

WOMEN LIKE ME MAGAZINE

AUGUST 2025

FEATURED AUTHOR
Tracy Dionne



A SUMMER OF FREEDOM & FIRE

PHOTO CHALLENGE

**WE'RE BREAKING THE SILENCE AND THE HABIT
OF APOLOGIZING FOR OUR TRUTH.**

**SIX BRAND NEW VIDEO
INTERVIEWS**

BE A PODCAST GUEST

FREE GIFTS

**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:

August is Here! And So Are We.

The sun may be setting earlier, but we are still rising.

August is that beautiful bridge between full-blown summer and the gentle whisper of fall. It's a reminder to soak up the light, reflect on how far we've come, and boldly step into what's next.

This month, Women Like Me celebrates strength in softness, power in pause, and courage in the stories we dare to tell.

To every woman turning her pain into purpose and her dreams into chapters, this magazine is for you.

Let's keep writing, rising, and reclaiming our voice. Together.

With love,
Julie Fairhurst
Founder, Women Like Me Magazine
WHERE STORIES SPEAK, AND WOMEN RISE.

Julie



MEET YOUR FEATURED AUTHOR TRACY DIONNE

**LIVING A DAILY LIFE OF GRATITUDE
CHOOSING THE HEALING JOURNEY**

The last few years have taught me so much about life, healing and community. I have learned the power of daily gratitude and seen how it has transformed my life. I now use it as a good mental health indicator for self-care.

How did these changes happen?

Suddenly, I lost my friend Janine to cancer. This sparked my writing journey along with my daily gratitude practice. This is how I became a member of this writing community for women. My first submission led to several others along the way to healing my soul.



What has guided me along the way?

Family

My family has been great support over the years, they have always helped, guided, and held me when my life became hard. They extended kindness my way and sat with me in deep sadness over the years. They gave me a listening ear when I needed it and showed up with dinner and helped on my more challenging days.

My mom, dad, and brothers Daryl and Kevin hold a special place in my heart. My brother Daryl's passion for water and boating has brought many joyful memories. These blessings are the ones we can't buy but cherish as memories of joy.

Friends

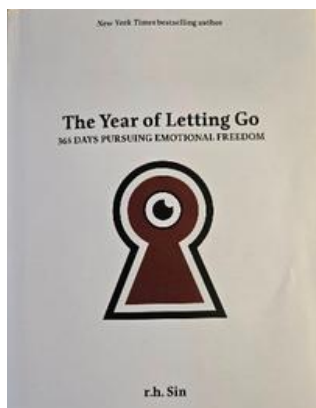
I have been blessed with my friend's kindness and support over the years. These friends I am mentioning are more like family to me. They have selflessly given generosity to me in my times of need, listened to me, and helped me up when life got hard. They withheld judgment and provided a safe place to be vulnerable.

Chrystele, Tera, Amanda, Tina, Alison, Rhonda, and Megan all make my world a brighter place because they are in mine.

You are loved and cherished by me. I wanted to thank you for all your acts of kindness and thoughtfulness, from a simple coffee meet up to providing help with moving and setting up my new place with my boys. Thank you for being a blessing in my life.

My Partner

I decided to date again. To my surprise, we have grown together and share a nightly healing ritual. We read a page from the book: *The Year of Letting Go: 365 Days to Pursuing Emotional Freedom* by R.H. Sin. This has led to some great conversations.



Justin and I continue to work on both ourselves, and our relationship. We have been there for each other and taken time to understand the other person's habits and perspective, embracing each other's imperfections as well - we all have them. Some of our imperfections are our greatest gifts and we don't even know it.

At the end of the day, it's little moments that matter most, such as a simple text good morning or good night. Knowing how your partner likes their coffee, favorite treat, song or phrase. It's our own authenticity in life that makes us who we are and accept others' authenticity as well.

My counselor

I have appreciated all the support my counselor, Steve, has provided me with over the past few years. He has helped me overcome many personal challenges and provided support for me to grow and achieve my goals in life.

I have developed coping strategies to manage uncomfortable emotions and situations. I have set realistic goals for myself and worked on my inner self to empower me to overcome challenges and improve my well-being, enabling me to achieve my full potential.

Blessings of support groups

During the time of my divorce, I joined the divorce care group at ⁷ the church in Maple Ridge. It was here; I began to grow again and found safety in being vulnerable with my feelings and emotions.

At our weekly meetings, we would check in with everyone, have deep conversations, and focus on healing for the future. It was here that I learned to forgive, let go of bitterness and anger, and have faith over fear and peace of panic

The second time I joined a support group recently was for my own health; I suffered from a concussion from a car accident. At the time, I didn't realize how much it would change my life. I was later diagnosed with post-concussion.

This journey has taught me so much about myself, my brain, and my body. In the past year, I have had numerous medical appointments at the Iscope clinic. I am so grateful to all the staff and professionals there. It was at the clinic that I joined the support group.

I discovered that I was not alone and found a safe place to be vulnerable with my feelings and emotions related to the concussion.



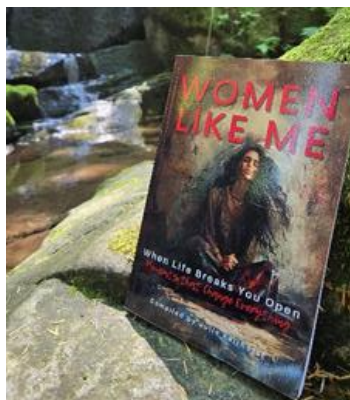
Finding support within the Women Like Me Community

8

During this time, I also found hope from a member within the Women Like Me community.

