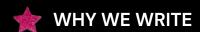
# WOMEN LIKE ME MAGAZINE JUNE 2025

FEATURED AUTHOR
TRISH SCOUL AR













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:

Hello beautiful souls,

I love June, this month of light, growth, and bold beginnings. We welcome you to another heartfelt issue of Women Like Me Magazine.

This month, we're honoring the stories that bloom quietly but leave a lasting impact. You'll meet women who've risen through grief, grown through challenge, and found healing in the most unexpected places, sometimes in the pages of a journal, other times in the eyes of a pet who stayed.

Whether you're here to be inspired, to reflect, or to remind yourself that you're not walking this path alone, this space is for you. Every page is a reminder that your voice matters, your truth is powerful, and your story is still unfolding in the most beautiful ways.

So pour the tea. Find a quiet spot. And soak in the stories of women just like you—brave, real, and rising.

With love,
Julie Fairhurst
Founder, Women Like Me Magazine
Where stories speak, and women rise.





## MEET YOUR FEATURED AUTHOR TRISH SCOULAR

"Reclaiming My Life: A Journey from Survival to Wholeness"

For the past several years, I've been walking a deep personal healing journey — one that life didn't ask my permission to begin.

Like many women, I spent years in survival mode: pushing through chronic neck pain, intractable daily headaches, and fibromyalgia, all while trying to hold down work that wasn't sustainable for my health. I didn't realize just how much I was carrying — until my body finally forced me to stop. When my employer placed me on long-term disability, I was faced with a turning point I couldn't avoid.

Even though I haven't read The Body Keeps the Score yet, the truth of it resonates with me — our unprocessed stress, emotions, and grief live within the body and can manifest as chronic illness or pain. I've learned that when we stay in situations that continually trigger that stress, our bodies pay the price. And sometimes, as painful and uncertain as it is, the path to healing requires walking away — even if it means letting go of income, stability, and the identity we've known.

Since leaving, I've had to ask myself, How do I rebuild an income and a life that will truly support my health and well-being? It hasn't been easy — especially in a world where life is full of uncertainties, something we've all seen more clearly since COVID-19. Isolation brought me face-to-face with myself. I had to come to a place of accepting who I am, even when alone. I also had to embrace faith more deeply — learning to stay positive when the future felt so unknown.

And that's also why I've started The Unquieted Revolution. For so long, I silenced parts of myself — trying to be "nice," to people-please, to avoid the fear of ending up alone. A friend once told me I was "too nice" — and I've come to realize how often that led me to pay a price in relationships. I've finally embraced this truth: being alone is far better than being with someone who isn't healthy for your body, mind, or spirit.

For those who've found relationships that nurture and honor them — I celebrate you. But for those of us who have carried the emotional baggage of unhealthy patterns, there is power in learning to let go. We cannot live in the past or change what happened. As Dr. Gabor Maté says, we can't change the past — but we can heal the wound. That's where I am today.

One of the greatest lessons on this journey has been learning what I can control — and letting go of what I can't. Fixating on the uncontrollable only fuels anxiety and stress. Instead, I've chosen to focus on what I can do: caring for my body, nurturing my spirit, finding ways to contribute meaningfully, and continuing to trust the process.

This road has included deep grief: the loss of the family I had hoped to create, the loss of health, and the struggle to find work that truly fits my physical limitations. But despite it all, I'm still here. I've pushed through with the support of an incredible team of professionals and loved ones who believe in me. I've come to honor my sensitivity, trust my intuition, and stop second-guessing myself.

And today? I am living a life that is more radiant, more authentic, and more open to possibility than it has been in years. I don't have it all figured out yet — but for the first time, I'm genuinely excited about what's ahead.

If there's one thing I want other women to know, it's this: healing takes time, and it's worth it. We all want results now — but true growth and transformation come in layers. Trust the process. Surround yourself with people who see your potential. And most of all, give yourself permission to choose a life that supports your wholeness — not just survival.

## Guidance for the Journey Ahead ~Trish Scoular~

To all the young hearts out there, here's some wisdom I've learned along the way:

Be Kind and Compassionate – Always treat others the way you want to be treated. You never know what someone is going through, and kindness can make all the difference.

Set Boundaries – Know what feels right for you and protect it. It's okay to say no, and it's important to stand firm in your values. Your boundaries are a form of self-respect.

Respect Your Elders – Your elders have lived through experiences you haven't yet. Their wisdom can be a valuable guide if you're willing to listen and learn from them.

Don't Rush the Process – Life isn't a race. Learn to be patient and trust the journey you're on. Everything unfolds in its own time, and trying to rush things can lead to unnecessary stress. Be okay with the pace of your own growth.

Don't Equate Sex with Love – Love yourself first, value your own worth, and understand that you are enough. Your body and heart are sacred, and giving away something so personal should come from a place of self-respect, not seeking love or validation. Don't rush into decisions that could leave you with regrets.

Embrace Every Opportunity as a Lesson – Life is full of moments that teach us. Instead of focusing on what didn't go right, ask yourself: "What can I learn from this?" Wisdom is often found in unexpected places.

