. Programs that complement rather than compete with existing modalities.

It becomes less about fitting into a system and more about being held by one.

Walking Together, Not Leading From the Front

Alicia often says that her role is not to lead from above, but to walk beside.

This philosophy shapes the franchise. Practitioners are not handed a manual and left to figure it out. They are supported through community, mentorship, shared learning and systems that evolve together.

Already, practitioners in Perth and Sydney are integrating The Gratitude Method into their work. Some in private practice. Some in group settings. Some in community spaces. Each adapting the framework to their context while staying connected to something larger.

It is not fast growth. It is intentional growth.

A Life Built Around the Work, Not the Other Way Around

What draws many practitioners to The Gratitude Method is not scale. It is sustainability.

The systems are there so the work does not consume the person doing it. The resources exist so knowledge does not need to be recreated. The community matters so no one is carrying it alone.

Even the additional income streams, including aligned apparel and products, are designed to feel supportive rather than performative. Opportunities for connection at events, workshops and community spaces. Not pressure. Not noise.

Just another way to let the work breathe.



"It becomes less about fitting into a system and more about being held by one.."

More Than a Method

The Gratitude Method is not about gratitude as a catchphrase. It is about gratitude as a practice that changes how people move through the world.

For clients, it becomes a way to soften, reflect and choose again. For practitioners, it becomes a way to work with integrity, structure and heart.

And for Alicia, it remains what it has always been.

A long walk with people.
A belief that the work should support the worker.
And a quiet commitment to building something that lasts.