When scrolling through my Facebook feed, I came across the video Julie had made for the release of the book *When Life Breaks You Open*, and I heard about Sandra Nelson's story.

At that moment, I knew I had to purchase the book and read her story. That story ended up being my rock during this time in my life. The title alone helped me find hope. Breaking free from the darkness of post-concussion symptoms. After reading her story, I reached out to thank her for sharing, as I didn't feel alone on my journey.



Writing during my divorce created my first children's book.

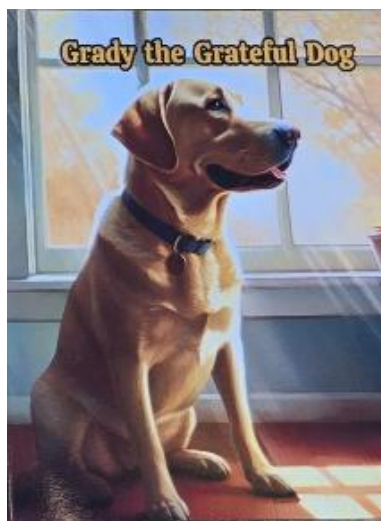
As I was pivoting from my previous life path and letting go of my marriage. I reach out to another member in the Women Like Me group for support. Brenda Cooper and I worked together to create the book. It was not as easy as I thought it was going to be, but with Brenda supporting me along the way, we did it.

Here's what you don't know about the journey: we spend hours on the phone trying to size and resize the book on the Amazon website. We emailed back and forth, had conversations, and laughed at the process.

One of my favorite moments about creating the book was laughing with Brenda on the phone, what could have produced other emotions ended up being a joyful experience - perspective is 9 everything.

We had so much fun creating that book together and connecting with others. I am grateful for her support in the process. It really was about the journey leading to the destination. ***Grady the Grateful Dog*** was born, and I had taken all the steps to create my first children's book. A proud moment for me for sure.

My goal is to continue writing children's books, and I have submitted two to our Canadian publishing company. So, I am currently waiting to hear back from them. It can take up to six months to reply.



Get Your Copy of Grady the Grateful Dog here

Who Is Tracy Dionne



I am blessed to be the proud mother of two boys who light up my world daily and challenge me, just like children often do.

This was my gift from my marriage, and nothing changes that. I learned that divorce wasn't the end; it was the beginning to rediscover myself and begin healing. People often ask me if I regret getting married. My answer will always be no, of course not.

How can you regret one of the happiest days in your life, when you gave me the gift of two boys? It taught me many life lessons that I reflect on daily to improve myself from within.

Besides, people often say everything happens for a reason. We might not understand at the time, but that's part of the journey of life.

Outside of work, I enjoy the outdoors, painting, writing, and being active. I enjoy exploring nature and being by and out on the water. I love kayaking, swimming, and boating. I'm always looking for new opportunities to learn and grow from any experience so feel free to contact me.



For the past 17 years, I have worked as an elementary school teacher and have found joy in learning alongside my students and connecting with them daily.

One of my proudest teaching memories comes from a writing assignment I had submitted to our local newspaper. I remember my principal at the time, Phillis Giovani, saying to me, “We need to teach the students to write for a purpose.”

This resonated with me and has stuck with me over the years. She inspired me to take a risk with my teaching and teach with a new perspective.

Another love of mine is travelling. I have a bucket list of places I would like to see in the future. I developed this passion in my early twenties after working on a cruise ship over the Christmas break. After that moment, I wanted to see more of our beautiful world.



Quotes and sayings that helped me over the past few years

- Faith over fear
- Peace over panic
- The Let them Theory by Mel Robbins book
- Journaling
- “Where there is love there is life”- Mahatma Gandhi
- “Gratitude unlocks the fullness of life. It turns what we have into enough and more.” Melody Beattie

Self-care practice

In the past few years, I have developed some healthy self-care practices that I truly enjoy and have as part of my life.

- Spa visits with girlfriend
- Mindfulness breathing, videos, meditation
- Exploring into Nature
- Reading, writing, painting
- Writing in a journal
- Daily gratitude practice
- Shadow work journaling
- Monthly counseling sessions
- Running and Exercise



What's kept me going is support from the community, health care professionals, partners, friends, and family.

I have also discovered that relationships with others are meant to be cherished. Mainly when we focus on the quiet gestures, inside jokes, safety, vulnerability, and love in those relationships, it's recognizing others' emotions along the way and discovering our own emotions on the journey as well that provides its importance. Most importantly, our relationships in our lives should help us feel secure in ourselves.



**FINDING GRATEFULNESS IN GRIEF
THE JOURNEY OF A DEEP-SEEDED FRIENDSHIP
THROUGH LOVE AND LOSS
TRANSFORMED INTO DAILY GRATITUDE**

“Those we love... don’t go away. They walk beside us every day. unseen, unheard, but always near, still loved, still missed, and forever dear.”

~Unknown~

(Short peice of Tracey’s Story in
Reclaiming Our Power)

All of this left me with a tornado of emotions inside. I felt heartbroken, angry, sad, lost, confused, love, hopeful, and overwhelmed. I was lost in my own emotions. In the end, I made the heartbreaking decision not to go. They say everything happens for a reason, and it wasn’t the last time I saw her. When restrictions were lifted, I went with my family up for a visit, and that is when I began to open my eyes to a world of gratitude, she left me with.

During this visit, she opened my eyes to what was truly important in life. We were sitting at her kitchen table, enjoying a cup of tea, and having a conversation. When in the middle, she stopped and turned to me and said, “Get your camera and take a picture, it is so cute. Here she had noticed how my two boys were chatting and sitting at the top of the stairway, engaged in their own conversation.

