

WOMEN LIKE ME MAGAZINE

OCTOBER 2024

Featured Author
HEATHER SCOTT



- ★ THE ART OF BEING LIKABLE
- ★ AWAKENING GRATITUDE WITHIN
- ★ NEW RELEASES AND FREE GIFTS
- ★ OUR KENYA SISTERS
- ★ MISSED AN EDITION? YOU CAN ACCESS IT INSIDE

***Diversity in
Womanhood
Across the Globe***

**To every incredible woman across the
globe who has received this edition of the
"Women Like Me Magazine" –
Welcome!**



MEET THE WOMEN LIKE ME AUTHORS





MEET THE WOMEN LIKE ME AUTHORS



FROM THE Founder



A Note from Julie Fairhurst:

Welcome to the October Issue of Women Like Me Magazine!

Hello, beautiful souls,

As we welcome the month of October, I'm filled with a deep sense of gratitude for this amazing community of women who continue to inspire, uplift, and support one another. This month, we're dedicating our issue to the power of gratitude—celebrating the little moments, the big breakthroughs, and everything in between.

I want to take a moment to express how truly grateful I am for you. Each of you brings something special to our Women Like Me community. Whether you're sharing your story, cheering others on, or simply being here, your presence matters. Together, we've created a space where vulnerability meets strength, and gratitude leads the way to transformation.

In this issue, you'll find stories of appreciation, reflections on life's blessings, and powerful reminders of the importance of gratitude in our daily lives. I hope these words inspire you to pause, reflect, and embrace the many gifts that surround you—no matter how big or small.

Thank you for being a part of this journey. Your voice, your energy, and your support make all the difference. Let's continue to grow, connect, and give thanks for the beautiful lives we're building—together.

With heartfelt gratitude,
Julie Fairhurst
Founder, Women Like Me

A handwritten signature of Julie Fairhurst in a cursive script.



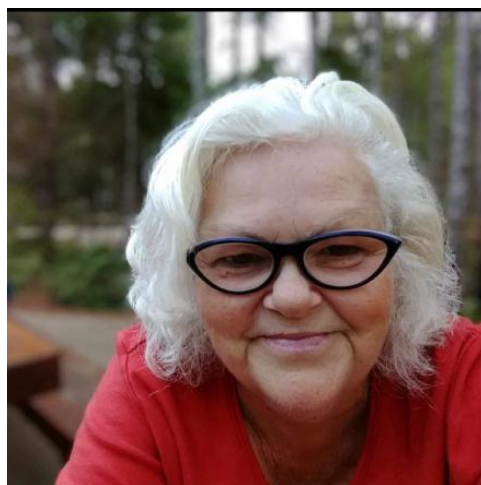
Heather Scott, our Featured Author

Heather Scott has been an integral part of the Women Like Me book series since its inception in 2019. As an original co-author, she has contributed to 14 of our community and chapter books, as well as the Women Like Me Magazine. Heather's writing stands out for its deep commitment to research and accuracy. Her approach is meticulous, always ensuring that the information she shares with our readers is both relevant and credible.

What I admire most about Heather is her unwavering dedication to delivering the "straight goods"—the absolute truth about any subject she tackles. Her integrity simply wouldn't allow anything less. Heather's thoughtful, well-researched contributions not only educate but also empower our readers with reliable, insightful content that they can trust.

Over the years, Heather has inspired countless women within our community, and I am endlessly grateful for her ongoing participation, courage, and dedication. Her work continues to be a cornerstone of our movement, providing valuable knowledge and fostering a spirit of learning and growth.

Let's take a closer look at some of Heather's remarkable contributions to the Women Like Me series.



Quotes by Heather Scott

“I had to release the fear of the un-known and embrace vulnerability. Acknowledging my fear, being vulnerable and stepping into the unknown can be scary, and it’s okay to acknowledge that fear.”

“I am going to take hold of my dreams and direct their outcome making my dreams a reality.”

**It was pretty simple if I perceive things in a positive light, I experience a more positive life outcome.
“Change Your Mind Set Change Your Life”**

**“Now the time has come to board the plane, I was in seat 1A.
As I entered the plane I told the Steward
that I was in 1A and he got all excited and said the “Queens Seat”
and treated like a queen they
absolutely did.”**

If someone hurts you and you stay in your anger, it is no longer their issue it is yours. You have made a choice to stay in the anger and not to move on. You cannot control the behavior of others, you can on the other hand make a choice on how you manage your response.

“Choose Wisely.”

The bottom of the page is decorated with several yellow starburst graphics of varying sizes. There are two large, prominent four-pointed starbursts on the left and right sides, and several smaller, similar starbursts scattered throughout the lower half of the page.

THE QUEENS SEAT

by Heather Scott

I'm 63 years old, and other than the family vacations around British Columbia and Alberta, I have not gone on what the OP would call a vacation.