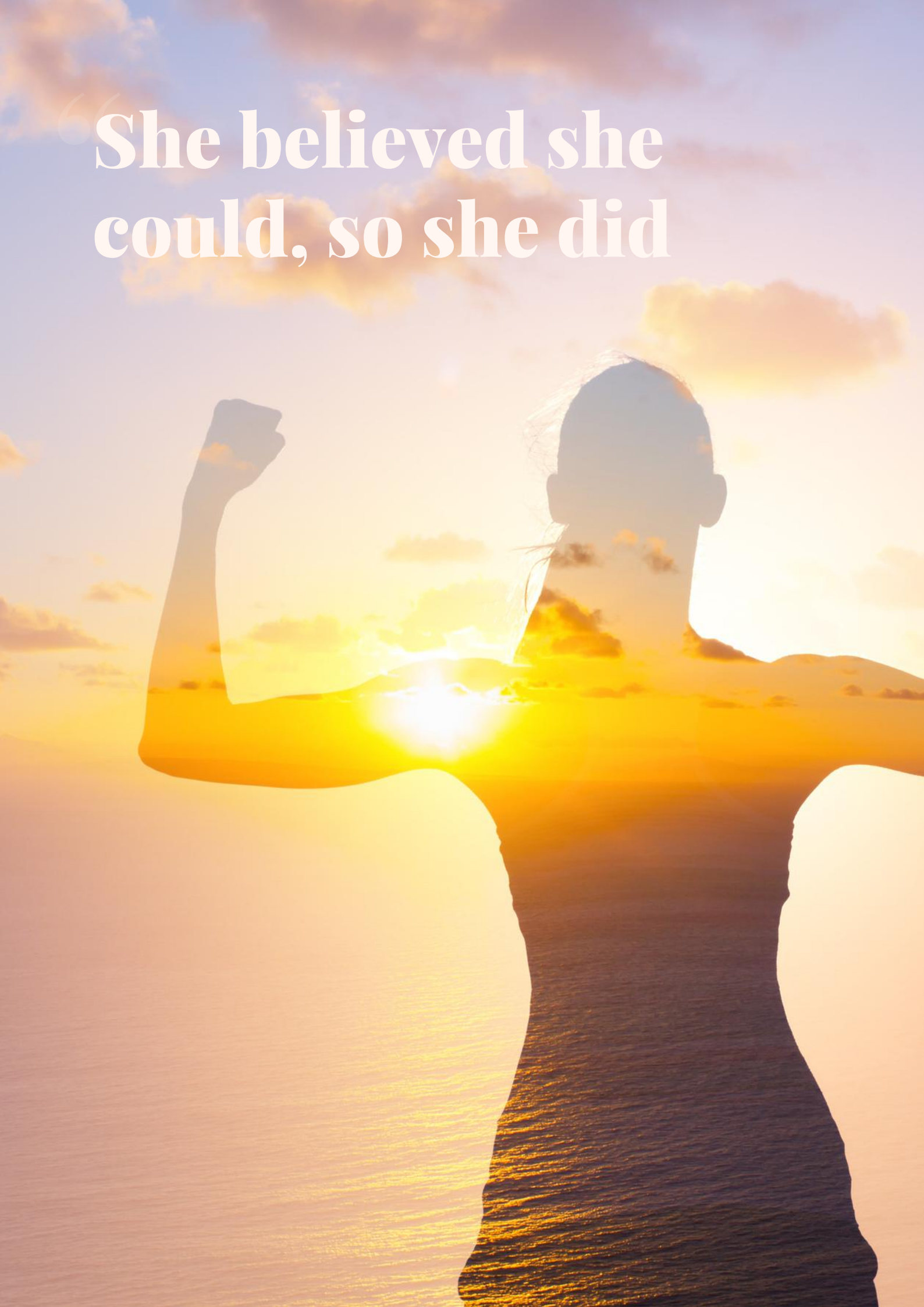
Connect with Alicia here

| alicia.a.wade

| aliciawade.com.au




“The work should support the worker — not consume them.”
CAPRI
SANTORINI SUMMER
ITALY
GRATITUDE


She believed she
could, so she did

5 SMART MONEY MOVES EVERY SELF-EMPLOYED WOMAN SHOULD MAKE BEFORE BUYING PROPERTY

With clarity, calm, and real-world experience, Danielle shares five essential steps to help self-employed women approach property ownership with confidence — turning complexity into clarity, and dreams into well-planned action.

1. Are your financials and tax returns in order?

Please have the last 2 years of tax returns and financials prepared by your accountant (personal and business) ready. Separate business and personal expenses to make your financial situation clearer.

2. Ensure you are working with an experienced Mortgage Adviser who deals with self employed clients

Experienced advisers can:

- Identify lenders that understand business income variability.
- Help prepare your financial evidence for the best presentation.
- Access “low doc loans” (loans requiring less documentation) if traditional proof isn’t available.
- Compare a wide range of banks and non-bank lenders to find competitive rates.

3. Ensure your financial situation and credit score is strong

Having a strong deposit of at least 20% and clean credit history can make it alot easier and faster to be able to obtain funding.

Reduce or close personal debts or credit card limits before applying if possible.

4. Choose the Right Loan Structure for You and seek guidance from your Mortgage Adviser

Please ensure you are obtaining the right advice from the professionals (ie your adviser). Friends and family don't necessarily know your financial situation and can provide the incorrect advice. Remember your Mortgage Adviser works with lenders consistently. This is their job. Ensure you have a good one you can trust and work with well.

5. Prepare Early and Be Patient With the Process

Self-employed applications can take longer than if you are PAYG. It is highly recommended you obtain a pre approval prior to purchasing. This allows your Mortgage Adviser and the bank assessor to iron out any queries with your finance application before you purchase. This way you can have a pre approval ready to go for when you do purchase.

For more information or to get in touch with Danielle, contact her at;

www | www.mortgagefinesse.com.au




I am enough!



FINDING YOUR TRIBE

Why the Right Table Changes Everything

There comes a moment in every business journey when strategy alone stops working.

You can have the offers, the branding, the vision boards, the late nights and the coffee-fuelled plans… and still feel like something is missing.

That something is often not another course, coach, or funnel.

It's your people.

Because while your vibe attracts your tribe, your tribe also affects your vibe.

And in business — especially heart-led, soul-exposing business — that matters more than most people realise.

By Christine Innes
Photography by Louise Williams

Business Is Soul-Exposing (And That's Why Tribe Matters)

Building a business isn't just about what you sell.

It's about who you become in the process.

You are seen.
You are vulnerable.
You put your ideas, your story, your hopes and your income on the table.

When you're surrounded by the wrong people:

You start shrinking instead of expanding

You second-guess ideas you once felt excited about

You feel "too much" or "not enough" all at once

You leave conversations feeling drained instead of lit up

I've been in rooms where I felt tolerated, not celebrated.

Where subtle comments chipped away at confidence.

Where competition disguised itself as community.

And here's the truth no one talks about enough:

Not every table deserves your presence.

The Power of the Right Table

The right table feels different.

You don't have to armour up.
You don't have to prove yourself.
You don't have to play smaller to fit in.