So, I did take that picture, and it serves as a reminder to me to stop and be present in the current moment and recognize how lucky and blessed I am to be here. I love that picture because it freezes me at that moment in time—a moment I will cherish forever in my life.



My boys continue to grow, and I continue to be grateful for my friends and family every day.

After the visit to her home, I did see her one last night. The last time I saw her, she had trouble speaking and struggling to complete her thoughts. I remember holding her hand, hugging her, and telling her how much I loved her. She kept trying to say something to me, but she couldn't get the words out.

Her mom and my other best friend Amanda were trying to help. They kept telling me she was trying to say thank you for the flowers because that is who she was. A person who expressed gratitude and always said thank you.

Then, it finally happened. The cancer spread, and nothing more could be done. She passed away in palliative care with her loving husband at her side.



SOME OF TRACEY'S FAVORITE PHOTOS



BEAUTIFUL, BROKEN, BECOMING



OUR NINE NEWEST AUTHORS SHARE A
CHAPTER OF THEIR LIVES WITH US



Beautiful, Broken, Becoming has officially launched!

Raw. Real. Unforgettable.

Grab your copy today and support the incredible women who
bravely shared their stories.

Visit their website



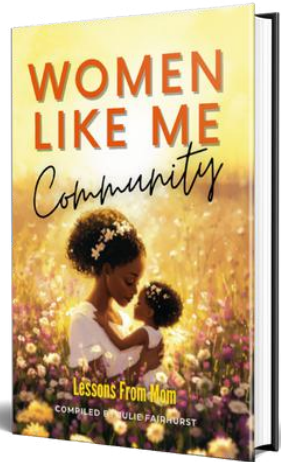
[GET BOOK HERE](#)

[MEET THE AUTHORS](#)

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.



AUTHOR WEBSITE

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.



"Some of us were born into storms—so we could learn how to build shelters. Your survival is not the end of your story. It's the beginning of your purpose."

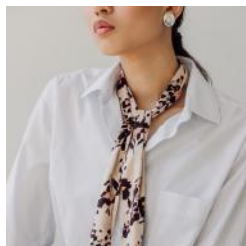
— Tammie Trites

the beginning.



Natalie's Closet

My favourite fashion accessory



My favourite accessory is a bright scarf!

It's can be used in so many ways and elevate any outfit.

Use on your neck, in your hair, on your handbag, as a belt and so much more. It's so small to pack (heck being a few).

A pop of colour can change up any outfit in so many ways!

Meet Natalie Reisch – Your Closet's New Best Friend!

Natalie is a personal stylist with Cabi who believes fashion should be fun, not frustrating. She's got an eye for style, a heart for women, and a knack for transforming "meh" closets into confidence-boosting wardrobes. Whether you're ready to ditch the drab or dazzle like the fabulous woman you are, Natalie's here to make you feel beautiful, inside and out.

Who says you need to be rich and famous to have your own personal stylist?

REACH OUT TO NATALIE
BY EMAIL HERE

[FOLLOW NATALIE ON INSTAGRAM](#)

[Step into Style! Join Natalie's Closet](#)
[A private Facebook fashion group](#)



5 Heart-Led Ways to Fill Your Gratitude Journal

By Julie Fairhurst



There's something sacred about sitting down with a pen and paper, letting the noise of the world fade away, and choosing, yes, choosing, to focus on what's good, right, and beautiful in your life.

A Gratitude Journal isn't just about listing the obvious. It's a powerful, soul-clearing practice that shifts your energy, softens your heart, and reminds you that even in chaos, there is still so much to be thankful for.

Whether you're in the middle of healing, rebuilding, or simply trying to catch your breath in a busy life, gratitude is your anchor.

So if you've ever stared at a blank page and thought, "I don't know what to write..." don't worry. Let me show you five powerful (and simple) ways to get started:

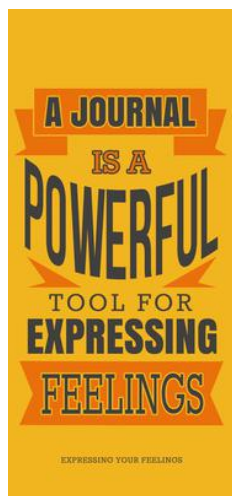
1. Savor the Specifics

Yes, of course, you're grateful for your family or your home, but why? Don't just write, "I'm thankful for my best friend."

Instead, write:

"I'm grateful that she stayed on the phone with me at midnight when I couldn't stop crying."

The details are where the magic lives. Gratitude becomes alive when we drop into the moments, not the generalities.



2. Drop Into the Present Moment

Before you write, take a breath. Center yourself.

Close your eyes. Feel your body. Listen. What do you notice right now? Maybe it's the wind rustling the trees outside, the smell of coffee drifting in from the kitchen, or the sound of your child humming in the next room.

Write what you feel. Gratitude doesn't have to be big to be powerful—it just has to be real.

3. Ask the Big Little Question: Why?

When something pops into your heart, go deeper.

“I'm grateful for my grandma's cookies.”

Why?

“Because they remind me of Saturday mornings in her kitchen, where I felt safe and loved.”

This is what I call finding the gold under the gravel.

Keep asking why until you hit that emotional truth, and write from that place.

4. Switch Lenses

If you've been focusing on one area, say, your family, try shifting your view.

Look at your work, your past, your neighborhood, your body, your failures, your faith, your friendships.

Gratitude lives everywhere; we just have to be willing to look beyond what's familiar.



5. Move, Then Write

Stuck? Walk away. Do the dishes. Take a walk. Fold laundry.

Let your thoughts wander like clouds across the sky.

You might realize you're grateful for clean drinking water. Or the song you heard while scrubbing a pan.