Listen to Your Parents – It may seem like they don't understand, but your parents have more life experience than you realize. They've navigated challenges you haven't faced yet, and their wisdom could save you from making avoidable mistakes.

Be Your Own Best Friend – Speak to yourself with kindness and love. Support yourself the way you would support a friend. Your relationship with yourself is the most important one you'll ever have.

Remember, you are growing and learning every day. Take it one step at a time, and trust in your journey.

# My Message to My Younger Self

#### ~Trish Scoular~

As I look at my younger self, I think of the one regret I always have! Compromising my core values and beliefs about the men I've been dating.

Not bad men, just ones who never valued my worth or made me feel as if I was important to them or pretty enough.

When I said no, it seemed they didn't listen, so I would give in, never feeling good about having done so. This was a test of my boundaries and the lessons I needed to learn.

People would tell me to stop being a prude and give them a chance, while others would comment on how picky I was. I figured if I were going to fall in love and get married, it would only be once.

My choices affected my self-worth, self-esteem, and self-confidence, taking years to recover from and developing fibromyalgia from emotional and financial stress.

Loving myself turned out to be the best gift I had in restoring my health; choosing myself changed my perspective on everything.

### The Quiet Work of Letting Go How My Mother and My Patients Taught Me to Surrender

#### ~Trish Scoular~

Surrendering and letting go come from having faith in the process. A belief in something greater than yourself, that gives you the strength to cope and carry through. I learned about surrendering from my work as a Continuing Care Assistant for 24 years. Working with the elderly as they slowly faded away. Either from a long illness, cancer, dementia, or Alzheimer's. Timeless and weathering!

The unknown, the abyss, stranded in a dark tunnel as the light slowly fades away, as does your body, mind, and soul, leaving only a vessel that carried this life.

A person born into a world that brought meaning, whether good or bad, was what they knew. Whether their life made sense to me didn't matter; what did was acceptance and finding ways to bring love and light into their life, bringing some moment of pleasure in their long fight.

I never fully understood death until I started working in this field. It is a complete and full acceptance of surrendering! Letting go and dying, how does one process that knowing they will no longer be on earth, where do they go when they die, how does spirituality or lack of impact, will they see their family again?

Seeing someone you have just given a bed bath to take their last breath is something so profound you can't actually put it into words. When their spouse felt their last day was now, it was not what they were expecting when they pulled into the driveway, and they were not mentally prepared to face it.

It takes its toll and certainly doesn't help feeling vicarious trauma after so many years of working in the field, when my own parents started getting sick. Every time I talked about getting out of that field, they seemed to make me feel like I had to stay. It's a good job, and what's wrong with seniors?

I am grateful for the job, but, but I would tell them I want a change and try something else. I excelled at the job and was smart enough to pursue higher education that would open more doors.

And I became a Counselor, a published author, and more, leaving my parents proud of what I had become and the achievements I had accomplished.

My greatest lesson in death and dying has come from watching my Mom. I don't think it matters whether they go fast or slow; it's the pain of it that is similar. Our mothers, who are best friends and a sounding board on the other end of the phone, whose advice we often didn't like, yet at other times it was spot on and supportive.

Now she is sick, and both my parents are! My Dad, with congested heart failure, kidney cancer, and advanced Parkinson's, and my Mom, who got sick with COVID, never made it back to baseline, are both in total care and living two cities over from my Dad, where they both were before all this happened. I quit, packed up, and moved closer. The thought of not having them was emotionally exhausting; the dynamics with my siblings and learning from my Mom on letting go was what helped me process and accept the inevitable.



As I was sobbing and feeling left out and helpless, not having a family of my own, it was when my Mom would share her own feelings of not seeing everyone like she did every day, on FaceTime or trips to visit one another. That now she was helpless and in a wheelchair having people bathe and feed her. But she had to come to that place of acceptance, knowing how her life has changed and how we as a family, my siblings, never thought we would see Mom end up in this way.

Yet, in the surrendering and letting go, she has found joy and laughter. As tiring as it can get, it's about accepting what is. My Mom helped me reach a place where I felt I was not losing her, but gaining the wisdom I needed to get through. And that when she does go, I will have succeeded in creating my own life, knowing all the time that she was close. I realized that we are not selfish in wanting her to stay, and perhaps that is the gift in walking this journey together now and till the end.

Trish Scoular, RPC Guiding Hearts

Thank You, Trish Scoular, RPC, Guiding Hearts

From the very beginning of Women Like Me, you have stood beside us, pen in hand, heart wide open. Trish, your kindness, wisdom, and soulful presence have been a gift not just to me but to every woman who has crossed your path through our books.

You've written and shared your story with courage and care, never afraid to explore life's deeper edges. Your piece, woven with raw truth, spiritual surrender, and a daughter's love, moved us beyond words.

It reminded us that in the sacred act of letting go, there is still joy to be found. And in the quiet moments of caregiving, we often discover the loudest lessons in love, acceptance, and grace.

Whether walking beside aging parents, holding space for others as a counselor, or simply selling Women Like Me books at your own events, you have embodied everything our community stands for: compassion, connection, and courage.