At the right table:

- Your ideas are met with curiosity, not criticism
- Your growth is celebrated, not quietly resented
- Your story is held with respect
- You leave feeling clearer, braver, more grounded

The right table doesn't just support your business — it accelerates it.

Because confidence grows faster in safe rooms.

Visibility expands when you feel seen.

And collaboration thrives when ego leaves the room.

Why INSPIRE Dinners Exist

INSPIRE Dinners were never meant to be "networking events."

They were created as intentional spaces — where conversations go deeper than surface-level small talk and connections are built on alignment, not algorithms.

These dinners are about:
✨ Being seen, heard, and valued
✨ Sitting with people who get it
✨ Sharing stories without judgement
✨ Building relationships that extend beyond the table

No pitching from across the room.
No performative networking.
No shrinking to survive the space.

Just powerful humans, real conversations, beautiful food, and aligned energy.

Because magic happens when the right people sit together and business growth becomes a natural by-product.

Growth Happens in Rooms, Not Isolation

So many business owners try to do it all alone.

But growth doesn't happen in isolation. It happens:

- Over dinner conversations that spark clarity
- In moments of being witnessed
- Through introductions that change everything
- When someone across the table says, "Have you thought about this?"

Sometimes one seat at the right table can:

- Open a door you didn't know existed
- Shift how you see yourself
- Remind you that you're not behind — you're becoming

Choose Your Table With Intention

As you move forward in your business, ask yourself:

Who do I feel expanded around?

Where do I feel safe enough to be fully myself?

Which rooms leave me inspired instead of exhausted?

Because legacy isn't built alone.

And success is sweeter when shared with people who want to see you win.

You're not here to sit anywhere.

You're here to sit where you belong.

And if you're ready for that kind of room — there's a seat waiting for you at the INSPIRE table.

Get your seat at our next INSPIRE DINNERS

February

April



DREAMS

+

ACTION

=

REALITY



Lace Flowers is Co-Founder of The Flavor Room and Founder of Empire Kitchen.

From near-death in 2023 to building a sold-out global ecosystem in 2025, she teaches the hidden systems of sustainable entrepreneurial success.

Lace is redefining leadership for diverse entrepreneurs worldwide.

August 7th, 2023. I'm being wheeled out of a Colombian hospital after losing 3.2 liters of blood and undergoing emergency surgery to save my life.

My kids are watching me - pale, weak, emaciated. In my phone: unanswered messages from disappeared clients, a collapsed business, and a hospital bill I can't pay.

I remember thinking: "This is either the end of everything I've built, or it's about to become the beginning of something I can't even imagine yet." I chose the beginning.



Connect with Lace here

| www.theflavor.biz/

THE MOMENT THAT CHANGED

Everything People ask when I knew I was meant to do this work. The truth? I knew in the moments I couldn't walk without passing out. While hospitalized, my eldest child—who I'd been teaching to cook since they were 2—kept our household running. They didn't just boil pasta. They managed meals, cared for siblings, and held our family together while I fought for my life.

That was 18 years of teaching "hidden systems"—family dynamics, life skills through the kitchen, nutritional foundations that create resilient households. When the crisis came, that infrastructure became our lifeline. And I understood: I wasn't meant to keep teaching these systems in the shadows. I was meant to build something unapologetic that said, "This is how we survive. This is how we thrive. As ALL of ourselves."

The Education Nobody Advertises - My real education came during the rebuild. As I re-entered the online spiritual and wellness coaching industry, I encountered the racism I'd been tiptoeing around for years. I was treated like "the help." Invited to speak not for my expertise, but because organizers "didn't have anyone like me" - meaning my skin color. My lighter complexion made me more "palatable." When I spoke up, I was called "divisive." White colleagues offered performative allyship -"Sorry that happened" - then ghosted when I released a program on recognizing bias. So I went quiet. But I never forgot. These challenges clarified me. I was done shrinking into boxes designed for people who don't look like me, think like me, or lead like me.

Building Something Different - August 7th, 2025 exactly two years after my near-death experience, my friend Sutton and I launched The Flavor Room. Within 24 hours, with just a Google doc and Stripe link, we sold out our founding member spots. The mission: create the world's only invite-only ecosystem for diverse leaders and entrepreneurs of color where networking happens naturally, referrals flow through trust, and we build together as ALL of ourselves.

Through Empire Kitchen, I teach these hidden systems to anyone ready to build real infrastructure

What drives me? Knowing someone suffering right now is watching their business collapse, wondering if they'll recover. I want them to know: You will. Not because you hustled harder, but because you built infrastructure that holds you.