Or the peace that comes from knowing, "I get another day to live this life."

That's the kind of gratitude that pours out effortlessly once you're back at your journal.

My Final Thoughts

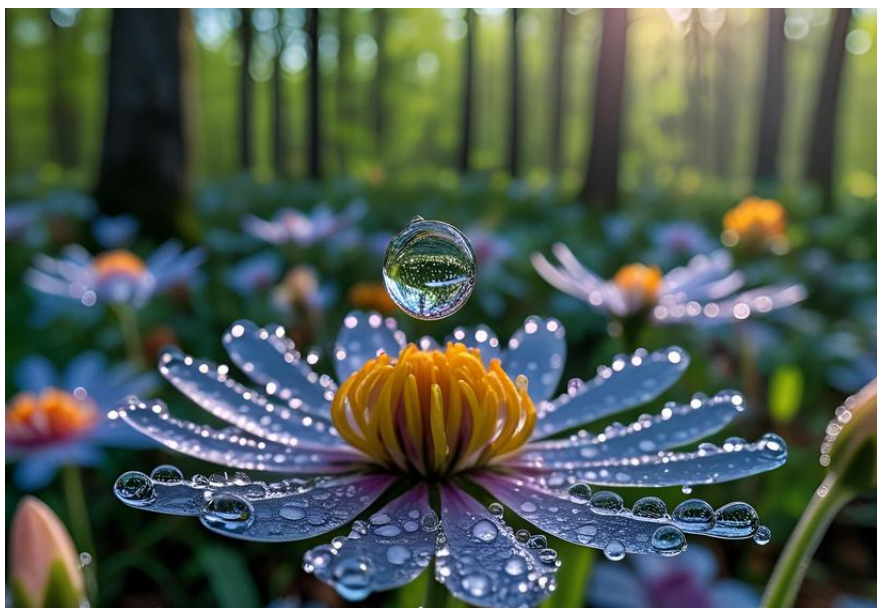
Gratitude isn't about pretending everything's perfect.

It's about recognizing that even in the mess, there's beauty.
Even in the breakdown, there's breath.

And even in the quiet, there's a reason to whisper, "thank you."
The more you write your thanks, the more your heart softens.

And a soft, grateful heart?

That's a woman who changes her life, and the lives around her.



Summer Days

"Sun-kissed skin, messy hair, don't care, summer's
my runway and the world's just watching."

*WOMEN LIKE ME SHARE PHOTOS OF THEIR
SUMMER FUN*



LOU UNGER



A photograph of a forest scene. In the foreground, there is a large, leafy plant with green and yellowish leaves. In the background, a person wearing a blue shirt and dark pants is standing among the trees, looking towards the left. The forest is dense with various types of trees and foliage.

**THIS IS MY FAVOURITE PLACE.. THE FOREST!
DURING A 17KM HIKE I DID RECENTLY, ELK ISLAND AT
THE VICTORIA BEACH AREA IN MANITOBA.**

RHONDA FUNK

R19417

10:42

COMING ACROSS THE BRIDGE INTO VANCOUVER ON THE
DOUBLE DECKER BUS TOP FLOOR WINDOW AT SUNSET.

EMILY CRONK



LOU UNGER

A close-up photograph of a garden bed. In the upper portion, several bright pink zinnia flowers with yellow centers are in bloom. Below them, a dense cluster of verbena flowers in shades of purple and white is visible. Interspersed among the verbena are a few large, solid purple petunia flowers. The background consists of a dark brown wooden fence. The overall scene is lush and colorful.