Thank you for being a guiding light since the very beginning. Your loyalty, your heart, and your truth continue to uplift us all.

With deepest gratitude and admiration,

Your Sisters at Women Like Me



#### Who is Trish Scoular?



Trish Scoular is a Registered Professional Counsellor whose passion is in a movement helping women reclaim their voice, their power, and wholeness after trauma, burnout, and life's unexpected detours. She continues to further her education as a clinical counsellor.





#### 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.

"It's not your job to be likeable. It's your job to be yourself. Someone will like you anyway."

Chimamanda Ngozi Adichie



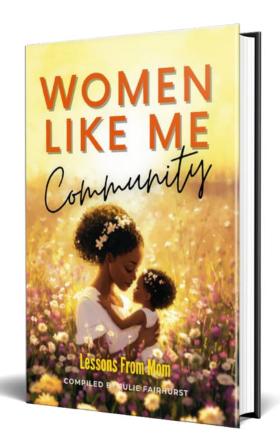
#### Wisdom That Sticks With You.

This beautiful collection of real-life stories from women in the Women Like Me community is a tribute to the advice, love, and sometimes unexpected truths passed down from the mothers who shaped us.

From quiet strength to bold sacrifices, these stories will make you laugh, cry, and nod in recognition. Whether your mom was your anchor or your greatest mystery, this book will touch your heart.

Because the lessons we carry often come from the women who carried us.

Available now on Amazon.

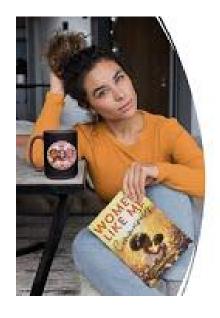


Canada Link

USA Link

Purchase our newest release, "LESSONS FROM MOM. Every purchase helps amplify the voices of courageous women who turned their struggles into strength.

#### Lessons from Mom - Write Like a Women



LESSONS FROM MOM

## WATCH VIDEO HERE

There are moments in life when we pause and remember the women who raised us, their words, their wisdom, and even their silence.

Lessons from Mom is a heartfelt collection of true stories written by sons and daughters who reflect on the lessons, love, and legacies their mothers left behind. Some stories will warm your heart.

Others may stir old memories. But all of them will remind you of the power a mother's influence holds—whether she was your greatest cheerleader or a complicated teacher of life's hardest truths.

## THE NOTE THAT CHANGED EVERYTHING BY April Taylor-McClure

She sat at her father's desk. Sarah could still feel his presence, but he was gone. She knew this because she had been his lone witness. She watched him slip away as his last breath dissipated like the curling whisp off his daily steaming hot coffee. She had whispered a tearful apology for the acrimony and cruel words flung across his bed as he lay helpless, pleading with his God to take him home.

He did not ask to escape the house filled with competitive and controlling words of his wife and daughters. He was used to the tension and arguments. Blindly obedient and rooted in evangelical fervor, his faith kept him safely grounded in denial of the familial cracked and critical edges.

No, he wished only to be released from his pain. The merciless, stabbing pain of Bone Cancer he could no longer bear. So, his wishes and prayers were granted, kindly and with dignity, in his last of many hospital stays, he passed away at 83.

Alone in the house, Sarah's grief hollowed out her spirit and left her weary. Head aching and tired to the bone, she reached for another stack of decades-old paid bills and correspondences, faintly hearing her phone ping with a notification. She hardly noticed, but out of habit, she reached for her cell.

As she saw the name, her eyebrows lifted. She was surprised to hear from this woman with whom she was merely acquainted. She opened the message and began to read.

Sarah inhaled suddenly and deeply, like coming up for air. She hadn't noticed the tightness in her chest until it uncoiled in a sob. Reading slowly, she let the words sink into her heart. This woman hardly knew Sarah, but her compassion reached out like a lifeline she did not know she needed until that moment.

Many years and one new husband later, Sarah arrived at her best friend Alexandra's Mother's Celebration of Life on a warm spring afternoon on the nearby island. The Church service was small in number but packed with passionate worshippers singing their strong conviction for rebirth. After the imploring sermon, friends and family began to share awkward silences and then stepped up to the microphone to share remembrances.

Sarah focused. She let her thoughts weave in and out of their reflections and memories. Beside her, Sarah heard a deep sigh as her husband's chin touched his chest. She kept her gaze forward and steady. Heartbreaking loss and love for Alexandra kept her seated instead of surrendering to the urge to run.

As the young man, the nephew, stood in front of the mic, he brought his story to a close; a near imperceptible hesitation crossed his face before his last words. Sarah's attention piqued, and she leaned forward. Did he really say what she thought she heard? Yes. Yes, he had. He had looked directly at his sister, Lani, sitting one row behind her parents, and said. "This would be a good day to apologize to your mom." Then he sat down.

The next day, Sarah wrote to Alexandra and asked her to pass on a note to Lani. Alexandra's heart swelled as she read the note and agreed to do so.