I was doing/going by myself, and I had no idea about anything. Most of you probably think it is simple because you have traveled, but I didn't know the ins and outs of the airports, security, etc.

Time started to fly by. It had been seven months since I requested the time off, and still, I had heard nothing. Meanwhile, I continued to get ready for the trip of my lifetime, spending money and buying gifts!

I eventually got a call from my management team regarding my request for vacation. You know the emoji that head explodes? Long story short, I said you have every right to decline my request, and I have every right to retire "Explosion." I could see the top of his lift-off. Wow, that so could have gone the wrong way, but before we finished the call, it was approved.

I started to get anxious; I had to release the fear of the unknown and embrace vulnerability. Acknowledging my fear, vulnerability, and stepping into the unknown can be scary, and it's okay to acknowledge that fear. Recognize it and accept it as a natural reaction to something unfamiliar. That sounds like good advice. Take my advice; I don't need it.

The day had arrived and I made my daughter and both my sisters come to the airport with me, thank goodness the airport is huge, and we were sent in different directions depending on who we asked. I'm checked in and on my own, looking for the first-class lounge. (Which I found)

Now, the time has come to board the plane, and I am in seat 1A. As I entered the plane, I told the Steward that I was in 1A, and he got all excited and said the "Queens Seat" and treated me like a queen. They absolutely did, including a visit to the cockpit and a picture of the pilots.

Fast-forward to Amsterdam, and no support system exists (it's a huge airport). "Talk about Un-seen, Un-familiar, Un-certainty." Nothing, a good shot or two of Drambuie didn't help.

Staying with Wendy and Jim (Familiar), I find it hard to say anything was the best part of the trip, but let me try... What was unplanned and unexpected was that Wendy had been working on the family tree and got stopped at some point.

When we got to her place, she got the bag of what she had gotten done. She was stuck at our Great, Great-Great, and Great-Great-Great Grandparents. I said give me our great-grandmother's name; I input it into Google (my best friend), and within five minutes, we knew where they were buried.

I have a picture standing next to a huge Headstone at my Great Grandmother and Great-Great Grandparents resting place. Beautiful scenic country, breath taking. Not being a world traveler, I am not a tourist, so to speak. What I wanted was to spend time with my family, meet the ones that I had yet to meet and see the countryside, Highlands, Lowlands. And I did see that and more 10-fold, could not be happier...



My Most Important Life Lesson

By Heather Scott

Perception versus Reality
Perception is how we see things in our world!
Reality is how the world is!



Perception is influenced by * Emotions * Past Experiences * Knowledge * Cognitive Distortions
of an Individual

Reality is how things actually are before our emotions and preconceived notions have a chance
to corrupt them

36 Years ago, I had a Mental breakdown; I reached out for help during that help, I learned a few
important lessons, two of which were.

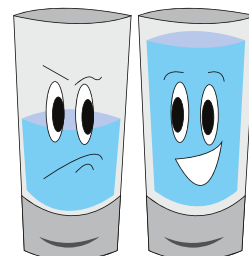
1. A Mental breakdown is nothing to be ashamed of! While getting the help I needed, all the
people I met were normal people who had difficulty coping with something in their lives.
2. Do my past experiences influence my perception, and is the truth that I think is true, not
reality? Is your glass half full or half empty? Perception impacts how we experience life. It
influences our experience of our personal reality, “the mindset” that we view people, events, and
things.

If you constantly perceive people as being against you, “Negative Perception” in a victim-like
mentality, a “Glass Half Empty” mindset. You will experience ultimate unhappiness, internally
and externally.

In my glass-half-empty mindset, I must have been a sorry son of B in my previous life to have
been dealt such a negative experience in this life.

It was pretty simple: if I perceive things in a positive light, I experience a more positive life
outcome. “Change Your Mind Set Change Your Life”

I am blessed to have received this lesson in life. I have bad days having said that I apply the term
each day is the first day of the rest of my life to do a reset.



What I know to be true is that everything in life is a choice.
“Good, Bad or Indifferent”

The choices you make influence who you become... By Heather Scott

If someone hurts you and you stay in your anger, it is no longer their issue; it is yours. You have made a choice to stay in anger and not move on. While you cannot control the behavior of others, you can, on the other hand, choose how you manage your response.

You cannot change the fact that terrible things are going to happen in your life; having said that, you have the choice to learn from the experience and grow.

Decision-making is the process of making choices by identifying a decision, gathering information, and weighing the pros and cons of how that choice will affect us in the future. I also know it is true that your “gut instinct and intuition” play a big part in your options; it is ok to listen to your gut instinct/intuition.

I was not looking for a job when a job came looking for me. Someone chose to give my name to someone looking for a manager for one of their insurance offices. When they contacted me, I made a choice to go to the interview because I thought that if I did not, I would always wonder. 13 years later, I know that I made the right choice. By weighing the benefits the company had to offer, it was a no-brainer.