JOANNE SMITH



ALICIA DE LEON EPP



AMBER A. WHITMAN-CURRIER



EMILY CRONK

AMBER A. WHITMAN-CURRIER

FERRY TO THE TORONTO ISLAND



FULL MOON JULY 10,2025
PRINCE GEORGE



KRISTY PYBUS BROWN

AMBER A. WHITMAN-CURRIER

CANADA DAY, CANADA





LOU UNGER



HOOK LAKE, THOMPSON-NICOLA, BC

THERESA WAUGH



LOU UNGER



CAT KING



AMBER A. WHITMAN-CURRIER



CAT KING



HOOK LAKE, THOMPSON-NICOLA, BC

THERESA WAUGH

RICE LAKE, ONTARIO CANADA



CAT KING

CHILLIWACK RIVER, BC

TAMMIE TRITES

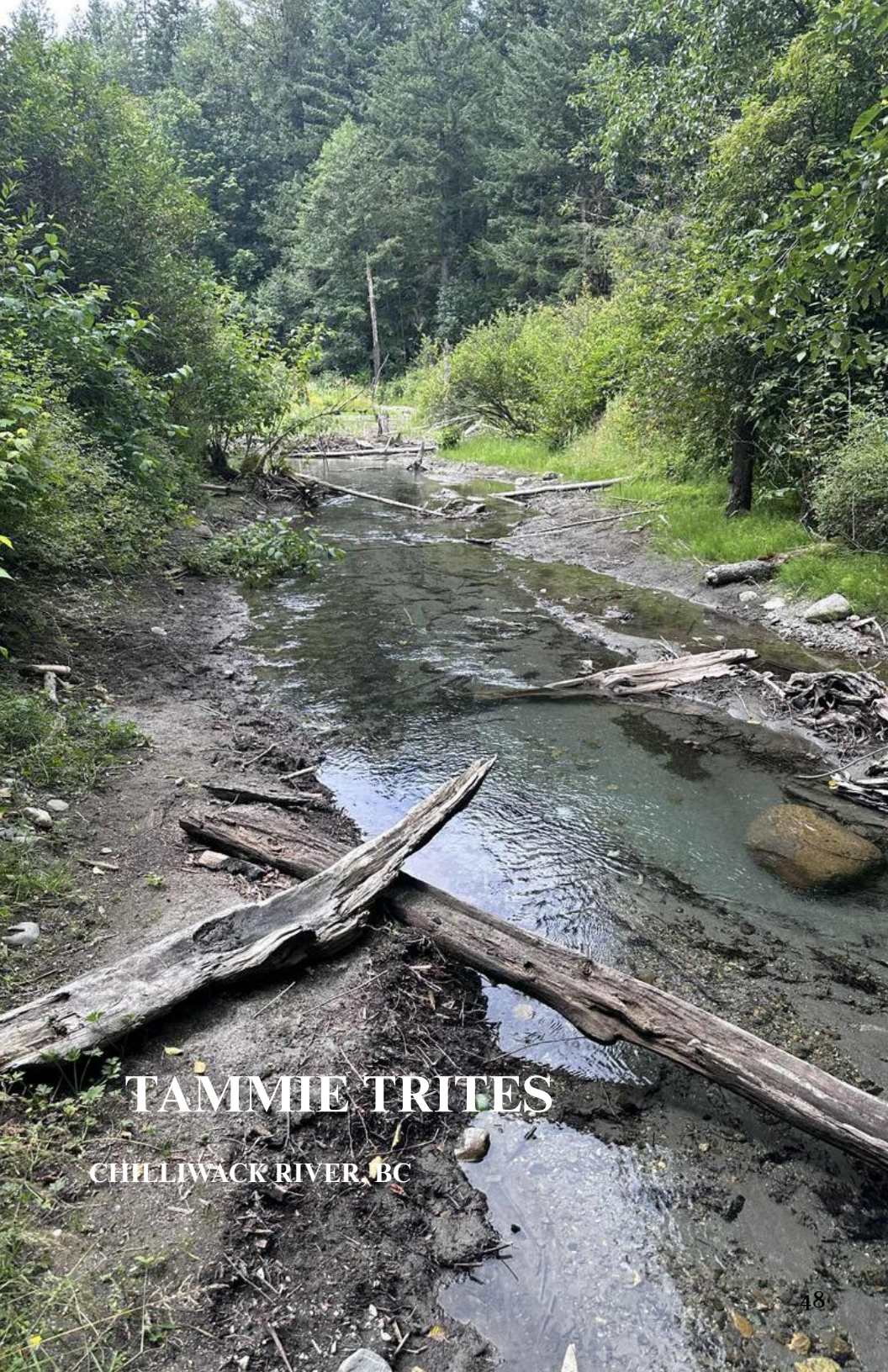




CAT KING



CAT KING



TAMMIE TRITES

CHILLIWACK RIVER, BC



CAT KING



HOOK LAKE, THOMPSON-NICOLA, BC

THERESA WAUGH₃₀



CAT KING



ARLEEN TRACY DAVIS



CAT KING



CAT KING



CAT KING



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.

Breaking the Silence

Speaking Up Without Apologizing

For generations, women have been conditioned to soften their voices, sugarcoat their opinions, and apologize — even when they’ve done nothing wrong. We say “sorry” for taking up space, for asking questions, for having feelings. But what happens when we stop apologizing for our truth?

We begin to rise

Speaking up isn’t about being loud — it’s about being real. It’s owning your story, your boundaries, and your worth. Whether it’s in a boardroom, a relationship, or even just standing up for yourself in the mirror, your voice matters.

Too often, women wait for permission to speak — to express, to challenge, to dream out loud. But permission isn’t coming. You don’t need it. You are the permission.

So, how do we start?

We begin by noticing the “sorrys.”

We stop apologizing for valid emotions.

We replace “I just wanted to say…” with “I need to say…”

We practice saying no without explanation.

We speak our truths even when our voices shake — especially then.

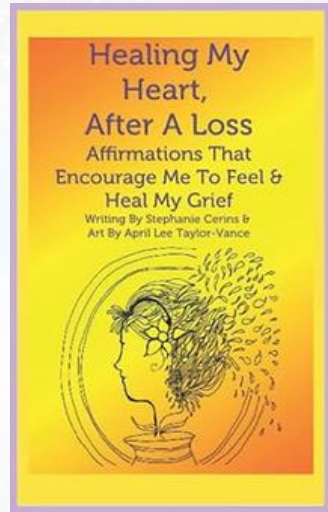
This isn’t about being rude. It’s about being rooted.

When a woman speaks without apologizing for her existence, the world listens differently. And other women rise with her.

Let this be your reminder: You don’t have to whisper your worth. You don’t have to water yourself down to be accepted. You don’t have to keep the peace if it costs you your voice.

**Speak up. Stand tall. Say it.
Unapologetically.**

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

WRITE LIKE A WOMAN EMPOWERED BY WOMEN LIKE ME

Why Belong to the Women Like Me Community?

Because your voice matters.

Because your story has power.

Healing occurs when we share, rather than staying silent.

Women Like Me isn't just a magazine, it's a movement. A sisterhood. A safe place to be seen, heard, and celebrated.

When you join our group, you're not just supporting other women, you're unlocking a space to grow, to rise, to write your truth, and maybe... to finally believe in the beauty of your own becoming.

You don't have to do it alone.

We're saving you a seat. 🌟

Join 'Write Like a Woman' here

The Confidence Reboot

How to Speak Up, Stand Out, and Stop Apologizing

Let me ask you something?

When was the last time you caught yourself saying “sorry” when you didn’t need to?

Apologizing for having an opinion.

For taking up space.

For existing in your own skin.