Dear Lani, you don't know me. Alexandra and I have been best friends since we were 14 years old. I was at your Auntie's funeral. I've known a bit of your story, and I was on the 8 a.m. ferry, keeping an eye out for you and hoping to meet you.

Please forgive me; I don't mean to intrude, but I am willing to risk this because you have been in my thoughts and in my heart, and I want you to know you are not alone. A friend did this for me a long time ago, and now I'm here to offer this to you.

Remember: A resilient and courageous woman, as you are, deserves to be loved for who she is and her choices respected. I'm referring to the 'makeup with your mom' public comment. I'm sorry that happened to you. I'm sure it hit your heart with some pain.

Please don't tell yourself you should not have been there. Don't even give it a second thought. Your presence was clearly and sweetly honouring your Auntie and your friendship with Alexandra. Yes, you were vulnerable, but that is the heart of resilience and inner strength and why we experience anxiety. Our brain recognizes the risk, but our heart knows it's worth it.

Please know, however you move forward in family matters, you can do so listening to your own trustworthy heart. You will know what to do when the time is right.

Love, Sarah.

Alexandra texted Sarah the following day with a message from Lani.

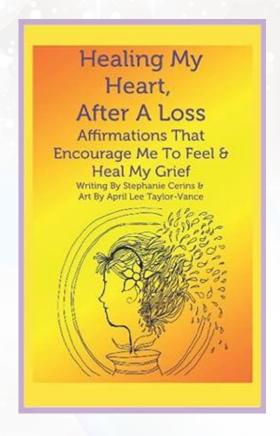
I wasn't ready to respond to Sarah's note yesterday. It was overwhelming, but in a good way. It's hard to find the right words. It feels like I am being seen and validated. I cannot express enough gratitude for that message.

Sarah posted a heart emoji and took a deep breath. Sarah knew exactly how Lani felt.



#### April Taylor-McClure





April Taylor-McClure was born in Canada and grew up in the United States, where she first met her husband, Doug. She moved back to British Columbia at age 18, where she married and raised two children, and had a career in education and supporting Individuals with disabilities.

She has five grandchildren. April has loved art and ASL for more than thirty years. She and Doug reconnected in their sixties and are now enjoying an active retirement life as newlyweds. April is very happy and hopes you are too.

Get The Book Here
Healing My Heart After a Loss

Healing My Heart After a Loss Affirmations That Encourage Me to Feel & Heal My Grief by Stephanie Cerins, Art by April Lee Taylor Vance

## WHY WE WRITE

#### Reasons for Women to Pick Up the Pen, Tell Your Truth, and Change the World

To show their children who they really are

To resist invisibility

To pour light into dark places

To make peace with the past

To free themselves from guilt

To make beauty out of mess

To change the ending

To name their joy

To stop shrinking

To say goodbye

To leave breadcrumbs of wisdom

To stay rooted in a world that keeps shifting

To dance with language

To remind themselves they're still here

Because their voice is the revolution

To take up space unapologetically

To heal generations forward and back

To say, "This happened. And I survived."

To light the way for others

To feel heard, even if no one reads it

To heal

To be heard

To reclaim their voice

To break silence

To leave a legacy

To make sense of their story

To inspire others

To transform pain into purpose

To connect with others

To find clarity

To remember who they are

To share lived wisdom

To create impact

To feel less alone

To challenge the narrative

In Write Like a Woman, we don't wait for permission to speak. We write raw, real, and with purpose. This is a space for women who are ready to heal, inspire, and ignite change, one word at a time. Whether you're a seasoned writer or just beginning to put pen to paper, your truth belongs here.

Join 'Write Like a Woman' here

#### Your Voice Deserves to Be Heard!

#### Why Be a Guest?

Share Your Story: Inspire listeners with your unique experiences and insights. Amplify Your Passion: Talk about what lights you up and find a community that resonates with your message.

Connect with Like-Minded Women: Be part of a supportive space where women encourage and empower each other.

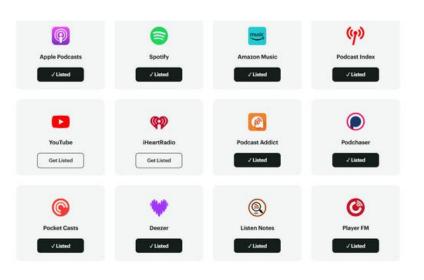
It's Completely Free! No cost, no catch—just an opportunity to share your truth.

Your story can touch lives, create change, and remind others that they're not alone. Don't let your voice go unheard. Together, let's build a world where women's stories inspire transformation.

Sign up today! Take the first step and join Julie Fairhurst's podcast. Your moment to inspire is waiting!

#### **Click HERE** to claim your spot!

Let's share your brilliance with the world. \*





#### "Where the Highway Meets the Water"

I miss you most in quiet ways

The hum of wheels on open highways,
That rumble of the old semi truck,
Hauling dreams and rusted luck.