As you move through life with the Good, Bad, or indifferent situations and people that touch your life, it is your choice who moves forward in your journey with you... Choose Wisely!

- ☒ Today I Choose to Paint My Canvas with Respect & Confidence
- ☒ Today I Choose to Live by Choice not Chance
- ☒ Today I Choose to be Motivated not Manipulated
- ☒ Today I Choose to Listen to My Gut Instinct/Intuition
- ☒ Today I Choose “ME”



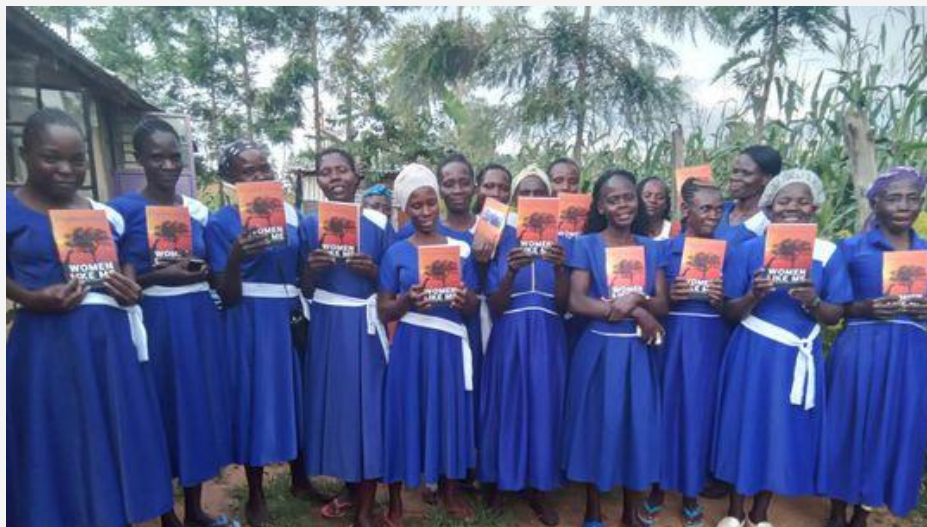
SUPPORT OUR KENYA AUTHORS

**100% of the proceeds when you purchase one of their books,
goes directly to the authors in Kenya!**



☀️ **Empowering Women in Kenya: Their Stories Matter!** ☀️

They use the money for food, clothing and school fees!



☀️ **They have pride knowing they are helping to support their families,
almost all our 26 ladies in Kenya are widowed** ☀️

☀️ Please Empower These Women With A Book Purchase, It will mean more to them then you could every know.☀️



They have no computers. All stories are handwritten and sent in the mail, to be published.

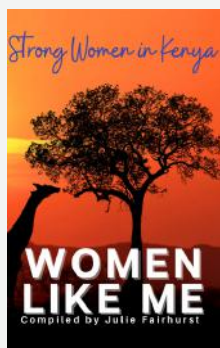
**Women Like Me covers all costs of the book production!
And all proceeds go directly to to this courageous women.**



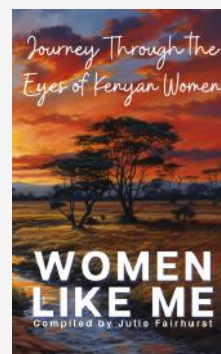
☀️ If you prefer not to shop on Amazon, you can support our incredible women authors in Kenya by purchasing their books directly from the Women Like Me bookstore.☀️

**WOMEN LIKE ME
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☀️ Buy All Three Volumes on Amazon☀️



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☀️ Proceeds buy food, clothing, soap and pays for their children to go to school. In Kenya every child must pay for school fees and have shoes and socks. If not, they will not have an education.☀️

Awakening Gratitude Within



Leanne Giavedoni owner of Unleashed Essentials and creator of the Authentic Success Blueprint. Leanne is a sincere spiritual healer who helps women navigate their blocks and connect to their authentic selves to live abundantly fulfilled lives.

We often hear about the importance of being grateful, and it's absolutely true—gratitude can shift your mindset. But when life feels heavy or things just aren't going well, expressing gratitude for your house, health, or family over and over can sometimes feel insufficient. To really experience the change you're seeking, you have to go deeper with your gratitude.

Here are two approaches that have worked for me:

First, when it feels impossible to find something to be grateful for, look for the lesson in what's happening. Try some of these ways to phrase the question to get the thoughts rolling:

1. What can I learn from this? Is there a lesson for me here?
2. What am I being invited to do in this situation or with this experience?
3. What am I being shown I need to respond to, and how do I need to respond?
4. Is there a pattern I am being invited to change?

Every challenge carries a hidden gift. Once you recognize the lesson, you can be grateful for the growth it offers. This transforms even difficult moments into opportunities for gratitude.

Second, express gratitude for yourself. It's easy to focus on external blessings, but don't forget to appreciate your own strength, resilience, and qualities. And most importantly, find gratitude in the things that aren't going well. When you can be grateful for life's challenges, you know you're truly evolving in how you appreciate your experiences.