Staying Grounded - Authenticity isn't branding for me, it's integrity. I fire clients who undervalue me. I walk away from people who judge my appearance while benefiting from my work. I refuse to dilute my message.

Staying grounded means asking: "Am I building this as ALL of me, or as the version someone else can stomach?" If it's the latter, I don't build it.

What Most Don't Know - I paid my hospital bill with donations. I had no financial cushioning. Community kept me alive financially. That taught me: asking for help isn't weakness - it's wisdom. And I would build foundations so I'd never be that vulnerable again, and could help others in crisis.

For the Messy Middle - If you're navigating the messy middle of building your business: The infrastructure you're building in the shadows matters more than the content you're posting in the light. Build systems even when nobody's watching. Because when crisis comes—and it will—those hidden systems will be the difference between collapse and breakthrough. And stop shrinking. The world doesn't need another version of you that fits the mold. It needs the version that's too big, too loud, too much and completely unapologetic about it. August 7th, 2023: I couldn't walk without passing out. August 7th, 2025: I co-founded a sold-out global ecosystem. August 7th, 2026: I'll tell this story to rooms full of people who need to hear it. What happened wasn't magic. It was infrastructure.

Hidden systems I'd built over 18+ years. Family dynamics that held us. One friend who saw me as a leader even when I was dying. The courage to stop shrinking. And understanding that the systems designed to break me were actually revealing what I was built to create.



WHAT ARE YOUR *Core Values?*

Discover your core values & harness them to start building the life you want.

TAKE THE QUIZ

THECORPORATEESCAPISTS.COM

Sutton C. McCraney is an Authority Builder, U.S. Air Force veteran, and founder of The Flavor Room™, a global, invite-only, curated ecosystem designed to elevate diverse entrepreneurs, leaders of color, and change makers through clarity, connection, and ethical leadership. Her work focuses on authority-building, ecosystem development, and leadership identity in complex and evolving markets.



Connect with Sutton here

| www.theflavor.biz/

FINDING THE ROOM I WAS MEANT TO BUILD

My entrepreneurial journey began long before I ever called it that. I grew up as a Black girl in a predominantly white state in the United States, raised by parents who came of age during the Civil Rights movement, when the country itself was on fire. My aunt was arrested for protesting segregation. My father carried a pistol under the driver's seat of his truck when we traveled to towns where there was no black people. From an early age, I was taught how to survive in systems that were not built for me. At home, I could be fully myself. Outside, I had to be palatable. I couldn't afford to be average. I had to be better.

That pressure, and drive for survival followed me through school and into my nearly decade-long service as a Non-Commissioned Officer in the United States Air Force. In those environments, I learned how to lead under pressure, navigate hierarchy, and make decisions that carried real consequences. I didn't just survive I thrived.

When I entered entrepreneurship in 2022, the dominant narrative was clear: if you wanted to grow, you needed to "network" and "get into rooms." So I did. But the rooms I found myself in were rarely spaces where a Black Muslim woman like me truly belonged. My presence was tolerated at best. My lived experience, my leadership style, and the way I carried myself didn't fit and I could feel it.

I questioned myself. Was it my mindset? These were the rooms where "successful" people gathered, so surely this was where I needed to be even though no one in those spaces looked like me or shared my reality. I kept showing up anyway, hoping acceptance would come with time. Instead, the more I forced myself into those rooms, the more depleted I became.

Eventually, I noticed something that changed everything. These spaces all operated the same way: a Zoom room, a polished pitch, a quick exit, and the hope of a follow-up coffee chat. Transactional. Performative. Shallow. With my background in military leadership, I knew one thing for certain I could build something better.

The vision came long before the execution. For three years, I carried the idea of creating a different kind of space where leadership, integrity, and real connection was the foundation but I wasn't ready yet to bring it to life.

In 2025, that changed.

During a conversation with my business partner and friend, Lace Flowers, I sent a message asking if she knew anyone who might want to help build an invite-only ecosystem for diverse leaders and entrepreneurs of color. Her response was simple: "I want to be involved."

Within 24 hours, we sold out our founding member spots using nothing more than a Google document and a Stripe link. Six months later, that idea has grown into The Flavor Room™, an invite-only curated ecosystem and global movement that is actively reshaping how leadership, legitimacy, and access are experienced both online and offline.