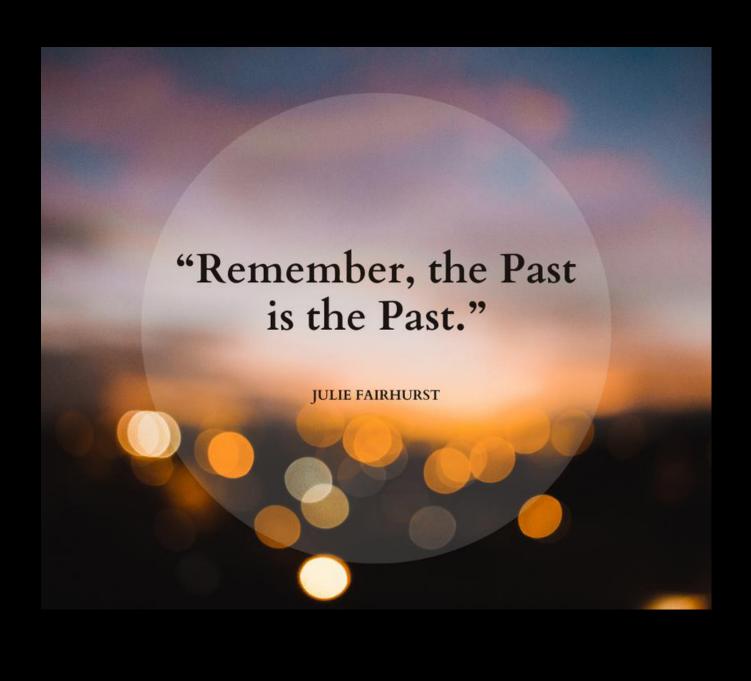
We chased the sun to the U.S. line, Scrap metal stacked, your hand in mine. You taught me more than trade and steel, You taught me how to drive and feel.

I feel you when the engine roars,
On two wheels, down familiar shores.
The wind that hits my tear-streaked face
Takes me right back to that sacred place.
And fishing lines cast at first light,

You in flannel, calm and right.
Saying nothing, but meaning all,
Letting the silence gently fall.
Now you're a whisper in the trees,

A memory riding every breeze. But still I go, road, rod, and ride, With you forever by my side.

TAMMIE TRITES





### Click on the video to learn about Lisa Fairey and Light Therpy



Unlock the secrets of low-level light therapy and discover how this remarkable treatment helps speed up recovery, manage pain, and address a spectrum of medical conditions. Lisa Fairney shares her journey, insights, and success stories that reveal the healing power of light.

Lisa offers a one-time complementary treatment at her clinic.

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## To the Fathers With Love, On Your Day

Today, we pause to honour the men who taught us strength in silence and love in action.

To the fathers who showed up, not always with grand gestures, but with steady hands, tired eyes, and hearts full of quiet devotion. The ones who fixed broken bikes, cheered from the sidelines, and gave the last piece of pie without asking for thanks.

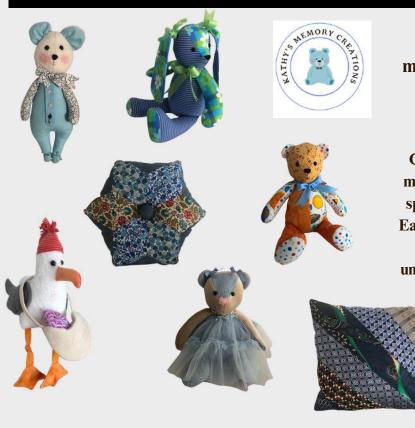
To the men who worked long days but still made time for bedtime stories and fishing trips. Who shared wisdom through stories on road trips, lessons in garages, or just a raised eyebrow that said more than words ever could.

To the dads we still have, and the ones we carry in our hearts, their laughter, their advice, their presence felt in the wind, the road, the tools, and the traditions they left behind.

You are remembered. You are celebrated. You are loved.

Happy Father's Day to every dad, stepdad, grandfather, uncle, big brother, and father figure who shaped a life by simply showing up with love.

Thank you for everything

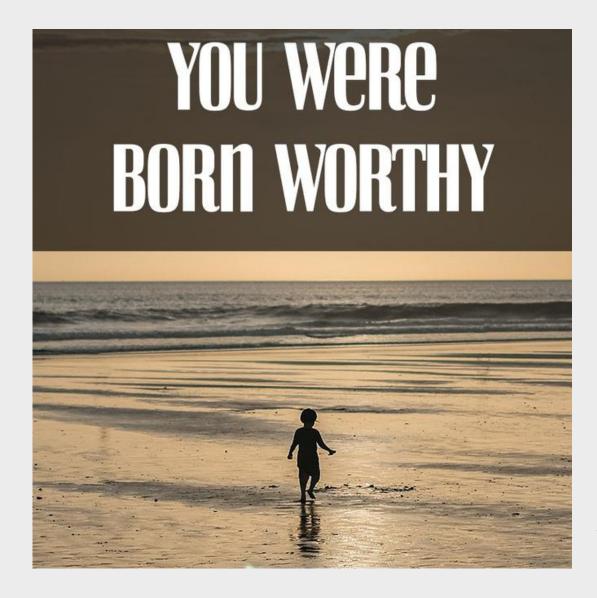


Create cherished keepsakes with our unique memory bears, dolls, pillows, and more, lovingly crafted from your loved one's clothing.