If you’re nodding, welcome to the club, my friend. I see you.

I am you. And I’m here to tell you: it’s time for a Confidence Reboot.

Because here’s the truth we often forget as we juggle careers, care for families, survive heartbreaks, celebrate milestones, and gather a lifetime of wisdom:

You are allowed to take up space. You are allowed to be heard.

You are allowed to shine.

No permission slip required. No apology necessary.

Why Now?

By the time we hit our **40s, 50s**, and beyond, many of us have spent years shrinking ourselves — not because we aren’t strong, but because we’ve been taught to play small:

Don’t be too loud.

Don’t make waves.

Don’t outshine.

But you know what? That time is over. This is the season of life to take the spotlight back — on our terms.

3 Simple Ways to Start Your Reboot

1. Speak Up (Even If Your Voice Trembles)

Next time you feel the words rising, in a meeting, with friends, or even with family, say them. Out loud.

Will it feel uncomfortable? Maybe.

Will you regret not speaking? Definitely.

Bravery is built one sentence at a time.

2. Stand Out (You Deserve to Be Seen)

Wear the colour you love. Share your ideas. Stop dimming your light because someone else is uncomfortable with your shine.

You've earned every ounce of your brilliance, own it.

3. Stop Apologizing for Existing

Catch yourself next time you say, “Sorry, but...” or “I just...” or “I’m no expert, but...” and stop.

Replace it with: “I believe...”

“My experience is...”

“I’d like to add...”

Your words matter; say them like you mean them.

One Last Thing, Beautiful Reader:

If no one has told you lately — you are enough. Your voice, your wisdom, your presence — they matter, more than you know.

So here's your invitation: Reboot that confidence.

Start today

Speak up. Stand out. Stop apologizing.

The world is waiting for you — all of you.



*Click on the video to learn about
Lisa Fairey and Light Therapy*



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.

Try it out for FREE!

You can book this at:

Sardis Naturopathic Medical Clinic - 604-858-7422

OR Email Lisa Fairney

enlightenmesystems.ca



**The world needs your truth, not the
polished version, the real one.**

JULIE FAIRHURST

**SCAN TO JOIN
WRITE LIKE A
WOMAN**



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.

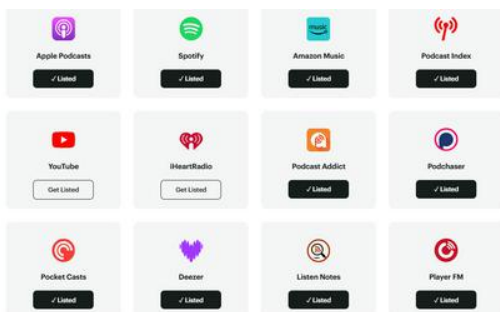
It's Completely Free! No cost, no catch—just an opportunity to share your truth.

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. ☀



What It Really Means to Step Into Your Power

There comes a moment in every woman's life when she realizes: no one is coming to save her. But here's the truth: she never needed saving. She needed awakening.

That awakening is what we call Queen Energy

So, what does it really mean to step into that power?

Queen Energy isn't about crowns or thrones. It's not about being loud, dominant, or always in control. It's an inner knowing, a quiet strength that says, "I know who I am, I know what I deserve, and I refuse to settle for less." It's a sacred, unshakable self-respect that radiates from within.



1. Knowing Your Worth, and Not Discounting It

A queen doesn't chase, beg, or prove. She knows her value. She knows she brings wisdom, depth, and presence into every room, whether others recognize it or not. Stepping into Queen Energy starts with removing the invisible "sale tag" from your soul. You are not for clearance. You are the full-price, limited edition.

2. Setting Boundaries Without Guilt

A queen draws lines, not to push people away, but to protect her peace. She understands that boundaries are not walls; they are bridges to healthier connections. Queen Energy says, "I love you, but I love me too." And that means saying no when needed, walking away when necessary, and choosing herself without apology.

3. Becoming Your Own Hero

The fairy tale we grew up with, waiting for a rescue, a fix, or permission, doesn't serve us anymore. A woman in her Queen Energy knows that no one is coming to rewrite her story. She picks up the pen herself. She heals. She rebuilds. She becomes the woman she needed when she was younger.

4. Holding Space for Others Without Shrinking

Real queens don't compete — they rise and raise others. Queen Energy doesn't mean stepping on others to climb higher. It means standing tall, helping other women adjust their crowns, and holding space for everyone to shine. A true queen knows: your power doesn't dim mine — it lights the room.

You Already Are Her

Queen Energy isn't something you earn, it's something you remember. It's always been in you. Under the pain, the roles you play, the layers you've worn to survive, she's there.

Powerful. Poised. Unstoppable.

So, this month, give yourself permission to step fully into that energy.

Let it guide your choices.

Let it shape your voice.

Let it lead your healing.

Because when a woman steps into her Queen Energy, everything changes, especially her world.

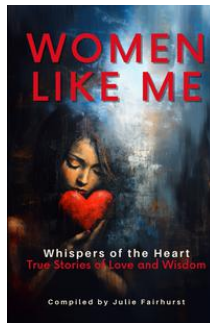
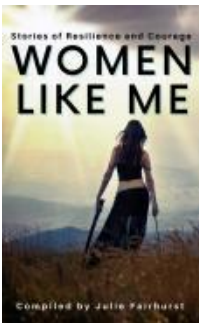
“Your Story Isn’t Too Small”

It’s not too ordinary. It’s not too messy.

It’s exactly what someone else needs to hear.

Don’t underestimate the power of your truth.

*There’s a woman out there who will breathe easier
because you chose to speak up.*



Are you ready to tell yours?