My story isn't about forcing your way into rooms that weren't built for you. It's about trusting that every step of your journey, even the uncomfortable ones, is leading you toward something larger if you're willing to stop contorting yourself and fully lean into who you are meant to be.


“Keep your face towards
the sunshine and the
shadows will fall behind

Lisa Ohtaras - Caring Energetic Healing



Ever since I healed from within, following being diagnosed with Multiple Sclerosis (MS) warning signs (28 years ago), without taking any medication whatsoever, I was shown the power of doing inner work (letting go of unpleasant emotions) and integrating it with the spiritual component of whatever is transpiring.

My spiritual journey of inner work has been ongoing ever since I healed myself.

Commitment to my daily growth is one of the greatest and best decisions I have made in my entire life.

I can personally attest to the power of doing inner work and spiritual growth and the impact it has not only on one's spirit, but also the soul (the inner beings) plus one's ancestral lineage.

Life today is vastly different from my life before I began any inner work and spiritual growth.
The lightness of my spirit, the buoyancy and happiness of my soul, living from conscious awareness, the clarity of situations, creating my life by deliberate creation instead of default, understanding why things are happening and the significance for my spirit and my soul and so much more.

My ancestors are rejoicing at the emotional freedom they now have, the chains that have been broken, and the generational pain and suffering that has been alleviated and energy transformed. Regularly, my ancestors thank me for investing my time and energy in doing the inner work and freeing them.

Yes, it does take courage and strength, as the journey can be confronting and time-consuming. However, taking that leap forward is one of the most life-changing experiences in life.

Energy transformation is an amazing feeling. Living authentically according to your values can lead to emotional freedom, inner peace, clarity, higher confidence, increased energy efficiency, empowerment, and much more.

Our physical bodies are remarkable vehicles that house one's soul. Every experience we have is created from within for growth, either to learn a lesson, to heal something within you to free your spirit (the physical entity part of you), and transform energy from your soul, help your ancestral lineage and future generations.

If you are at a crossroads in your life, are feeling lost, confused about which path to take right now, or would like clarity about your Soul's Purpose or Sacred Contract, I can assist you with clarity and guide you according to your soul's desires.

BONUS: Booking a session with me will entitle you to a 20% discount on your first session.

Quote Code: CEH2025 when booking to redeem the discount.

Scan to connect with Caring Energetic Healing



2026

THE INSPIRE AWARDS

ARE YOU THE NEXT CHANGE MAKER?

Scan the QR Code Below and Nominate Now

WHEN SUCCESS ARRIVES BEFORE YOU'RE READY TO HOLD IT

By Sonia Tremblay

Most people talk about the fear of failure.
Very few talk about the fear of success.

We all want to succeed in business. We imagine what it will feel like when things finally take off, when clients come in, revenue grows, and opportunities open. But what's rarely discussed is what happens when success arrives quickly, before you've had time to grow into it.

Success doesn't just bring momentum.
It brings responsibility.
Pressure.
Decisions.
And a version of yourself you may not yet recognise.

When Growth Moves Faster Than Identity

In 2024, I was running my business solo. It was me, my laptop, and a clear vision of where I wanted to go.

Then growth accelerated.

Within a few months, my business tripled its revenue.

Within the first quarter, I went from working alone to leading a team of ten.

Within six months, I had reached a six-figure business.

From the outside, it looked like success.
From the inside, it required everything.

Growth moved fast, faster than I expected, and it demanded more than strategy. It demanded leadership, emotional resilience, and the ability to make decisions daily that affected clients, team members, and the long-term direction of the business.

I found myself working long hours, often seven days a week. Not because things were failing, but because they were expanding. New clients were onboarding. A team was forming. Standards needed to be maintained. The pace was relentless.

And perhaps the most challenging part wasn't the workload, it was letting go of control.

This business was my baby. And suddenly, it wasn't small anymore.

It was growing quickly, asking for independence, structure, and space to evolve. I had to learn, in real time, how to move from doing everything myself to leading everything effectively.

What Made the Difference

One thing made an undeniable difference during this period: preparation.

Before the surge in growth, I had already built my business inside an all-in-one ecosystem. Client journeys were mapped. Booking workflows, confirmations, reminders, follow-ups, and pipelines were running quietly in the background. Automations handled what didn't need my constant attention.

This meant that while growth stretched me emotionally and energetically, the business itself didn't collapse under the weight of expansion.