#### 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



#### A Father's Day Tribute: For the Dads We Hold in Our Hearts

Today, we honour not only the fathers we can hug, call, or celebrate in person, but also the ones we carry in our hearts.

To the dads who have left this world but never our lives, your presence is still felt in the smallest moments. In the way we laugh, the lessons we teach, the strength we find when we didn't think we could go on.

We remember the sound of your voice, the warmth of your hands, the advice you gave—sometimes with words, but more often through how you lived. Your love didn't end when your time here did. It planted roots in us, growing into courage, compassion, and resilience.

Today, we light a candle, whisper a prayer, shed a tear, or smile at a memory. We miss you deeply, but we thank you for every moment, every sacrifice, and every quiet way you shaped who we are.

This Father's Day, we celebrate you.

Not just for what you gave us when you were here, But for the way your love continues to guide us still. Forever missed. Always loved.

> Julie Fairhurst Women Like Me Stories & Business

#### "I Wish I Could Hold Your Hand And Help You Stand"

#### LISA ELLIS



I had an aunt who had Multiple Sclerosis, which I found to be rather atrocious. It all started with a trip and no it wasn't caused from a slip. Her tripping seemed to get worse, which landed her to a visit with a Nurse.

They sent her for a test to get it off her chest. They had to see what they could find to ease her mind. The results were not kind and left them in a bind of what to do to get her through. She was only 18 at the time, getting the news was such a crime that was like no other, and she became a wife and then a mother. She was lots of fun and I considered her my number 1 friend, I just wish it didn't end.

As years went by, her MS got worse, which took a toll on her health, of course. She became weak and ill but she loved life still. There came a time when she could no longer get out of bed and this is what I dread. We had to help her get dressed and make sure she was fed. It broke my heart to see her like this but reality could not dismiss the feelings that I had that made me feel sad.

I often times sat beside her night and day, trying to think of the right words to say to inspire her in every way and chase her fears away. We would laugh and cry together for our friendship we truly did treasure.

Until one day she died in her sleep and the memories I hold deep in my heart and that is where they have been from the day we did part. She was only 41, still so young, it seemed her life had just begun.

"Women don't need saving. They need to be seen, heard, and believed in.

That's the foundation of everything I do."

Julie Fairhurst



#### A Chair in the Shade

It's been 22 years, and I still find myself looking for him, in the way the wind rustles the trees, in the smell of fresh-cut grass, and in the quiet moments when life slows down just enough to remember.

My father died of a massive heart attack in my sister's backyard. One moment he was there, talking, laughing, probably teasing someone in that gentle, playful way of his, and the next, he was gone. No long goodbyes. Just the kind of exit that somehow matched his life: strong, sudden, and unforgettable.

That backyard holds so many memories now. But my favorite one is simple, him sitting in a worn garden chair, the sun dancing through the leaves, a cool drink in his hand, telling stories like the world was made of them.

He had this way of making everything feel safe. Like no matter how hard life got, if Dad was around, we'd figure it out. He didn't need big speeches or grand declarations. He showed up. He worked hard. He loved us in the way only a real father can, without conditions, without asking for anything in return.

Some days, I still imagine him sitting out there. Maybe he's got his chair in the shade, watching over us, proud of who we've become. Especially now, as we raise our own children with the same quiet strength he once gave us.

This Father's Day, I won't cry, at least not for long. I'll smile. I'll remember.

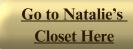
I'll sit in the sun and feel his presence in the warmth.

Because real love, the kind my father gave, never truly leaves. It just finds new ways to stay.

**Tammie Trites** 



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





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





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"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









#### CODE BLUE

#### THERESA CAMPBELL

I saw you in your hospital bed looking frail, but hopeful. I couldn't help but be reminded of my late husband. He passes away some years ago. Yet, seeing you, dear brother, reminded me of him. How strong he was in spite of his frailty. It also reminded me how fragile life can be even though our survival instinct may be strong. Ah, we are responsible for the lifestyle choices we make. We must correct any poor choices before it's too late.

I began to feel lightheaded and soon slumped to the floor. My near loss of consciousness was brief. My brother raised his eyebrows in concern. My cousin showed concern also.

"Are you okay?" he asked.

"Ah, yes, I think so. Just tired. I think we better go," I said.

My cousin quickly and intentionally said a short prayer for the healing of my brother.

Then he walked me out of the room and toward the elevator. I stepped into the elevator and leaned against the wall. It started to descend and by the time we reached the ground floor, I had passed out again. I was vaguely aware of people standing around me. A chaplain appeared, speaking words of care and reassurance. Then medical staff surrounded me and began their assessment. They noticed I was wearing a heart monitor. My doctor had recommended that I wear it for three days. I had just received it this morning. I gave them the explanation. I had a previous syncope and this was meant to determine if I had any irregularities with heart rhythm.