Fill out the Google Form
You’ll find our next step there

Women Like Me Stories & Business YouTube Channel

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What happens when the lessons from our childhood shape our ability to face adult challenges? Theresa Campbell's journey from competitive figure skating to published author reveals the profound impact of early mentorship and female friendship on conquering life's inevitable hardships.

The moment we begin giving away all our energy, attention, and care to others without replenishing ourselves, we start dwelling in an empty vessel. Stacey Collins knows this reality intimately.



What if the moments that shattered you were shaping you? In *Beautiful, Broken, Becoming*, nine courageous women step out of the shadows and into the light - sharing real, raw, and redemptive stories of heartbreak, healing, and hope.

www.youtube.com/@juliefairhurstWLM

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What happens when a talented engineer reaches her breaking point with workplace inequality? She builds something better.

What if the secret to success isn't grinding harder but feeling better? Performance coach Brandi Hudson flips the script on achievement in this eye-opening conversation about reclaiming personal power.



Listening to a meditation on abundance can be a powerful way to shift your mindset and open yourself up to more opportunities, prosperity, and positivity in your life.

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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Women Like Me: Stories and Business Podcast!

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🔥 Why Tune In?

- **Empowering Stories:** Hear firsthand accounts from women who have faced and overcome life's greatest challenges.
- **Business Insights:** Learn practical tips and strategies from female leaders, entrepreneurs, and trailblazers.
- **Personal Growth:** Discover how to live your most vibrant, purpose-driven life, one story at a time.

Get ready to be moved. To dream bigger. To feel seen and heard. Join us and become part of a community where your story matters, and your voice is celebrated. Listen now on your favorite podcast platform, and let's grow together!

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- "Beyond Bears, The Evolution Of LeBreton's Nest"
- "From Idea to Best Seller, Writing for Self-Help Authors"
- "Dare to Question, Unveiling the Modern Day Power Play"

Book Covers

- "Grady the Grateful Dog"
- "Women Like Me Community, Letters to Future Selves"

Logo's

- "BC WOMEN'S BUSINESS NETWORK"
- "RISE TO PROSPERITY"
- "WOMEN LIKE ME"
- "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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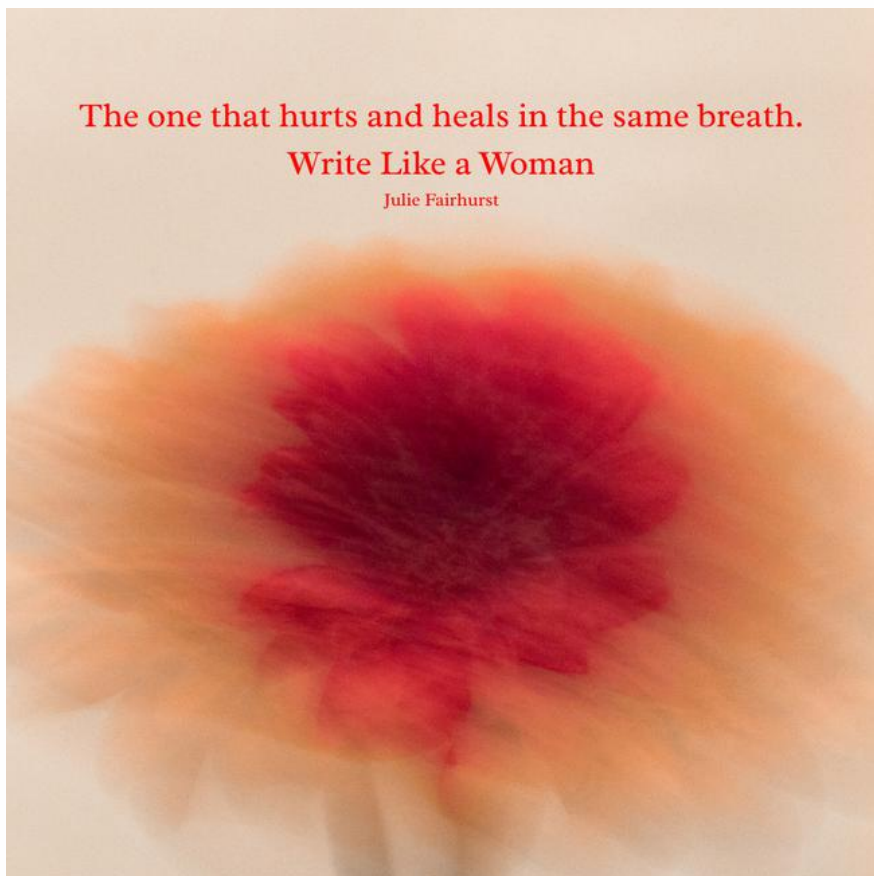
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gratitude
CHANGES
every
thing

The one that hurts and heals in the same breath.

Write Like a Woman

Julie Fairhurst





CANADA

UNITED STATES

The Quiet Ones Who Saved Us: Pets That Became Our Lifeline is finally here, featuring 17 incredible women authors from *Write Like a Woman* — Empowered by *Women Like Me*. 🐾❤️

These stories will make you laugh, cry, and hug your pet a little tighter. 🐶🐱

☞ Support your favorite author, or better yet, support them ALL, by grabbing your copy of this amazing book. Let's get these women's stories out into the world!

📖 Your purchase makes a difference.