I could focus on:

- Onboarding and supporting my team
- Maintaining a premium client experience
- Making strategic decisions
- And beginning the identity shift into the CEO, my business now required

Without that ecosystem already in place, the story would have been very different.

Success asks for capacity.

The capacity to lead, to decide, to hold momentum, and to stay steady as everything expands.

That capacity is built through preparation, through systems that support growth, structure that creates stability, and foundations that allow leadership to stay clear.

I've lived this phase.
I recognise it.
And I understand what it asks of you.



Sonia Tremblay

Founder and CEO of Hands On VA Services

System Integrator and all in one system specialist

https://handsonvaservices.com/

https://handsonvaservices.com/discovery call

you got this
we got you
you'll get there

INNER TRANSFORMATION

Inspire Your Mind and Spirit

Emotional support for new beginnings



By Kay Hamilton

Inner transformation is an ongoing experience. It starts with you.

If you've been feeling the gentle nudge (or not-so-gentle push!) to evolve, to live more fully as the best version of who you are, you're not alone. Transformation invites us to release what no longer serves and consciously choose who we are becoming.

This is especially powerful in the Year of the Horse, a time associated with movement, freedom, courage, and forward momentum. Combined with a Year 1 in numerology, this season is all about fresh beginnings, new cycles, and boldly stepping onto a new path. There could not be a more perfect time to embrace change.

Young Living's Transformation™ essential oil blend is a beautiful ally for this journey. Designed to support emotional release and personal expansion, this powerful blend works on both the mind and spirit—strengthening your courage, inspiring clarity, and helping you move forward with confidence.

Transformation™ is especially supportive when facing and gently healing blocked or traumatic memories that can influence behaviours and create unhealthy patterns. As old layers soften, space is created for growth, self-belief, and new possibilities.

A simple daily ritual can anchor your intentions. Apply a small dab to your wrists or neck to energetically set your changes in place, or add a few drops to your diffuser and allow the aroma to guide and uplift you throughout the day.

This exotic and harmonising blend features Lemon, Peppermint, Royal Hawaiian Sandalwood™, Clary Sage, Sacred Frankincense, Idaho Blue Spruce, Cardamom, Ocotea, and Palo Santo—each oil chosen to support clarity, grounding, emotional balance, and spiritual connection.

As you embrace this Year 1 energy, let Transformation™ remind you that change doesn't have to be overwhelming. With intention, support, and a willingness to begin, transformation becomes an exciting adventure—one brave step at a time.
You are ready. 🌿✨

Connect with Kay & order your oils



"You can't find your passion thinking about it in your head."

MARIE FORLEO

MY INNER VOICE *Was* LOUD



A MUST READY FOR ALL ENTREPRENEURS

Sarah King is the founder of Empress Nation and host of the Embody Your Empress podcast. She is a healer, calibrator, and guide for high-achieving women who look like they have it all together, yet feel overwhelmed, disconnected, or emotionally heavy beneath the surface. Through intuitive healing, energetic alignment, and grounded wisdom, Sarah helps women return to calm, clarity, and inner authority. Her work blends practical tools with soulful depth, creating spaces where women soften, release, and remember who they truly are... so they can rule their nation with presence, power, and peace.

| facebook.com/EmpressNationSarahKing

By Sarah King

"Of course you're just a loser who never finished high school."

That's what I would tell myself every time I failed at something. As long as I can remember in this lifetime and past, My inner voice was loud, savage.

As I floated though life just above the average line, desperate not to stand out, also desperate not to prove that inner voice correct... I settled in for an ok life... I look back at that version of me, with kindness for not knowing any better, also a little wonder...

The way I live my life now is full. It's full of emotions – all of them, I enjoy the range that this human existence offers. It's full of hope. Faith. Conviction. Passion and Purpose. It's full of the sound of my own voice.

My voice reaching out to other women, showing them it's possible for them too to live the life that visits them in their dreams.

A little over 7 years ago my just above average started to change... Change maybe under playing it... an earthquake perhaps more accurate. My spiritual awakening began, becoming my favourite obsession. I like to take the long road learning my life lesson... enjoy they journey right... it may come as no surprise then, that learning how vital developing a relationship with my intuition took me a beat.

Over the next few years my awakening continued along with the Dark nights of the soul... a miscarriage that rocked me to my core, walking away from a long time career, the birth of my second child, divorce.