A porter appeared with a hospital bed. I was assisted onto it and quickly wheeled toward the Emergency Ward. I was surprised at the speed which I was moved into Emergency. Staff quickly took my blood pressure and took some blood. Then I received an ECG (electrocardiograph). I answered questions. Results came back showing very low blood sugar and low blood pressure. "I'm not diabetic," I said.

My cousin remained with me for a few hours, but it was determined that more tests were needed and that I would remain at the hospital overnight. My cousin, left, promising to walk my dog and to pick me up in the morning.

And so began my sleepover at the hospital. Luckily, I never needed a hospital, aside from the birth of my two children, now adults. So, I was feeling apprehensive. I noticed other patients in the cardiac section of Emergency. I could hear them recount to the doctor what had happened to them, chest pain, nausea. Luckily, I had none of that. They appeared to be okay, likely stress, anxiety and overwork.

I understood heart pain. Though I'm not a doctor, I understood that we all suffer from anxiety and heartache from time to time. Sometimes we just want to run from it, but it catches up with us eventually. I was uncertain of what was causing my syncope. It possibly had something to do with how I process stress, loss, and fear. I would let the experts figure it out. For all they knew, I could be a substance abuser. My bloodwork didn't show anything like that. A doctor walked past my bed while I was texting my family members.

"Do you notice how much you're fidgeting?" she asked.

'I'm scared," I said.

I began to think I was being judged. Oh, how I hate that.

Another doctor came by to talk to me. I immediately explained myself.

"My only poison is orange pekoe. I drink a lot of tea," I said. She smiled. "Don't worry, we will do a few more tests. Meanwhile, get some rest.

I tried to sleep, but my brain was too busy thinking. As the hall darkened and movement in the hallway seemed to slow down, I began to doze off. At some point in the night a porter appeared, a little like a ghost from the story, A Christmas Carol. He cheerfully introduced himself and announced that he was taking me for a test, I can't remember which test it was.

He began to push my bed down the hall, through doorways and corridors, lights shining above me. It was as if we were making our way through a labyrinth and I began to imagine that I was passing through the stages of my life. I imagined the faces of family members that had passed on, my dear husband, my parents, my brothers. I could feel I was being looked after. Somehow I was being reassured that it was not my time yet, though I felt week and exhausted.

"Life is not over for you! Be well and take better care of yourself. You don't have to carry the world on your shoulders," they said.

And by morning, it turns out they were right. Test results attributed my syncope to dehydration and a vasovagal response, triggered by anxiety. I was free to go home. I texted my cousin that he could come pick me up.

Lesson learned. I need to care for myself before I try caring for others. We all need to be gentle with ourselves. Life's too short.

Theresa Campbell is a freelance writer, a graduate so McMaster University (English Literature), Ryerson University (Magazine Journalism). Former reporter for community newspapers. Retired Educator, special needs.



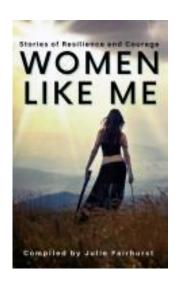
## "Your Story Isn't Too Small"

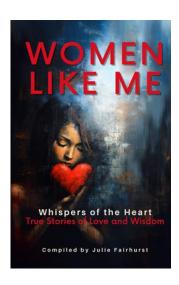
It's not too ordinary. It's not too messy.

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What does a 12-year-old author have to teach us about meditation, mindfulness, and discovering our inner light? The answer might surprise you.

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Sexual health is a conversation too often shrouded in discomfort, shame, and silence. Yet, as this candid discussion reveals, it's a critical component of women's overall wellbeing that deserves honest, open dialogue.

Whether you're feeling stuck in patterns you can't break, seeking greater alignment with your authentic self, or simply curious about human design, this conversation offers practical wisdom and transformative insights. Don't miss Leanne's free Meditation Mentorship program—the perfect starting point for anyone ready to embark on their own journey of self-discovery and alignment.





We don't prepare parents for one of life's most terrifying possibilities: having a child who wants to end their life. Mental health expert Tara Rolstad knows this reality from both sides – first as an aunt to nieces with severe trauma-related mental health issues, then as a mother whose own daughter battled depression and suicidality.

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.



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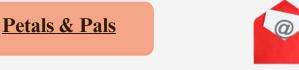
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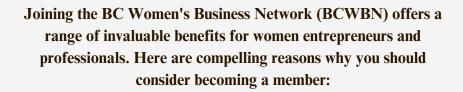
**Book Development and Editing. Illustrations/images** 

 "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 selfpublishing.

## **BC Women's Business Network Empowering Women, Elevating Business**

Contact Guelda Redman if you would like further information:

info@bcwomensbusinessnetwork.com



- 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.
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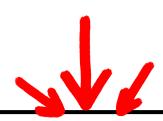
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- Women who feel called to write but feel overwhelmed
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- Coaches, creatives, and changemakers who want to connect through story
- Anyone who's ever said, "One day I'll write my story..."



I NEED MY STARTER KIT!

## 06

# WAYS TO ATTRACT ABUNDANCE INTO YOUR LIFE

01

02

#### **Practice Gratitude**

By consciously acknowledging the good in your life, you start to shift your focus from what's missing to what's already present.