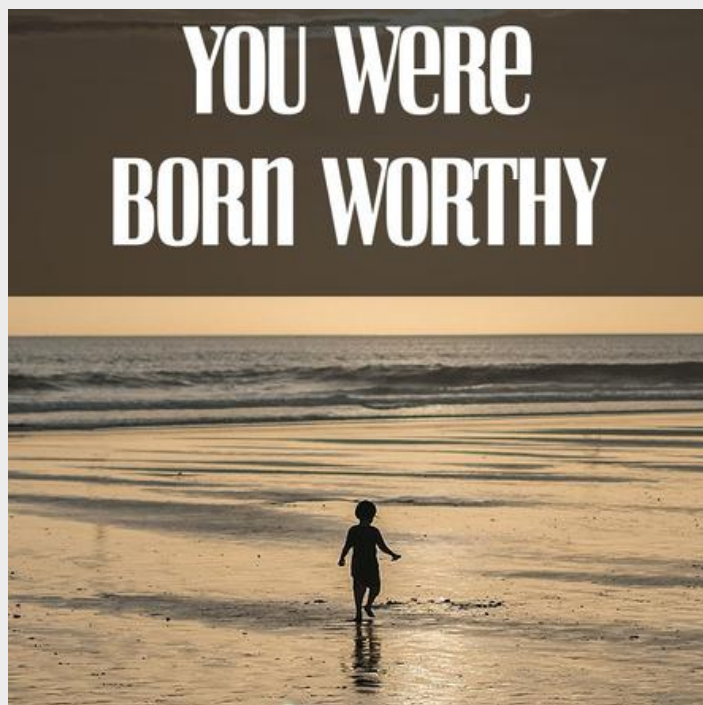
Create cherished keepsakes with our unique memory bears, dolls, pillows, and more, lovingly crafted from your loved one's clothing.

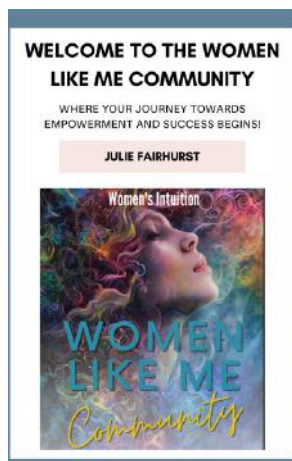
REMEMBER FOREVER

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





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

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- Favorite Recipe
- Mindset Shifts Cheat Sheet
- Personal Growth Roadmap
- Empowerment Reading List
- Favorite Beverage Recipe
- Self-Care Checklist
- Inspiration Wall Printables
- Video

TELL YOUR STORY STARTER KIT

“You don’t need to be a writer. You just need to be ready.
I created this Starter Kit to help women like you take that powerful first step.
You’ve lived it. Now let’s write it.”

~Julie Fairhurst~



What's Inside the Kit?

- Writing Prompts to unlock your memories and truth
- Reflection Pages to help you connect emotion to experience
- Author Bio Builder fill in the blank template for new authors

*This isn't just a workbook, it's your invitation to heal,
inspire, and begin a brave new chapter.*

Who is this for?

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

IT'S FREE



I NEED MY STARTER KIT!

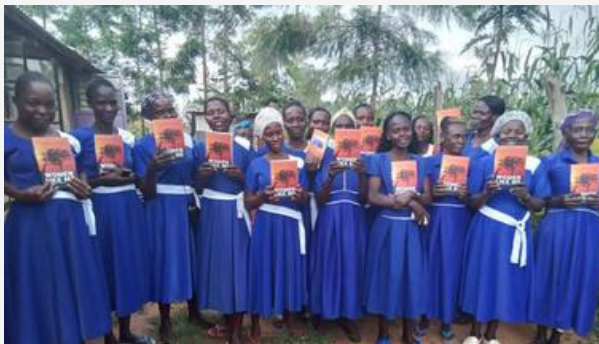
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★ **Empowering Women in Kenya: Their Stories Matter!** ★

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

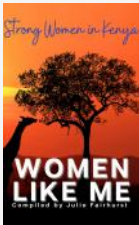


★ **They have pride knowing they are helping to support their families,**
almost all our 26 ladies in Kenya are widowed ★

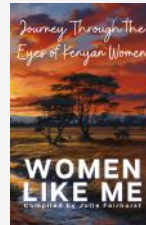
☀️ If you prefer not to shop on Amazon, you can support our incredible women authors in Kenya by purchasing their books directly from the Women Like Me bookstore. ☀️

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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 have⁸⁰ shoes and socks. If not, they will not have an education. ☀️



Discover the inspiring stories of Loretta LeBreton, author of Beyond Bears: The Evolution of LeBreton's Nest.

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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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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](#)



Julie Fairhurst

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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Sheron Chisholm, the owner of "Live Life Fully With Intention RN, MSN & Coach women who suffer the consequences of chronic discomfort," is also a dedicated Essential Oils Educator.

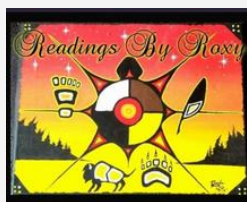


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Roxy's Email Address

rnaistus@hotmail.com

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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

kelly@macdevfinancial.com

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.

These funds can go beyond retirement—helping to cover education, buy a vacation home, renovate, or build an emergency fund. They can also fuel business growth, from expanding operations to purchasing office space.

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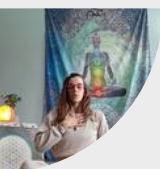
I am grateful to have been a part of giving back to our community and elders from all over Canada that attended the 2024 Elders Gathering.

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.



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



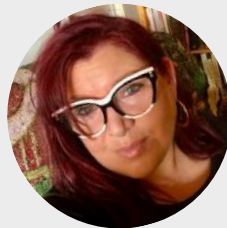
**Imagine a world where every breath you take is not just a mere act of survival but a step towards a profound transformation.
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How to Write with Confidence - Write From Your Heart

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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