By deepening your gratitude in this way, you'll notice a tremendous difference in how you feel, even during tough times.

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Download now to master intuitive living and flow with life.

A look inside:

- Awakening Intuition-Tuning into Your Inner Voice
- Body Wisdom- Energy Centers and Emotional Insights
- Embracing Fear- Connecting to Your Subconscious
- Mindful Integration- Six Steps to a Holistic Practice



Bonus: Guided Body Scan Recording



NEW RELEASES

AND FREEBIES

In this month's edition of Women Like Me Magazine, we're thrilled to spotlight our latest array of inspiring, educational, and fun reads. Whether you're looking to enhance your personal growth, explore new career pathways, or find solace in relatable stories, our newest releases have something for everyone.

Plus, don't miss our free gift offer: you can download a free eBook version from our list here. Happy reading!



**WOULD YOU LIKE TO KNOW MORE ABOUT
THE WOMEN LIKE ME MOVEMENT?**

Grab the FREE information package!

**Do you have something digital that you'd like to share
in the Women Like Me Magazine as a gift**

Simply email: julie@changeyourpath.ca We would love to share it in the next issue. .

WHAT COULD YOU SHARE?

- eBooks
- Checklists
- How to Guides
- Made for you social media posts
- Journal
- Daily Affirmations Printable
- Goal-Setting Worksheet
- Favorite Recipe
- Mindset Shifts Cheat Sheet
- Personal Growth Roadmap
- Empowerment Reading List
- Favorite Beverage Recipe
- Self-Care Checklist
- Inspiration Wall Printables
- Video



IT'S IN YOUR STORY

Story Inspiration Checklist

This Story Inspiration Checklist is designed to help you uncover those impactful moments, offering a guide to pull from your own life and turn these stories into inspiration for others. Use this checklist to reflect, write, and share your story to create meaningful change.

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10 TIPS FOR THE BEGINNER WRITER

It's Time For You To Tell Your Story

Each of us has a unique life story with ups, downs, twists, and turns. But sometimes, we don't realize just how much our story matters. We might think it's not a big deal or that nobody would care. But the truth is, your story is valuable, and it can make a difference in ways you might not even realize.

In this book, we'll explore twenty powerful reasons to share your story. From helping yourself feel better to inspiring others, there are many awesome reasons to share your experiences with the world.

[GET YOUR FREE EBOOK HERE](#)



Building Confidence

Through Positive Self-Talk

This eBook description highlights the importance of positive self-talk and provides a short read for beginners. By embracing the power of positive self-talk, you'll unlock your true potential and pave the way for a brighter, more successful future.

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5 WAYS A SCARCITY MINDSET MAY AFFECT YOU

1 SELF-CRITICISM AND PERFECTIONISM

When you believe that there is not enough or that you are not enough, you may place unrealistic expectations on yourself to meet impossibly high standards. This constant self-criticism can erode your self-compassion, as you become overly harsh and judgmental towards your perceived flaws or shortcomings.

2 FEAR OF FAILURE AND SELF-DOUBT

You may worry that any misstep or setback will have significant consequences and reinforce the belief that there is not enough to recover from the failure, thus running your life. This fear and self-doubt can prevent you from taking any kind of risks, pursuing your biggest goals, or extending compassion to yourself.

3 LACK OF SELF-ACCEPTANCE & APPRECIATION

Instead of recognizing your inherent worth and celebrating your strengths and accomplishments, you seek external validation or believe that you need to attain more to be deserving of your own sense of self-compassion.

4 FEELINGS OF GUILT AND SHAME

When you believe that resources or opportunities are scarce, you may experience guilt for taking care of your own needs or pursuing your desires—even though doing both of these things are necessary for a happy and productive life. This guilt can make it challenging to prioritize self-care or engage in activities that bring you a sense of joy, fulfillment, and satisfaction.

5 UNHEALTHY COMPARISONS & FEELING INADEQUATE

You may constantly measure your worth based on external markers of success, such as possessions, achievements, or social status. This comparison trap can lead to feelings of inferiority and a negative self-image, undermining your ability to show yourself kindness and compassion.

A scarcity mindset is when people believe there's not enough of something—like money, time, or opportunities—to go around. This way of thinking makes them feel like they always have to compete or hold on tightly to what they have because they might lose it or miss out.

For example, someone with a scarcity mindset might worry a lot about running out of money, even when they have enough, or they might not share opportunities because they think there won't be any more in the future.

It can create feelings of fear, stress, and competition, making it hard to focus on abundance or growth.

In simple terms, a scarcity mindset makes people feel like there's "never enough" of what they need.

Here are the top 3 ways to change a scarcity mindset:

Focus on What You Have

Instead of worrying about what you don't have, try to appreciate what you already do have. Gratitude helps shift your thinking from "there's never enough" to "I have plenty." Take time each day to think about the good things in your life, even the small ones.