#### **Develop A Growth Mindset**

Psychologist Carol Dweck's research shows that those who view abilities as malleable are more likely to embrace challenges, persist in the face of setbacks, and see effort as a path to mastery.



03

#### **Give Generously**

The act of giving reinforces your subconscious belief in the plentifulness of resources. You might mentor a younger colleague, volunteer at a community center, or donate to a cause you believe in.



04

#### Visualize Abundance

By visualizing a life of abundance, you prime your brain to recognize and seize opportunities.



05

06

#### **Embrace Change**

Abundance thrives in an environment of growth and change. By embracing change rather than resisting it, you open yourself up to new experiences and opportunities.



#### **Cultivate Positive Relationships**

Surround yourself with people who embody the abundance mindset. These positive relationships can provide inspiration and support as you work toward attracting abundance into your life.



43

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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! \*
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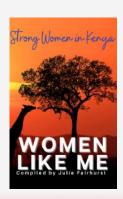


\*They have pride knowing they are helping to support their families, almost all our 26 ladies in Kenya are widowed\*

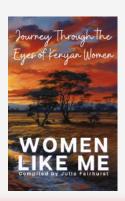
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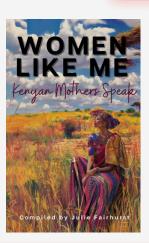
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**\***Proceeds buy food, clothing, soap and pays for their children to go to school. In Kenya every child must pay for school fees and have shoes and socks. If not, they will not have an education. ★

#### **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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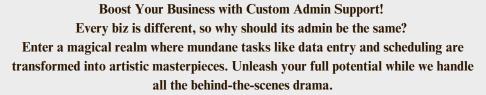
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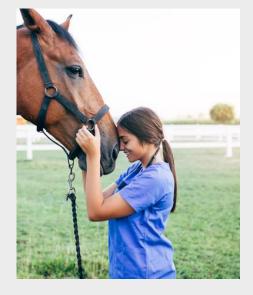


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the two-way "healing" that occurs when we're close to horses.

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.

Recent studies conducted by the Institute of Heart-Math provide a clue to explain

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.

**Looking for more information:** 

Go to **website here** 

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.







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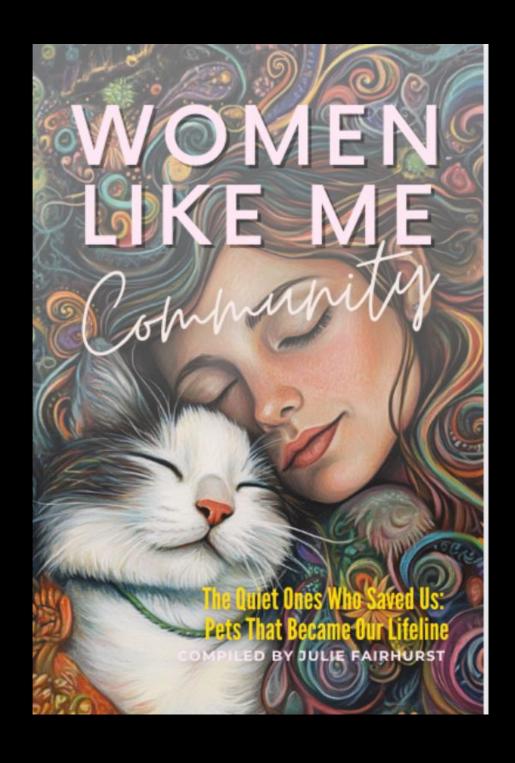
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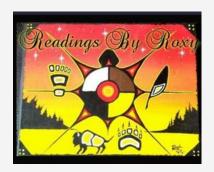




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#### Readings By Roxy

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!



## Bank On Yourself Professional KELLY KETCHEN

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Meet Kelly Ketchen

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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This approach bypasses traditional banks and RRSP regulations, using a proven financial strategy available in Canada since 1920, giving you full control over your financial path.

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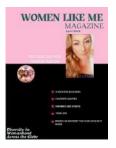
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julie@changeyourpath.ca



## Theresa Waugh Promotes

#### **Kosmetae Academy**

Visit the Academy Here

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

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PERSUASION POWER

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We value the importance of every woman's voice and cherish the unique stories each woman brings. We firmly believe in the power of shared experiences and how they can shape and transform us. With a focus on writing together, we aim to create a nurturing environment that fosters growth, inspiration, and empowerment.

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Julie's Fairhurst

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#### **How to Write with Confidence - Write From Your Heart**

Dive into what holds us back from writing with confidence. So often, it's fear—fear of judgment, fear of not being 'good enough,' or simply not knowing where to start.

We compare ourselves to others, wondering if our story is worth telling. But here's the truth: each of us has a unique voice, a perspective that can inspire or help someone else. The key to breaking through these doubts is to embrace the process, knowing that confidence isn't about perfection but authenticity.

So, today, let's start releasing the fear and committing to our story, one step at a time. Remember, your story matters, and you have the power to share it confidently."



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