It was in these moments that my intuition really came online for me. In my darkest fears I would visualise in my minds eye, picking up a phone and talking to my intuition- my higher self- my soul. Leaving space for the communication to come in, and allowing myself to hear, see or feel the message, trusting that no matter how odd I may think it is... that even just writing it down would be of benefit to my future self.

Though sometimes (maybe a lot of the time) I didn't like the answers coming through, see I told you I like the long way around, my relationship with my intuition grew, strengthened and I knew I was backed by a energy greater than what I can see. Following my intuition and putting that savage inner voice on R&R, I have built a mission which moves women forward into there true SELF.

The soul led, intuitive woman that are bursting with passion and are ready to show up in the world. My unique energy work sees transformation in areas of life that had been left to darkness.

My podcast Embody Your Empress is all intuitively guided and requires the guest and I to be 100% present- you feel the channelled messages come through to be shared. I reflect back on that young girl that didn't finish high school. She's making a massive ripple in the world.

Your journey is powerful. Can you share the moment that sparked it all—the moment you knew you were meant to do this work?

It took me a long time to claim the word healer. It wasn't until I was in a healing session myself that I realised I had been holding myself back. That moment changed everything. I took ownership of my purpose, and it ignited the energy that now flows through my work.

What challenges have shaped your path, and how have they helped you become the visionary you are today?

Burnout, the mental load, self-doubt, and years of over-giving shaped my path. I learned to trust my intuition, set energetic boundaries, and lead from embodiment rather than effort. Those challenges refined my vision, grounded my authority, and taught me that true leadership comes from inner regulation, not constant striving.

Tell us about the mission behind your brand. What impact are you here to create, and what drives you forward every day?

My mission is to help women feel calm, clear, and powerful within themselves. I create spaces where healing feels safe, grounded, and deeply human. What drives me is seeing women speak their truth, be truly seen, and shine their light with confidence and peace.

In a world full of noise, how do you stay grounded in your truth and lead with authenticity?

I lead with intention and stay anchored in my body, not the noise around me. I'm okay with not being everyone's vibe. Authenticity comes from honouring my rhythm, trusting intuition, and bringing fun and lightness into everyday life while holding clear energetic boundaries.

What's something most people don't know about you, but has deeply shaped who you are today?

As a child, I was very reserved and spent a lot of time in my own inner world. I was always in a hurry to grow up, feeling like childhood was a waste of time. I see now that as past-life wisdom, eager to arrive at the deeper lessons I was here to live.

What's one powerful lesson or piece of advice you'd share with someone currently navigating the messy middle of building their business?

For women in business, balance between masculine and feminine is essential. Especially when working from home. When you close your laptop, ask your feminine what she needs to come forward, then honour her. Each day may change. Trust how you feel... soft, flowing, intuitive, heart-led.

the manifesto of I.N.S.P.I.R.E.

At the heart of every changemaker lies a set of values that guide their journey, shape their actions, and illuminate their path. The **I.N.S.P.I.R.E.** Principles embody the essence of what it means to lead with courage, rise with purpose, and create ripples of transformation that reach far beyond ourselves. These are more than words—they are a call to live boldly, nurture deeply, and shine unapologetically.







ILLUMINATE: Shining a light on truth—bringing clarity and visibility where there was once darkness.

NURTURE: Nourishing the soul, the vision, and the community—knowing that lasting growth begins from within.

SHINE: Owning brilliance unapologetically—standing tall, being seen, and inspiring others to do the same.

PURPOSE: Led by mission, grounded in integrity, and intentional in every action—knowing the 'why' behind the work.

INSPIRE: Sparking change through story, leadership, and heart—uplifting others to step fully into their potential.

RISE: Rising from every challenge, every fall—stronger, wiser, and aligned with the highest self.

EMPOWER: Creating space for others to believe in themselves, take action, and step into their own light.











DEFINED BY COURAGE, DRIVEN BY PURPOSE. AN I.N.S.P.I.R.E. CHANGEMAKER DOESN'T JUST DREAM—THEY ILLUMINATE, NURTURE, AND RISE, CREATING RIPPLES OF TRANSFORMATION WHEREVER THEY GO. THEY EMBODY RESILIENCE, LEAD WITH HEART, AND EMPOWER OTHERS TO SHINE.

I.N.S.P.I.R.E.

ILLUMINATE
NUTURE
SHINE
PURPOSE
INSPIRE
RISE
EMPOWER