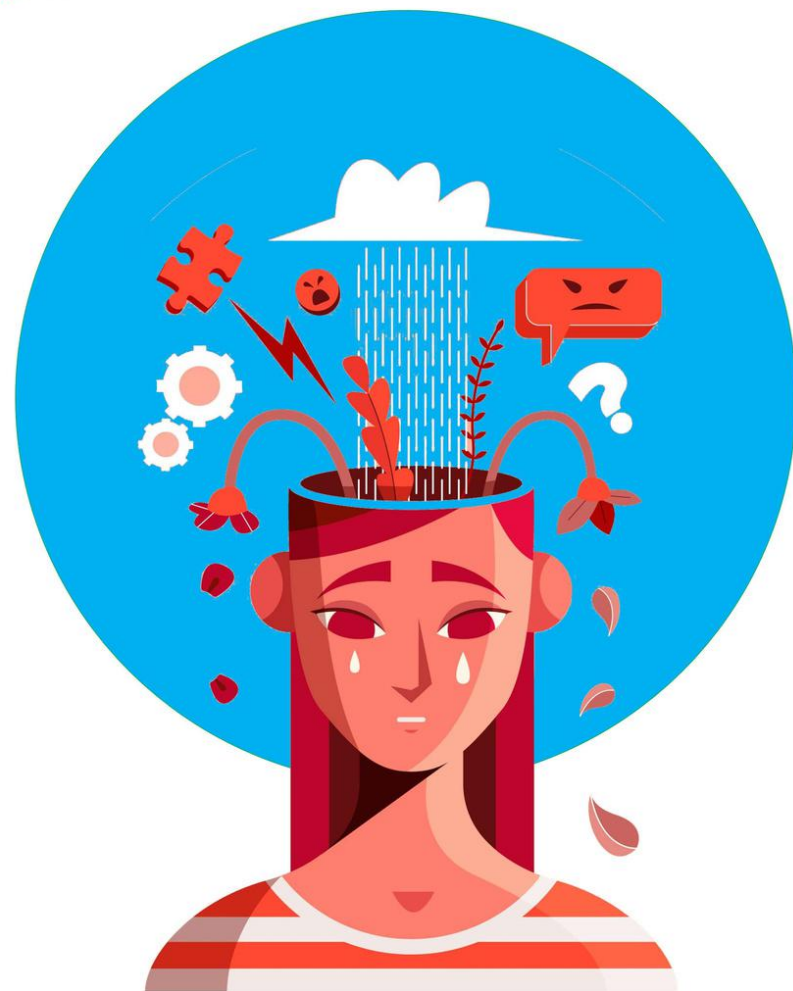
Change the Way You Talk to Yourself

If you find yourself saying things like, "I'll never have enough" or "I can't do this," replace those thoughts with positive ones, like "I have what I need right now" or "I can find a solution." This helps you focus on opportunities instead of limits.

Take Small Steps Toward Growth

Instead of worrying about what you lack, take small actions that help you move forward. Whether it's learning something new, saving a little money, or improving a skill, focusing on growth helps you see that you can create more for yourself, rather than feeling stuck with limited options.

These steps help move from a mindset of scarcity to one of abundance, where you believe in possibilities and opportunities.

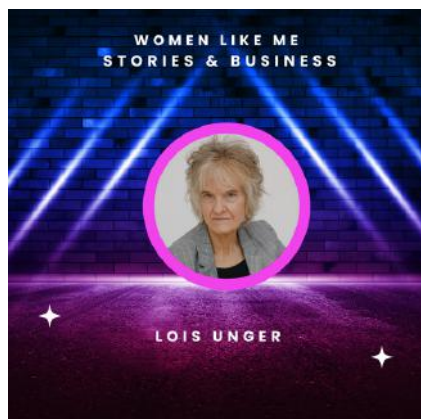


Whether you're an aspiring entrepreneur, a curious mind, or simply seeking motivation and inspiration, this podcast is a treasure trove of wisdom and guidance.



"WOMEN LIKE ME STORIES & BUSINESS" THE INSPIRING BUSINESS AND STORY PODCAST

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Rediscovering Passion and Purpose with Lois Unger

Ever thought it's too late to start a new chapter in life? Think again! Meet Lois Unger, who at 63, decided to swap her 9-to-5 routine for the glamour and excitement of modeling and acting.

[Click Here to Listen](#)



Episode. 17
Conversations with
Women Like Me

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Lynn Coleman - How to Stop Hiding

Lynn's discovered that having the words to say what you want is one thing, daring to use them quite another. That's one reason why she decided to share her own, very personal story in Women Like Me Volume two. Above all, Lynn wants to encourage other women to stop hiding. She believes that the world needs our warmth, our expertise, and our talents. It needs us to find our words and to speak up.

Women Like Me Stories & Business YouTube Channel

Click on the photo to view video



www.youtube.com/@juliefairhurstWLM

Support Women Like Me by subscribing to our channel. Thank you!

Check Out A Recently Released Book From Our Women Like Me Community Members



DREAMS THAT SPEAK
THE POWER OF WOMEN'S DREAMS

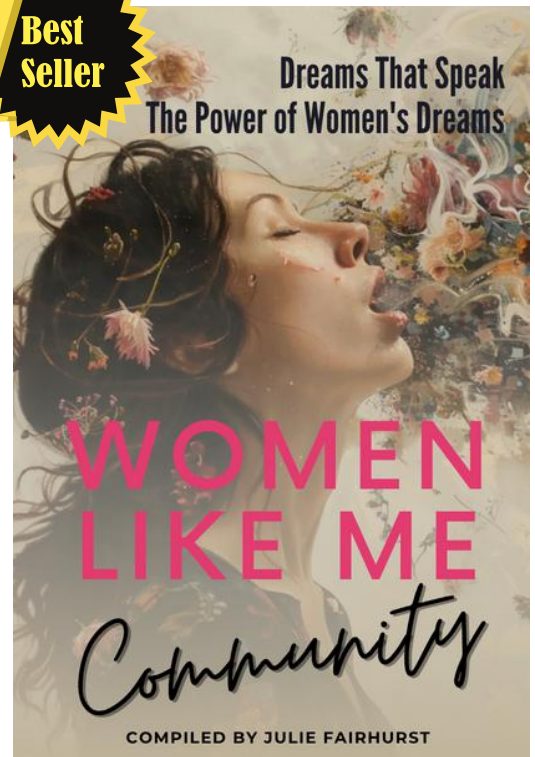
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The Art of Being Likable

Unlock the Habits of Truly Likable People



Have you ever noticed those people who seem to be liked by everyone? It's hard to dislike them, isn't it? Some people have a natural gift for navigating life, effortlessly making friends and rarely causing conflict. Even if you wanted to be envious, it's nearly impossible—they're just that likable. If you're curious about the habits that make people so well-loved, keep reading to discover their secrets.

They Are Authentic

1

Likable people are honest and true to themselves. They don't pretend to be someone else or hide behind lies because they know that authenticity is what builds trust. They're comfortable in their own skin, and that self-assuredness makes them naturally likable.

They Give Generously

2

Being likable isn't about giving material things—it's about offering your time, attention, and kindness. Likable people give freely without expecting anything in return. They understand the value of generosity in all its forms, whether it's a helping hand or a listening ear.

They Celebrate Others' Success

3

Likable people lift others up. They're genuinely happy to see you succeed and won't let jealousy cloud their joy for you. They let you have your moment in the spotlight, knowing that recognizing others' accomplishments strengthens relationships.

They Ask Meaningful Questions

4

Likable people are excellent listeners, but they take it a step further by asking thoughtful questions. They engage deeply in conversations, showing genuine interest in what you have to say. It's this curiosity and attention that make their presence so valued.



They Radiate Positivity

Being around positive people is uplifting. Likable individuals tend to have a positive outlook—they aren't unrealistically cheerful all the time, but they focus on finding solutions and seeing the bright side, especially when others are feeling down.



They Refrain from Judgment

Likable people adopt a "live and let live" philosophy. They don't rush to judgment or criticize others unnecessarily. They accept people as they are and approach differences with understanding and grace, fostering an environment of acceptance.



They Are Humble

Confidence without arrogance is key. Likable people are proud of their accomplishments, but they don't boast about them. They'd rather let their actions speak for themselves, and when others recognize their achievements, they accept the praise with humility.



They Own Their Mistakes

Everyone makes mistakes, but likable people take responsibility for theirs. They don't shift blame or make excuses. Instead, they admit when they're wrong, apologize sincerely, and focus on how they can do better moving forward.



They Practice Patience

Likable people have a calm and patient demeanor. They don't rush others or get easily frustrated. Instead, they are willing to give people the time they need, enjoying the journey rather than hurrying to the destination.

ACTION STEPS



Taking actionable steps is essential because it transforms ideas and goals into tangible progress. Without action, even the best intentions remain just thoughts.

When you take deliberate steps, you create momentum and build confidence as you see real results. Actionable steps help you break down larger goals into manageable tasks, making it easier to stay focused and committed.

They also provide a clear roadmap to success, allowing you to measure your growth and make adjustments along the way. Ultimately, taking action turns dreams into reality.



- **Review the list of habits. Identify the ones you already embody. Write them down as a reminder of your strengths.**
- **Now, consider the habits you feel are missing. Reflect on the areas where you could grow and jot them down.**
- **For each habit you'd like to develop, create a plan. Outline specific steps you can take to cultivate these habits in your daily life and start incorporating them gradually.**

FREE ACCESS TO OUR PAST WOMEN LIKE ME MAGAZINE PUBLICATIONS



Did you miss out on viewing an issue? No worries; you can view any of the issues here. Enjoy!



2023 October Edition



2024 May Edition



2023 November Edition



2024 June Edition



2024 January Edition



2024 September Edition



2024 February Edition



2024 March Edition



2024 April Edition

Empowering Dreams Market Place - Every Purchase Fosters Female Entrepreneurship



Choosing to support the Women Like Me Entrepreneurs transcends mere transactions. It's an act of solidarity, a means to lift a vibrant community of ambitious and skilled women.

Every item or service you select is more than just a product; it's a piece of someone's dream, a testament to the strength and perseverance of female entrepreneurs who often rely on their craft to sustain their livelihoods and support their families.

When you shop at the, you're acquiring exceptional products and services and taking a stand for women's empowerment. You become a key player in driving economic growth and honoring the rich mosaic of creativity and resilience that we embody.

Let's weave a narrative of support and empowerment, one purchase at a time.





Theresa Waugh

Promotes

Kosmetae Academy

[Visit the Academy Here](#)

48th Elders Gathering

I am grateful to have been a part of giving back to our community and elders from all over Canada that attended the 2024 Elders Gathering.

This two day event included styling, braiding, cutting and blow-drying of the elder's hair.

I made sure to introduce myself and to ask the elders if i could touch their hair before starting hair services. A group of stylist, instructors and students had the pleasure in styling the Elders of British Columbia, the First Nations and original inhabitants of Canada.

These Elders are residential school survivors, which means that they have survived horrific traumas and that they may still be hesitant regarding being touched. We made sure that we all had good positive thoughts and intentions, respecting their culture and traditions while performing services for them.

These two days of listening to their stories and getting to know them all was so rewarding and special. The smiles on their faces and making them feel beautiful and special during this event was therapeutic for them as well as me. I am very thankful to have been apart of this event and for future events to come.

[Canada's Oldest Frist
Nations Newspaper](#)



Create cherished keepsakes with our unique memory bears, dolls, pillows, and more, lovingly crafted from your loved one's clothing.

REMEMBER FOREVER

Celebrate and honor the ones you love, along with life's most cherished moments—graduations, weddings, or any special occasion—with our custom-made memory items. Each piece is thoughtfully designed to wrap you in warmth and bring comfort to your heart, preserving those unforgettable memories in a way that lasts forever. Let us help you keep those precious moments close.



[Go to Kathy's Memory Creations](#)

“
BE WHO YOU
are and say what you feel
BECAUSE
THOSE WHO
MIND
DON'T MATTER,
AND THOSE WHO MATTER
DON'T MIND.”

— DR. SEUSS



Revamp Your Wardrobe with Natalie Reisch, Your Personal CABI Stylist!

[Go to Natalie's
Closet Here](#)

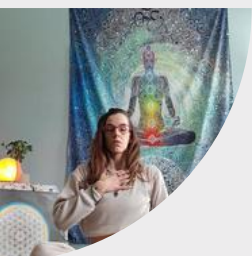
As a personal stylist with CABI, I can assist you with finding the best style and fit for your body type. This builds confidence and allows for individual expression through timeless and classic pieces that inspire while adding a touch of playfulness to your wardrobe.

"In the world of attire, fun and inspiration go hand in hand."

Please reach out to me to schedule an appointment that works best for you.

Natalie Reisch 604-644-0455

swiz@shaw.ca



From Breath 2 Life Alternative & Holistic Health Service with Kimberly Reinhardt

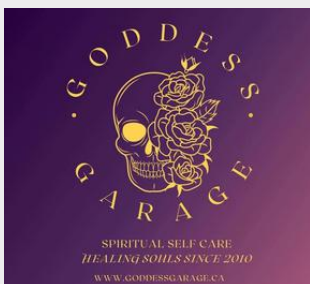


Imagine a world where every breath you take is not just a mere act of survival but a step towards a profound transformation.

This is the vision that Kimberly from Breath 2 Life brings to life.



Check Out Kimberly's Video
Click on the photo



[Visit Goddess Garage Website](#)



"As a practitioner of Tarot, Astrology, Reiki, Life Purpose Therapy, and a Spiritual Sherpa, my true calling is to deeply connect with your soul and reveal the immense beauty within you."

Lady Rose





We help businesses grow.

Together

Boost Your Business with Custom Admin Support!

Every biz is different, so why should its admin be the same?

Enter a magical realm where mundane tasks like data entry and scheduling are transformed into artistic masterpieces. Unleash your full potential while we handle all the behind-the-scenes drama.



Find Your Stride with Equine-Assisted Learning!

Unearth life-changing skills and leadership qualities as you bond with our gentle equine partners.

Dive deep into lessons on communication, trust, empathy, and self-awareness, all while embracing the transformative power of horses.

Begin your journey of discovery today.

Recent studies conducted by the Institute of Heart-Math provide a clue to explain the two-way "healing" that occurs when we're close to horses.

According to researchers, the heart has an electromagnetic field larger than the brain: a magnetometer can measure the energy field of the heart that radiates from 2.4 meters to 3 meters around the human body.

While this is certainly significant, perhaps more impressive than the electromagnetic field projected by the heart of a horse is five times larger than that of a human being (imagine an electromagnetic sphere around the horse) and it can influence straight into our own heart rate.

Horses are also likely to have what science has identified as a "coherent" heart rate (heart rate pattern) that explains why we can feel better when we're close to them. Studies have found a coherent heart pattern or HRV to be a solid measure of well-being and consistent with emotional states of calm and joy-that is, we exhibit such patterns when we feel positive emotions.

Looking for more information:

[Go to website here](#)



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- "CREATIVE QUILL & DESIGN"

Book Development and Editing. Illustrations/images

- "Grady the Grateful Dog", was a pleasure working with Tracy Dionne in the development of her first children's book, taking on all aspects of illustrating, editing, and helping with self-publishing.

BC Women's Business Network

Empowering Women, Elevating Business

Contact Guelda Redman if you would like further
information:

info@bcwomensbusinessnetwork.com

Joining the BC Women's Business Network (BCWBN) offers a
range of invaluable benefits for women entrepreneurs and
professionals. Here are compelling reasons why you should
consider becoming a member:

- **Community & Support:** The BCWBN provides a supportive community where women can connect, share experiences, and offer guidance. Being surrounded by like-minded individuals can significantly enhance your business journey.
- **Networking Opportunities:** Regular events, workshops, and meetings allow members to establish essential business connections, find potential clients, or even meet future business partners.
- **Collaborative Environment:** The BCWBN fosters a collaborative, rather than competitive, environment. This ethos can lead to joint ventures and collaborative projects between members.
- **Mentorship:** Benefit from mentorship opportunities, where seasoned professionals offer guidance, share their experiences, and provide actionable advice to help grow your business.



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A prolific author, visionary publisher, and empowering writing coach dedicated to helping women excel in both their business and personal journeys.



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My Approach, Process and Promise.



I am Trish Scoular, a Registered Professional Counselor who specializes in Anxiety & Depression, since 2014. I develop a treatment plan that includes appropriate interventions and techniques that specifically address depression and for each of the anxiety disorders. It's important to understand the root of anxiety and depression so we can treat it accordingly with proper medical necessity and appropriate treatment.

My goal when working with clients is to help them find a clear path to reducing symptoms and function better on a day-to-day basis. We work together to address the many conditions that coexist with anxiety and depression, while developing a plan of action that meets the goals we establish together.

My other training is in abuse, domestic violence, youth, family, community based counselling, addictions & recovery and couples (I am currently learning the Gottman method). I also work with clients who need transitional Life Coaching, which is focussed on helping you achieve your goals and dreams.



[Go to my website here](#)

I am a Registered Professional Counsellor with the Canadian Professional Counsellor's Association in good standing, #3517. We are competency-based and a member of FACTBC. I received my Diploma in Applied Psychology and Counselling from Kelowna College of Professional Counselling in 2011. I completed a two-year internship with a Worldtree Community in Nanaimo. I finished my career in 2022 as a Continuing Care Assistant after 26 years working primarily with seniors.

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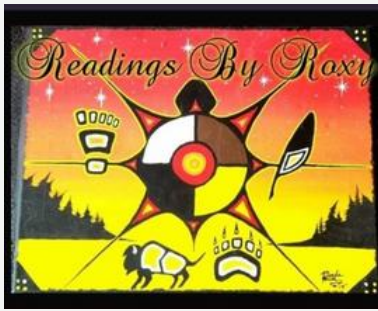


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Readings By Roxy

Owned and operated by Roxanne Naistus from Onion Lake First Nation, Saskatchewan. Roxy has been doing her Intuitive Angel Card Readings for almost 23 years and has run her home-based business since 2009 in Lloydminster, Saskatchewan. She is a certified Reiki Energy Practitioner and a certified Massage Therapist. Roxy does both in-person and video (distant) Readings. She has been blessed to make so many amazing connections through her clientele from all over Canada, USA, and her newest client from London, England!



Meet Kelly Ketchen

Bank On Yourself Professional KELLY KETCHEN

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604-318-9515

As a single mother of three incredible adult children, I spent over two decades as an educator before transitioning into life insurance. Though my career path has shifted, I still see myself as a teacher—only now I share financial wisdom, without the classroom chaos!

My true passion is helping people unlock possibilities they never imagined.

I've had the privilege of living in Dublin, Toronto, Summerland, and Vancouver. A travel enthusiast, I'm eagerly looking forward to my upcoming trip to France and Venice to reunite with my youngest daughter.

I empower women to take control of their financial future by providing expert guidance on personalized retirement plans with potential tax benefits.

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